



THE LIFT LEAN LIFESTYLE WAY

START THE DAY WITH HOT WATER & LEMON

TRY A WORKOUT OR A WALK ON RISING (20 MINS IS PLENTY), CAN YOU SEE THE SUNRISE?

MAKE WALKING & WEIGHTS PART OF YOUR ROUTINE

GET A NATURE WALK IN DAILY - AIM FOR 10K STEPS MINIMUM

3 MEALS A DAY, WATCH THE SNACKING (DO YOU REALLY NEED IT?)

PROTEIN / LOTS OF VEG / HEALTHY FATS AT EVERY MEAL

DITCH SUGAR, REFINED CARBS & ALL PROCESSED FOODS (LOOK AT THE LABELS!)

MAKE HOMEMADE AS MUCH AS POSSIBLE

WATCH YOUR COOKING OILS, CAN YOU USE A SPRINKLING OF WATER?

COOK EXTRA TO SAVE FOR ANOTHER MEAL

DIARISE KITCHEN PREP TIME A COUPLE OF TIMES A WEEK, BE ORGANISED

ALLOW APPROX 4 TO 5 HOURS BETWEEN EACH MEAL

DRINK 2 TO 3 LITRES OF WATER THROUGHOUT THE DAY (HERBALS TOO)

CUT DOWN ON CAFFEINE (OR ALLOW JUST ONE IN THE MORNING)

CURB ALCOHOL

CLOSE THE KITCHEN AT 7PM-ISH, ALLOW FOR 2HR FAST BEFORE BED (AID DIGESTION/IMPROVE SLEEP)

AIM TO FAST OVERNIGHT FOR 12 (BETWEEN SUPPER & BREAKFAST)

GO TO BED & GET UP AT THE SAME TIME EVERY DAY (I.E. 10PM TO 6AM)

CREATE YOUR OWN RELAXING BEDTIME ROUTINE & STICK WITH IT!

Disclaimer: Due to individual biochemical differences and different health backgrounds clients should not undertake fasting if any of the following risk factors are relevant: Anyone in growth phases: child, teenage, pregnant, breastfeeding, previous, current or recovering from any eating disorder, recovering from or has adrenal fatigue, under huge stress, underweight, low blood pressure, has type 1 diabetes, has to take any medication with food, has a thyroid condition (diagnosed or undiagnosed), more than 70yrs old