

HABITS THAT MAKE

WEIGHT LOSS

EASY

CHRIS  
**POWER**  
FITNESS



"SHOW ME YOUR  
HABITS, I'LL SHOW  
YOU YOUR FUTURE"



PREP WHEREVER POSSIBLE

## IDEA

WANT TO GET TO  
THE GYM THE  
NEXT DAY?



## SOLUTION

PREP YOUR GYM  
KIT THE NIGHT  
BEFORE.



## IDEA

WANT TO HAVE A  
SUCCESSFUL  
DAY ON YOUR  
DIET?



## SOLUTION

PREP THE MEALS  
YOU'RE GOING  
TO EAT THE DAY  
BEFORE



PREPPING AHEAD OF  
TIME DRASTICALLY  
INCREASES YOUR  
CHANCES OF SUCCESS







MOVE MORE, BURN MORE



FAT LOSS IS ABOUT EXPENDING MORE CALORIES THAN YOU CONSUME, SO BY MOVING MORE, WE CAN ACCELERATE FAT LOSS.



FAT LOSS IS ABOUT EXPENDING MORE CALORIES THAN YOU CONSUME, SO BY MOVING MORE, WE CAN ACCELERATE FAT LOSS.



SET ASIDE  
TIME TO GO  
FOR A WALK  
EACH DAY.

FAT LOSS IS ABOUT EXPENDING MORE CALORIES THAN YOU CONSUME, SO BY MOVING MORE, WE CAN ACCELERATE FAT LOSS.



SET ASIDE  
TIME TO GO  
FOR A WALK  
EACH DAY.



TAKE THE  
STAIRS  
INSTEAD OF  
THE LIFT.



FAT LOSS IS ABOUT EXPENDING MORE CALORIES THAN YOU CONSUME, SO BY MOVING MORE, WE CAN ACCELERATE FAT LOSS.



SET ASIDE  
TIME TO GO  
FOR A WALK  
EACH DAY.



TAKE THE  
STAIRS  
INSTEAD OF  
THE LIFT.



PARK AS FAR  
AWAY FROM  
THE  
ENTRANCE AS  
POSSIBLE.

FAT LOSS IS ABOUT EXPENDING MORE CALORIES THAN YOU CONSUME, SO BY MOVING MORE, WE CAN ACCELERATE FAT LOSS.



SET ASIDE  
TIME TO GO  
FOR A WALK  
EACH DAY.



TAKE THE  
STAIRS  
INSTEAD OF  
THE LIFT.



PARK AS FAR  
AWAY FROM  
THE  
ENTRANCE AS  
POSSIBLE.



OFFER TO  
MAKE THE  
BREWS AT  
WORK.



THESE SMALL, SEEMINGLY  
INSIGNIFICANT INCREASES IN YOUR  
OUTPUT COMPOUND TO BIG RESULTS  
OVER TIME.



# SLEEP ROUTINE



"SLEEP IS THE ELIXIR OF LIFE. IT IS THE  
SWISS ARMY KNIFE OF HEALTH, AND IT  
IS MOTHER NATURE'S BEST EFFORT  
YET  
AT IMMORTALITY"

**MATTHEW WALKER**

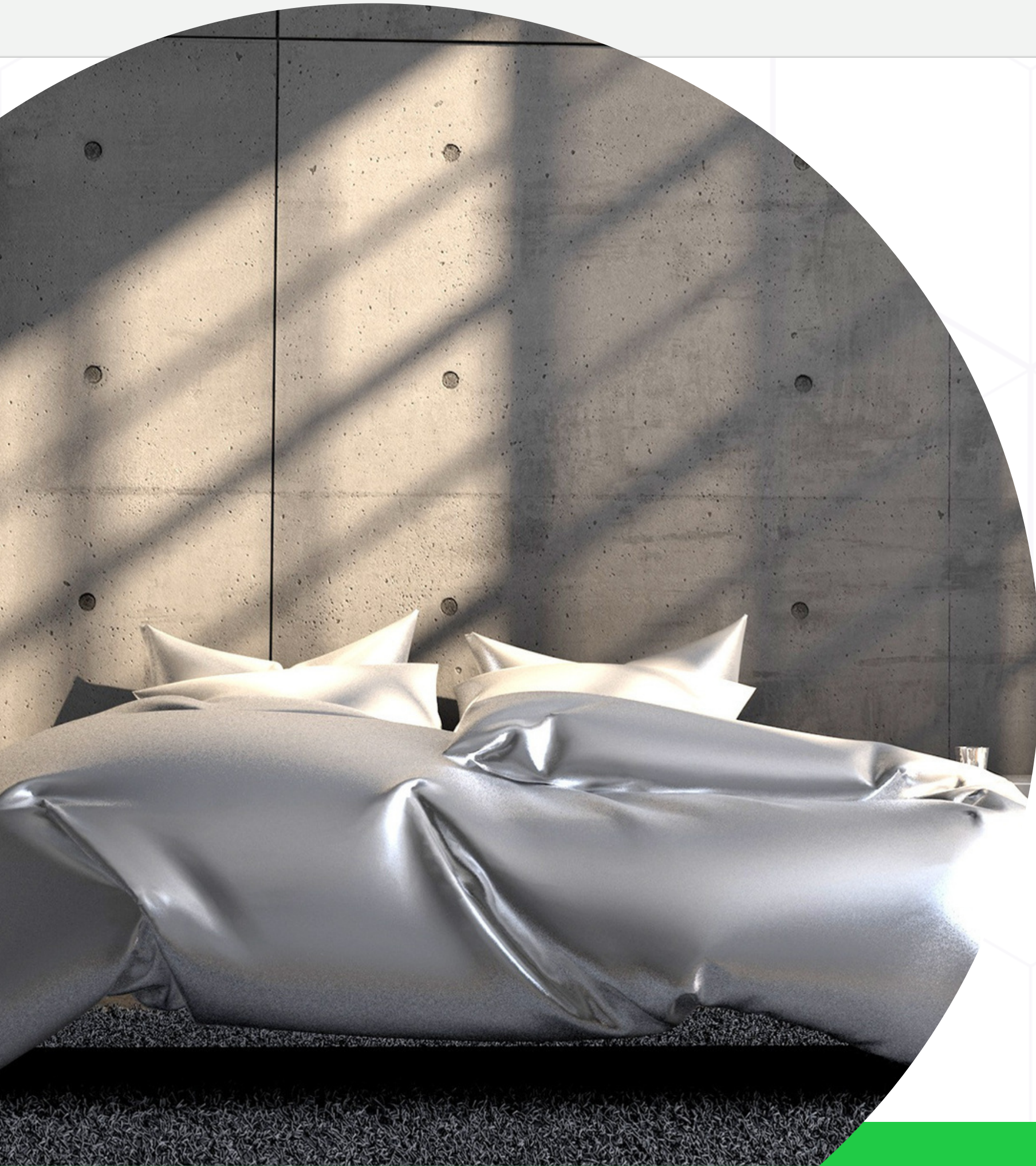
# X STEPS TO PERFORMANCE BOOSTING SLEEPS



WIND DOWN TIME.  
SET A REMINDER 1  
HOUR BEFORE BED  
TIME TO STOP  
CONSUMING BLUE  
LIGHT FROM  
PHONES. DIM HOUSE  
LIGHTS  
AND START TO  
RELAX.







DARK AND COOL.  
HOW YOUR ROOM  
SHOULD BE.

ENSURE NO LIGHT IS  
CREEPING THROUGH  
BLINDS/CURTAINS.

KEEP ROOM COOL  
AT NIGHT.



A RAPID DROP IN  
CORE TEMPERATURE  
IS SHOWN TO  
INCREASE QUALITY  
OF SLEEP.

TAKE A HOT  
SHOWER/BATH  
IMMEDIATELY PRIOR  
TO GETTING INTO BED.





IN SUMMARY, LET'S TRY TO;

PREP WHENEVER POSSIBLE

MOVE WHENEVER YOU CAN

...AND SLEEP LIKE YOUR LIFE DEPENDS ON IT (IT DOES)