

13 WEIGHT LOSS TIPS

you wish you knew sooner



FIREFLY FITNESS CO.

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Always consult your medical practitioner, registered dietician or nutritionist before making any significant changes to your diet – particularly if you are an adolescent, pregnant, breastfeeding or have or develop a medical condition.

While our recipes can help most people lose weight as part of a calorie controlled diet and active lifestyle, they have not been specifically designed for you and individual results will vary.

Where calorie and macronutrient information is provided, it is calculated using common databases. Exact values will vary, however, and so the values will only be approximations for your finished dish.

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Hey! & WELCOME!

Thanks so much for downloading my e-book! I hope these tips will help you to be one step closer to success on your weight-loss journey!

- My personal life -

I'm a stay at home mom to two toddlers (at the time of writing this book I have a 15 month old and a 2 1/2 year-old) who consume a ton of my time and a ton of my energy. I also run my business from home. So I can completely relate to "finding time", "time management", "am I spending too much time on myself", "am I giving my kids and husband enough of my attention", and all of those other thoughts that come along. **Bonus Tip:** To be the best you for your family and others around you - you've got to be the best version of yourself.

I also know the struggle of what it's like to have to lose weight. My kids are 14 months apart, the combined amount of weight that I had to lose from both pregnancies was 95 pounds. So, I've been there, I've done it, & I know what it's like!

- My work life -

I graduated from Texas A&M University in 2007 with a degree in Sport Management. This same year is when I started my career as a personal trainer. Ten years later, in August of 2017 I started my online training and coaching company, FireFly Fitness Co. I hold 2 NASM certifications. One as a certified personal trainer and the other as a certified nutrition coach. Over the last 15 years I have dedicated my time, energy, and focus into becoming the best trainer and health advocate to others, that I possibly can.

I look forward to helping you in the best possible way to meet your health goals!

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Tip 1

SET GOALS

I'm a big believer in dreaming big & having goals. However, I also know how disappointing it can be to feel like your goals are out of reach or unattainable. This is why having a clear cut path to how to achieve those goals (big & small) is so important. Big things can only happen if you're consistently attacking the small goals and you're willing to continuously put in the work & effort to achieve them.

Make sure your goal is written down somewhere—that way it's clear and present every day. And remember, if your goal isn't something you're excited about achieving, then you may need to re-evaluate your goals or your attitude.

To set your goals, follow the SMART principles:

Specific

Is the goal clearly written, with no ambivalence? Is it clear who needs to accomplish the goal, and any support that might be expected?

Measurable

Does the goal answer the questions of how many, how much, and/or how often?

Achievable

Can you get the support needed to achieve the goal by the target date? Do you have all the resources needed to achieve the goal? Are the results expected realistic?

Relevant

Does the goal make a difference to your career/health/wellbeing? Is it going to make an improvement in your personal life? Is it going to significantly make a difference for you and your environment?

Time-bound

Does the goal state a clear and specific completion date?

Below, you'll find a few simple questions, answer them to understand exactly what you're looking to achieve and how! Feel free to print this part out and stick it somewhere where it will be visible to you **every day**.

WHAT IS YOUR GOAL?

WHY IS THE GOAL IMPORTANT TO YOU?

WHERE ARE YOU NOW IN RELATION TO YOUR GOAL?

DEADLINE

When do you want to achieve this goal? List any additional dates and milestones you aim for. (Make sure your timeframe is physically attainable.)

POTENTIAL CHALLENGES

POTENTIAL SUPPORT

TAKE YOUR MEASUREMENTS

My current weight is _____

To take measurements, please use anthropometric measuring tape:

	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8
CHEST								
WAIST								
HIPS								
GLUTES								

SMART GOAL CHECKLIST

- ☐ Specific
- ☐ Measurable
- ☐ Achievable
- ☐ Relevant
- ☐ Time-bound

Tip 2

START SMALL

If you're looking to lose weight, start small. You don't have to overhaul your diet in one day or even cut out all processed foods. Try removing one thing—added sugar, processed carbs, unhealthy fats—at a time. Eventually, you will be able to eat a more healthy diet without even thinking about it. It will become part of your daily routine and will no longer seem like such a drastic change, from what you used to do. This allows for slower weight loss but is more sustainable in the long run. Small changes like these add up over time and can lead to big results! Use the calendar below to write down your milestones!

SUN	MON	TUE	WED	THU	FRI	SAT

Tip 3

WORK ON YOUR SELF CONFIDENCE

Think of it like building your body. When you start to work out and get in shape, if you have low self-confidence, you're not going to continue exercising or working out. You won't be able to push yourself past those initial discomforts that come from doing something new. The same goes for losing weight and feeling better about yourself—you need confidence that you can do it before you can actually accomplish it. And, you **can** do it!

You need to see yourself in the light that others see you. You are 100% capable, you have what it takes, and you are strong. You are who you are, so cherish it. Nobody else is like you, you are unique so stand proud and be yourself! If you don't believe these things about yourself—speak them anyways!

The best way to boost your confidence is to start being more positive, this could be saying at least one positive thing about yourself in the mirror, or doing a good deed. When you're kind to others or do something nice for them, it will come back to you in empowering energies.

Here's a simple exercise you can use. On the next page, you'll find a few daily affirmations, good deed ideas and motivational quotes. Cut them out, mix them up and take one card every day.







Tip 4

PRE-PLAN BREAKFAST

If you're a breakfast eater, planning your breakfast in advance can keep you from overeating, from grabbing something quick or unhealthy, or from going through the fast food line. Make sure you're starting your day with a healthy option.

Eating breakfast can be an important step in weight loss because it can kick-start your metabolism and help you burn calories. Studies show that eating breakfast may help boost weight loss and reduce obesity, especially if you eat something high in fiber and protein. High-fiber foods include whole grains, legumes, fruits, and vegetables. Make a healthy breakfast choice: poached eggs on a bed of spinach with tomato slices or whole grain toast topped with avocado and turkey bacon.

In fact, here's one of my favorite breakfast recipes:



BLUEBERRY MUFFIN OVERNIGHT OATS

INGREDIENTS:

- $\frac{1}{3}$ c. rolled oats
- 1 scoop protein powder
- 1 tbsp. maple syrup or honey
- $\frac{1}{2}$ tsp. chia seeds
- 1 tbsp. chopped walnuts
- $\frac{1}{2}$ tsp. cinnamon
- $\frac{1}{4}$ tsp. vanilla extract
- $\frac{1}{2}$ c. of milk
- $\frac{1}{4}$ c. blueberries

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CAL

DIRECTIONS:

1. Use a 10-12oz mason jar. Combine all dry ingredients first, mix them up.
2. Add in your maple syrup or honey & pour in your milk. Stir it all up!
3. Mix in your fruit & refrigerate overnight (minimum of 2 hours).
4. Top with more blueberries or walnuts in the morning, if needed.

*Exact calories will vary depending on protein powder and milk types used.

Tip 5

ADD VARIETY TO YOUR FOOD

To shed fat effectively, you need to make sure your body is getting all of its essential nutrients. One easy way to do that is by making sure you're eating a variety of healthy foods every day. By introducing new fruits and vegetables into your diet, for example, you can improve fiber intake and give yourself a much-needed energy boost. And by adding lean proteins such as chicken or fish to your diet, you can make certain that important muscle groups are being given what they need to stay strong throughout your weight loss journey. But, to truly shed fat and not just lose weight, it's important that you aren't simply following fad diets—only healthy eating habits can truly help with fat loss!

Tip 6

MANAGE STRESS LEVELS

Stress is a major factor in weight gain. When you're under a lot of stress, your body pumps out adrenaline and other hormones that make it easier for you to deal with threats and difficult situations. This is an ad-hoc evolutionary measure—it's hard to think straight or keep focused when you're worrying about issues! Additionally, high cortisol levels signal your body to store fat. Higher levels of stress also increase insulin resistance, which means that it becomes harder for your body to shed excess weight.

The best way to manage stress is to approach it from multiple angles. First, take an inventory on what's going on in your life—are the things causing you stress in your control or out of your control? If in your control, are you asking for help if you need it? Do you have a plan on how to attack the issues head on? Start there. If you need help—ask. Now, if they're out of your control—accept that nothing you do can change the outcome. Take a deep breath and remind yourself its out of your control as often as you need to. Secondly, try some specific exercises to reduce stress like yoga, pilates, stretching, and meditating. But overall just working out in general can reduce stress levels immensely. All of these methods help to manage stress by allowing you to challenge yourself and more importantly, to challenge your mind.

Tip 7

DRINK PLENTY OF WATER

Drinking enough water can help you shed fat and lose weight. Water helps to suppress your appetite, raise your metabolism, and helps to make exercising easier and more efficient, all of which could contribute to seeing progress on the scale.

The rule of thumb is to drink at least half your bodyweight of water, plus an additional 12 oz. per 1 hour of physical activity, per day. For example, if I weigh 150lbs—and I do a 1 hour workout I would aim to consume around 87oz. But, to truly reap the benefits of water, try drinking a glass of water before every meal. Weight-loss experts also suggest taking a few sips before lifting weights or exercising to get rid of excess water weight. Try purchasing a 32oz. bottle and aim to fill it up at least 2x throughout the day. If you're not a fan of water by itself—add some lemon or lime to give it flavor!

Tip 8

TRACK WHAT YOU EAT AND DRINK

Many people who are trying to lose weight don't realize how many calories they consume in a day. The easiest way to make sure you stick to your diet is by tracking what you eat and drink. Most smartphones have apps that can help you keep track of your daily intake. It will also help to spread out meals throughout the day, which is important for keeping energy levels high, as well as controlling blood sugar levels, blood pressure, and muscle protein synthesis.

There are two ways to track what you eat and drink, and that is either by writing everything down or using an APP like MyFitnessPal. On the next page, you'll find a calorie and macro tracker that you can use to write things down and keep yourself on the right track!

Track YOUR CALORIES AND MACROS

breakfast

Kcals

Protein

Carbs

Fats

☐ Workout

☐ Water



lunch

Kcals

Protein

Carbs

Fats

☐ Workout

☐ Water



dinner

Kcals

Protein

Carbs

Fats

☐ Workout

☐ Water



snacks

Kcals

Protein

Carbs

Fats

☐ Workout

☐ Water



Tip 9

TAKE REGULAR BREAKS AT WORK

Working long hours at a desk is terrible for your health. Not only can it hurt your overall fitness, but sitting at a desk has also been linked to cardiovascular disease, insulin resistance and diabetes, as well as muscle loss and joint problems. So make a habit of taking regular breaks from work—even if it's just to stand up and walk around for five minutes every hour or so. Studies show that standing burns about 70 more calories per hour than sitting. This can add up over time!

Tip 10

DRINK COFFEE IN MODERATION

The health benefits of coffee are undeniable. The main benefits of coffee are that it boosts metabolism, increases energy levels, and makes you feel more awake. Coffee can help your brain focus, so many people will drink it as a way to kickstart their brain before they begin working or studying. If consumed at least 45 minutes before you need to be awake and alert, coffee will do just that without any of the jitters or crash associated with its overconsumption. Drinking coffee with breakfast can help reduce snacking throughout your day, as well - so long as you're not adding too much sugar or creamer.

The problems arise when we drink it in excess or from adding too much creamer or sugar. The high caffeine content can lead to a host of issues, from anxiety to restlessness to weight gain. Coffee is best enjoyed as part of a balanced diet and exercise program, rather than as a magic bullet for weight loss. When consumed wisely, coffee can help you shed fat and keep it off over time.



Tip 11

TRACK YOUR STEPS

When trying to lose weight, it's important to keep track of your daily activity. When your body is sedentary, it burns fewer calories than when you're active. By keeping track of your steps taken per day, you can see how much activity you do and make adjustments if needed. Steps are a great measure of daily activity because they don't have to involve intense physical exertion; even slow strolls around your neighborhood count as steps toward weight loss!

Tip 12

REWARD YOURSELF

If you work hard and reach a goal, don't be afraid to reward yourself. Treating yourself will help keep you motivated to stick with your weight loss plan and continue working towards better health in general. For example, if you meet your goal of eating healthier by consistently incorporating more fruits and vegetables into your diet, make sure to treat yourself with an enjoyable activity. Like going to a have a massage or buying new workout clothes; instead of treating yourself to one large slice of cheesecake. It's important not to make overindulging in food your reward for weight loss because that can lead to overeating later on. Try to keep your rewards health conscience and pretty soon—the reward itself will be the results you are seeing and nothing you can buy will top that!



Tip 13

EXERCISE

Regular exercise is a vital weight loss tip that helps boost metabolism, increase energy and reduce stress. For best results, choose a workout you enjoy and make it part of your routine. A combination of cardio and strength training workouts, such as jogging or running in conjunction with weightlifting, are particularly effective at targeting fat—while sculpting lean muscle. With so many benefits to reap from exercise, there's no reason to avoid working out—and every reason to add it to your schedule as often as possible.

On the next page, you'll find a 30-day HIIT challenge.



30-DAY HIIT CHALLENGE

SUN	MON	TUE	WED	THU	FRI	SAT
Day 1 5 burpees 10 frog jumps 20 sec mountain climbers	Day 2 5 burpees 10 frog jumps 20 sec mountain climbers	Day 3 5 burpees 10 push-ups 20 sec mountain climbers	Day 4  REST	Day 5 6 burpees 12 shoulder taps 16 jumping lunges	Day 5 6 burpees 14 shoulder taps 20 squat jumps	Day 6 6 burpees 14 shoulder taps 20 squat jumps
Day 7  REST	Day 8 6 burpees 10 push-ups 10 triceps push-ups	Day 9 7 burpees 12 frog jumps 12 squats jumps	Day 10 7 burpees 20 sec skater jumps 25 sec mountain climbers	Day 11  REST	Day 12 7 burpees 14 frog jumps 12 squat jumps	Day 13 7 burpees 12 push-ups 12 triceps push-ups
Day 14 8 burpees 12 squats jumps 12 jumping lunges 10 frog jumps	Day 15  REST	Day 16 8 burpees 12 squats jumps 12 jumping lunges 10 frog jumps	Day 17 9 burpees 14 shoulder taps 12 push-ups 12 triceps push ups	Day 18 9 burpees 15 squat jumps 16 jumping lunges 10 frog jumps	Day 19  REST	Day 20 10 burpees 16 shoulder taps 15 push-ups
Day 21 10 burpees 18 squat jumps 30 sec mountain climbers	Day 22 10 burpees 20 squat jumps 30 sec mountain climbers	Day 23 10 burpees 18 frog jumps 35 sec mountain climbers	Day 24  REST	Day 25 12 burpees 15 push-ups 15 shoulder taps 15 triceps push up	Day 26 12 burpees 18 squat jumps 18 jumping lunges 45 sec mountain climbers	Day 29 12 burpees 18 squat jumps 18 jumping lunges 45 sec mountain climbers
Day 30 15 burpees 30 squat jumps 20 push-ups 1 min mountain climbers						

Thank you!

LET'S STAY IN TOUCH!

Thank you once again for taking the time to download and look through my ebook. I hope these tips will be beneficial to you on the path of your health & wellness journey.

If at any point you need help along the way or just need to chat, please don't hesitate to reach out. I would love to hear from you or help in any way that I can!

Follow me across my social media platforms to get more tips, workouts, recipes, and overall health content!

Xoxo, Keegan



KEEGAN HUDEC, NASM CPT, CNC

FOUNDER|CREATOR
FIREFLY FITNESS CO.

“success doesn't come from what you do occasionally. it comes from what you do consistently.”
-maria forleo



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Schedule a consult with me



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