



LeanLifeClub - It's a LeanLifestyle

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Disclaimer

The LeanLife Club delivers Personal Training. Our focus is coaching individuals on the benefits of a healthy & active lifestyle and empowering individuals with a broad range of knowledge & skills that they need to achieve their health & fitness goals.

The LeanLife Club and any qualified personal trainers that represent the LeanLife Club are not doctors or health professionals. The LeanLife Habit Plate & Progress Tracker are tools created for educational purposes only and are not to be perceived as medical *advice or medication* in regards to *health* conditions, diseases or illnesses.

Please do not disregard professional medical advice or delay in seeking help because of something you may have come across from the LeanLife Club or anyone that represents the LeanLife Club. This also includes any live, recorded or printed materials or media.

If you or any person you may know has a medical concern, they should consult with a licensed physician or healthcare worker.





Welcome

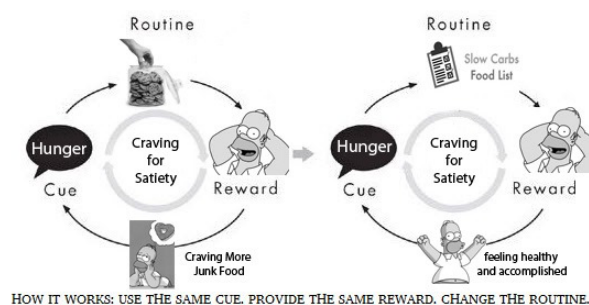
It's never a good idea to jump straight into a diet to build muscle or to reduce your body fat percentage. This is especially true if you are cycling between periods of over and under eating. Whatever stage of your fitness journey you are at, it is important for you to have or to work on building a solid foundation of habits that you can use to achieve your goals. Below are 5 habits that every person that is serious about their fitness goals do.

1. Eat high-quality meals
2. Eat 3 times a day (Breakfast, lunch & Dinner)
3. Exercise 3 times a week
4. Monitor your body
5. Track your progress

Spend the next few days/weeks working on building a lifestyle around these habits. For some people this can take a long time, for some this can take 3 days. For some this step is not necessary because these habits are their lifestyle already. These habits will become the key factor in your success. When the time is right for you to follow a diet and training plan to achieve your goals you will know. You will know because these habits will be apart of your daily routine. For some this will feel like a diet. This is not a diet. This is a lifestyle change. This is not a quick fix and will take time to get right.

I want you to focus on changing your lifestyle permanently, because a temporary change in your lifestyle (like a temporary change in diet) will only give a temporary change in results. As soon as you return to your old lifestyle habits your body will return to the state that it is in now. Replacing your current habits with the new ones is easy if you know how. By changing our current routines with routines that will get your results we can effectively change our habits for the better.

You Can't Extinguish a Bad Habit, You Can Only Change It.





Below I have outlined 5 new habits that you can follow to change your lifestyle to achieve long term fat loss.



Habit 1 - Use the LeanLife eating system daily





Eat nutritiously balanced meals with real ingredients. Avoid fake foods, especially those with high fructose corn syrup. This stuff is deadly and is in almost all processed foods.

Eat protein, carbs, fats and veg with every meal. Ensure that your meals are equally balanced with all the nutrients that your body needs to function. Choose a minimum of one item from each nutrient group when creating your meals.

<i>Healthy Proteins</i>	<i>Healthy Fats</i>	<i>Healthy Carbs</i>
<i>Chicken</i> <i>Beef</i> <i>Pork</i> <i>Lamb</i> <i>Bison</i> <i>Tilapia</i> <i>Tuna</i> <i>Turkey</i> <i>Salmon</i> <i>Cod</i> <i>Mackerel</i> <i>Mutton</i> <i>Veal</i> <i>Venison</i> <i>Eggs</i> <i>Organ meats</i> <i>Sardines</i> <i>Dairy protein</i> <i>Plant-based protein</i> All other healthy proteins	<i>Avocado</i> <i>Olive Oil</i> <i>Fish Oils</i> <i>Coconut Oil</i> <i>Flaxseeds</i> <i>Dairy</i> <i>Almonds</i> <i>Cashew</i> <i>Walnuts</i> <i>Peanuts</i> All other healthy fats	<i>Sprouted Bread</i> <i>Rice</i> <i>Potatoes</i> <i>Oats</i> <i>Fruits</i> <i>Whole-grain pasta</i> <i>Amaranth</i> <i>Barley</i> <i>Buckwheat</i> <i>Kamut</i> <i>Kasha</i> <i>Miley</i> <i>Rye</i> <i>Quinoa</i> <i>Beans</i> <i>Chickpeas</i> <i>Lentil</i> <i>Spelt</i> All other healthy carbs
<i>Vegetables (Vitamins & Minerals)</i>		
<i>Collard greens</i> <i>Lettuce</i> <i>Broccoli</i> <i>Spinach</i> <i>Artichoke</i> <i>Chicory</i> <i>Butternut squash</i> <i>Sweet potato</i>	<i>Kale</i> <i>Garlic</i> <i>Horseradish</i> <i>Okra</i> <i>Onions</i> <i>Parsley</i> <i>Parsnips</i> <i>Peppers</i> <i>Pumpkin</i>	<i>Dandelion</i> <i>Seaweed Turnip</i> <i>Carrots</i> <i>Spinach</i> <i>Spices</i> All other vegetables
<i>Water</i>		



Habit 2 - Eat breakfast, lunch and dinner.

For the average person, the time of day that you eat makes no difference. However, those who are trying to work towards a fitness goal should consume their meals around their workouts. Here are examples of how to do this:

If you train in the morning then your first meal of the day should be the one after your workout.

Morning workout	Meal 1 12pm	Meal 2 4pm	Meal 3 7pm
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If you train during the day then your first meal of the day should be the one before your workout.

Meal 1 12 pm	Day time workout	Meal 2 4pm	Meal 3 7pm
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If you train in the evening or at night then your last meal of the day should be after your workout.

Meal 1 - 2pm	Meal 2 - 8pm	Evening/Night workout	Meal 3 - 11pm
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Habit 3 - Strength train 3 or more times a week

These are just some of the ways that strength training can contribute to maintaining healthy weight loss:

- It increases our ability to burn more calories from fat at rest by boosting your resting and exercising metabolism from the increased amount of "metabolically active" muscle you have trained.



- If you strength train, you can be assured that more of the weight that you lose is coming from fat, and NOT lost muscle mass.
- Stressing your muscles will strengthen your tendons as well as your bones, so it can help guard against bone loss.
- Muscles that are conditioned can more easily enable you to perform your activities of daily living with less chance of injury.
- Conditioned muscles have a greater ability to convert and store sugar as *glycogen* inside them, instead of storing the excess sugar as fat.
- Regular strength training can even help you sleep better since your body will naturally want to rest after the *positive stress* of exercising.
- Strength training provides a great outlet to help you channel the *negative stress* of your day.
- Conditioned muscles help improve your self-esteem; Toned muscles look better than unconditioned muscles...you look better, so you feel better about yourself and you project that confidence to others around you!

As you can see, adding a well-structured strength training program to your weight loss regimen is a smart and healthy thing to do.

Habit 4 - Monitor your body

You will need to keep track of your body weight, muscle mass and body fat every week, on the same day and at the same time. The scale will fluctuate on a day to day basis. Taking weekly measurements will give you the advantage of comparing the changes in your body composition. Taking pictures allows you to visually keep track of body composition changing over time. This also helps keep you motivated. I recommend using a good bathroom scale, a body fat calliper and your phone.

Habit 5 - Log your progress

On average, it takes more than 2 months before a new behavior becomes automatic — 66 days to be exact. Practise self-discipline and commit to a minimum of 28 days. During this time monitor and log the items below.

- 1) The quality of your meals.
- 2) The frequency of your meals.
- 3) Your workouts.
- 4) Your weight and body composition.
- 5) Your overall progress.