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Welcome to Your Weight Loss Journey: A Beginner's Guide

Starting your weight loss journey can feel overwhelming, but it doesn't have to be! This comprehensive guide is designed to equip you with the knowledge and tools you need to achieve your goals in a healthy and sustainable way.

Understanding Weight Loss:

- **Calories matter:** Consume fewer calories than you burn to create a calorie deficit, leading to weight loss. Aim for a moderate deficit of 300-500 calories per day for healthy, sustainable weight loss.
- **Food quality is key:** Focus on whole, unprocessed foods like fruits, vegetables, whole grains, and lean protein. Limit processed foods, sugary drinks, and unhealthy fats.
- **Move your body:** Regular exercise is crucial for burning calories and building muscle, which boosts your metabolism. Aim for at least 150 minutes of moderate-intensity exercise per week.

Weight Training Program (3 Days per Week):

This program focuses on major muscle groups, building strength and burning calories. Don't forget to warm-up before and cool-down after each workout.

Day 1: Lower Body and Core

- Squats: 3 sets of 10-12 reps
- Lunges: 3 sets of 10-12 reps per leg
- Deadlifts (beginner-friendly variation): 3 sets of 10-12 reps
- Plank: 3 sets of 30-60 seconds hold
- Side plank: 3 sets of 30 seconds hold per side

Day 2: Upper Body and Core

- Push-ups (modified on knees if needed): 3 sets of as many reps as possible
- Rows (dumbbells or resistance bands): 3 sets of 10-12 reps
- Overhead press: 3 sets of 10-12 reps
- Dips (modified on bench if needed): 3 sets of as many reps as possible
- Crunches: 3 sets of 15-20 reps

Day 3: Cardio and Core

- 30 minutes of brisk walking, swimming, biking, or any other activity you enjoy at a moderate pace
- Ab wheel rollouts: 3 sets of as many reps as possible
- Russian twists: 3 sets of 15-20 reps per side

Nutrition Program:

- **Focus on whole, unprocessed foods:** Choose fruits, vegetables, whole grains, lean protein, and healthy fats at every meal.

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- Prioritize fiber and protein: These nutrients keep you feeling full and satisfied, reducing cravings.
- Hydrate adequately: Drink plenty of water throughout the day to stay hydrated and boost metabolism.
- Control portion sizes: Use smaller plates and mindful eating practices to avoid overeating.
- Plan your meals and snacks: This helps prevent unhealthy choices when you're hungry.

Sample Recipes:

Breakfast:

- Scrambled eggs with spinach and whole-wheat toast: A protein-packed breakfast with whole grains and vitamins.
- Greek yogurt with berries and granola: A delicious and healthy way to start your day with probiotics, fiber, and antioxidants.
- Oatmeal with nuts and seeds: A filling and nutritious option rich in fiber and healthy fats.

Lunch:

- Tuna salad sandwich on whole-wheat bread with avocado: A satisfying combination of lean protein, healthy fats, and whole grains.
- Quinoa salad with grilled chicken and veggies: A protein-rich and fiber-filled option perfect for a light lunch.
- Lentil soup with whole-wheat bread: A hearty and healthy meal packed with protein, fiber, and vitamins.

Dinner:

- Salmon with roasted vegetables and brown rice: A delicious and nutritious option with lean protein, healthy fats, and complex carbohydrates.
- Turkey chili with black beans and cornbread: A warming and comforting dish with protein, fiber, and antioxidants.
- Chicken stir-fry with brown rice and veggies: A quick and easy option packed with flavor, protein, and vitamins.

Additional Tips:

- Track your progress: Keep a food journal or use a calorie-tracking app to stay accountable and monitor your progress.
- Get enough sleep: Aim for 7-8 hours of sleep per night to regulate hormones and boost metabolism.
- Seek support: Talk to a doctor or registered dietitian for personalized advice and support.

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- Stay positive and motivated: Focus on non-scale victories like increased energy and improved health, and celebrate your successes along the way