



ANTI- DIET WEIGHT LOSS

Programme Guide



@healthbyscience

WELCOME

Welcome to our Anti-Diet Weight Loss Programme.

We understand that losing weight can be a long and difficult journey. That is why we take a habit-based approach to our programming, focusing on small steps that you can take each week to achieve big results.

By slowly changing your habits and routines, we know that you will be able to make lasting changes to your lifestyle and your health. Whether it's adding more fruits or vegetables to your diet, reducing the amount of sugar you consume, or finding time for regular exercise, each small change adds up over time.

With our support and guidance every step of the way, you will find that sustainable weight loss is within reach.

Soon you'll be hearing from your coach so that you can get started!





Losing weight can be a challenging and difficult process, with many diets and fad programs promising fast and unrealistic results.

However, if you are looking for sustainable and healthy weight loss, then there are certain habits that must be at the forefront of your efforts.

THE SIX KEY HABITS



01

Eat Plenty of Vegetables

It is important to eat vegetables each day because they are packed with nutrients and provide a filling source of low-calorie nutrition.

02

Stay Hydrated

Drinking plenty of water throughout the day helps with weight loss by regulating appetite, improving mood and energy levels, and increasing calorie burn.



03

Eat Protein With Each Meal

It is important to include protein in every meal to stay satisfied and lose fat instead of lean muscle mass.

04

Be Treat Wise

It's essential you keep treats in your diet but are mindful of which one's are of high value and low value for sustainable weight loss.



05

Get Enough Physical Activity

Most experts say that walking at least 7500 steps per day is an excellent way to help with weight loss.

06

Get Enough Sleep Quantity

Adequate sleep is important for long-term weight loss success as it helps maintain healthy eating habits and keeps the body burning calories.

So if you're looking for lasting change when it comes to shedding extra pounds, remember these six habits in order of priority – eating vegetables daily, staying hydrated, incorporating protein into every meal, being treat wise, walking as much as possible, getting a good night's sleep each night, and being consistent in your efforts!

With these combinations of healthy choices and behaviors in place, weight loss is sure to follow!



Starting a weight loss journey can be overwhelming.

An Online Personal Trainer from Health by Science can provide the support you need to develop healthy habits for success.

Track your first habit daily for a week, reflect on progress, and receive detailed feedback from your trainer.

With their guidance, achieve sustainable weight loss and true happiness.

Weekly Habit Improvement Cycles



Personalized
Habit Based
Approach

Weekly Check-
Ins and
Personalized
Feedback from
your Coach.

**WHAT
YOU
CAN
EXPECT**

SIGN UP

Sign up for the programme that suits you best.



BOOK IN

Book in to meet your coach.

MEET YOUR COACH

Meet your coach and choose your first habit.



TRACK YOUR HABIT

Complete the habit tracking form each day.

CHECK-IN EACH WEEK

Complete your weekly check-in form and get feedback from your coach.



WHAT ARE HABIT IMPROVEMENT CYCLES?

1

Plan

Plan the test or observation, including a plan for collecting data. Predict what you think will happen.

2

Do

Test the habit and write down any unexpected problems.

1

2

3

4

3

Study

Analyze what happened and compare to your predictions. Summarize and reflect what was learned.

4

Act

Decide what changes should be made and plan for the next test

It's worth noting that individuals who diligently track their habits, even on days when they don't perform as well as they'd like, tend to achieve the best long-term results.

Consistency is key when it comes to achieving goals and maintaining good habits.

With the help of a coach, you can develop a personalized system to stay motivated and on track, allowing you to make steady progress towards achieving optimal weight loss long term.

THE FOUNDATIONS OF YOUR GOAL

When trying to achieve any health and fitness goal, you need to focus on what we call the "three pillars of health". These are nutrition, exercise and recovery.

On their own, these three pillars all have a huge impact on our ability to see results, but they also interact with each other which is why we need to be mindful of all three.



By prioritizing these three pillars, you can ensure that you have a well-rounded approach to achieving your weight loss goals.

This comprehensive approach will aid you in seeing positive changes in your physical fitness, performance, and overall body image.

To effectively implement these pillars, it's essential to have a systematic and organized approach to stay consistent with all three.

Working with a coach can help guide you through this process, with a focus on monitoring and tracking your habits,

MOVE MORE FOR YOUR GOAL

With any health and fitness goal, a systemised, structured and progressive exercise programme will play a key role in seeing and maintaining results.

One of the main reasons we focus on moving more with our remote clients is due to the relationship between increased physical activity and the quantity and quality of their life.

Additionally, we know how hard it can be to motivate yourself to move more without a real plan to follow.

Therefore, you will have access to an individualised plan designed with your coach who is always available via SMS text messages.

Muscle and bone strength across the life course.

- Successful strength gains and healthy ageing with Health by Science
- Decline in health and strength if not part of a regular activity throughout lifespan



EATING FOR YOUR GOAL



Your nutrition will also play a significant role in maximising your health whilst guaranteeing that you see results.

The world of nutrition can be a confusing and intimidating place, especially if you don't know where to start.

However, we have helped simplify the science behind nutrition into two distinct categories that will have the biggest influence on the quality of the results you see:

- Nutrition quantity
- Nutrition quality

Nutrition quantity involves ensuring you are eating the right amount of food for you and your goal, whereas nutrition quality involves eating the right type of food for you and your goal.

RECOVERING FOR YOUR GOAL

Arguably the most overlooked part of optimising your performance, health and overall fitness, is your sleep and stress, which we group together under "recovery".

Put simply, if you don't manage the quality and quantity of sleep and stress then your chances of seeing sustainable results will drop dramatically.

Poor sleep is linked to:

- Significant reductions in physical performance
- Significant reductions in overall health
- Poor mental health

Whilst poorly managed and chronic stress is related to:

- Poor blood sugar management and insulin resistance
- Depression, sleep disruption, and carbohydrate craving
- Decreased thyroid conversion and a reduced metabolism
- Altered sex hormone activity
- Amino acid loss from skeletal muscle

The net result of all of these is hormonal havoc, muscle loss, and fat gain.

At Health by Science we look at your sleep and stress habits to help you make small changes which lead to big improvements and ultimately, sustainable weight loss.

WEEKLY CHECK -INS

As part of our online coaching service, we will provide personalised feedback on your weekly check-in answers to keep you on track.

This will allow us both to reflect on what has gone well, as well as what could have been even better.

To get great results all you need is to help your coach to help you by completing your habit forms and weekly check-in forms to track and record your progress each week.

