



5

simple steps to lose fat fast

How to lose fat without losing your mind, even if you don't know where to start.

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Meet Your Coach

Yasmin Wong

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I help unfulfilled and busy women to toned up their body and transform their mindset without having to sacrifice their social life and strict diets even if they already do this / have a limiting belief.

In this book I'm going to share with you my top 5 ways to be able to lose body fat effectively and sustainably...

If you find this book useful, please let me know or if you have any questions send me a message on Instagram @yas.lifts

Yasmin

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Tip¹

WALK 10,000 STEPS PER DAY

WALKING IS THE MOST UNSPOKEN SECRET TO FAT LOSS

By simply increasing your overall daily activity, you will find it much easier to lose body fat...

TESTIMONIAL / SOCIAL PROOF

When I first started with my client Julie, all we did was increase her activity levels - in particular her steps as she only had time to go gym twice a week and her steps were lower than 4000 a day. Julie lost cm in her body, just by walking + eating in a calorie deficit! and doing 10000 steps daily it isn't a problem for her anymore.



Walking can help prevent some of the muscle loss that may occur when cutting calories to lose weight. This helps minimize the drop in metabolic rate that occurs when you lose weight, making the pounds easier to keep off.

Tip 2

CALCULATE YOUR CALORIES

THE AMOUNT OF YOUR CALORIES INTAKE SHOULD BE ACCORDING YOUR ACTIVITY LEVELS

Working out our calories allows us to have more control over what we eat, and what our bodies need to fuel us. If you calculate your TDEE (total daily energy expenditure) + subtract a calorie deficit, you will achieve fat loss.



TESTIMONIAL / SOCIAL PROOF

When I first started with my client Lottie, she had no idea how much food she was eating, or how much she "should" be eating. By calculating her calories, Lottie is now so much more in control of her diet and food choices. She can still eat the foods she loves by fitting them into her daily calories, without gaining weight or undoing her progress.

[CLICK HERE TO ACCESS A FREE ONLINE CALORIE CALCULATOR!](#)

Tip 3

TRACK WHAT YOU EAT

WHAT WE CANNOT MEASURE, WE CANNOT MANAGE

If we don't know how much we are eating... how can we possibly eat in a deficit, and therefore, lose body fat.



TESTIMONIAL / SOCIAL PROOF

When I first started with my client Lola, she didn't know how to use an app to track her food. I showed her how easy Cronometer was to use with scanning barcodes - and now she uses it every day!

Cronometer is super simple to set up and integrates directly with my App, so that I can see all of my clients meals and macro tracking across the week. This allows for ultimate accountability and of course... **AMAZING RESULTS** for them.

[Check out Cronometer by clicking here.](#)



Tip 4

FACTOR IN WEEKENDS & SOCIAL OCCASIONS

LIFE IS FOR LIVING

Don't punish yourself by not enjoying events and weekends. Just be savvy and prepare for them by using a calorie "buffer"



TESTIMONIAL / SOCIAL PROOF

When I first started with my client Leah, she used to eat well all week but going out on the weekends - with alcohol and takeaways. Leah didn't realise that her weekend blowouts were responsible for her weight gain, as she was eating so well during the week. Once she started tracking her calories, Leah quickly realised that her weekend binges were undoing all of her hard work during the week. We reduced her weekday calories with a buffer to allow herself more calories to indulge and enjoy her weekends

How to calculate a Calorie "Buffer":

1. Calculate your daily calorie target
2. Decrease 200-500 calories daily Mon-Fri
3. Have an extra 1000-2500 extra calories at the weekend!

Tip 5

FAIL TO PREPARE, PREPARE TO FAIL

PREP IS KEY WHEN IT COMES TO GETTING RESULTS

By planning your meals and training sessions ahead of time, you are much more likely to be successful in achieving your goals.

When I first started with my client Celia and Paval, They had never meal prepped or written a shopping list in her life. I provide my clients with meal plans + shopping lists, so they don't have to do this... I think this changed their life! They now enjoy their weekly shop and have build muscles consistently every week since beginning their plan.



Plan when you will train throughout the week. Try to pick a consistent time that works for YOU. Add your workouts into your diary by blocking out time, like you would your work meetings so you don't "forget" or lose time.

Plan what you will buy from the shops before you go by planning your meals for the week.

Congratulations!

Congratulations on making it to the end of this E-book.

You are already much further along than most people will get, so well done in investing time to make improvements and develop yourself!

For anyone that makes it to the end...

I have included this secret button especially for you.



*This button will give you access to a free 1:1 consultation with me and **10% OFF your first month's coaching if you let me know on the call you came from this guide.***

If you'd like to get more specific help and a deeper understanding of how you can get in the best shape of your life, then click the button below and it'll take you straight to my consultation form!