

# The 4 Things you Need to Get Fit & Lose Fat

## Quick Guide

By Clare Morrow IFBB Bikini Pro

**STRENGTH TRAIN & CARDIO:**  
THIS BURNS A LOT OF CALORIES,  
INCREASES BMR, & SHAPES  
YOUR BODY.

LIFT 4-5 X A WEEK FOR 45 MIN/1 HR  
A DAY. CARDIO 20 MIN ONLY. POST  
LIFTING OR FASTED IN THE A.M.

**TRACK YOUR MACROS:**  
1 g OF PROTEIN PER  
LB OF BODY WEIGHT  
OR GOAL WEIGHT IF  
YOU ARE EXTRA FLUFFY  
\*FREE MACRO CALCULATOR  
LOCATED ON MY WEBSITE

**CALORIE DEFICIT:**  
BE SURE YOU ARE IN A  
TRUE CALORIE DEFICIT &  
EATING CLEAN. EAT  
NATURAL FOODS. IF YOU  
DON'T TRACK CALORIES IN  
& CALORIES OUT HOW  
WILL YOU KNOW?

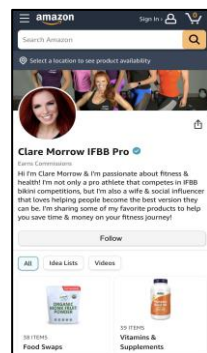
\*FREE CALORIE CALCULATOR  
ON MY WEBSITE.

**HORMONE BALANCE:**  
IF YOUR THYROID OR ESTROGEN/  
PROGESTERONE LEVELS ARE OFF  
IT MAKES FAT LOSS MORE DIFFICULT.  
IF YOUR CORTISOL LEVELS ARE OFF,  
YOU MIGHT HAVE TROUBLE SLEEPING  
OR ANXIETY. MAKE SURE TO GET FULL  
PANEL BLOOD WORK DONE BY A  
HORMONE SPECIALIST.



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