

JANUARY KICKSTART: 30 FREE FAT LOSS TIPS



Mindset & Planning

1. Set realistic goals: Break down your bigger goal into smaller, achievable targets for the month.
2. Focus on habits, not outcomes: Prioritise creating habits over obsessing about the scale.
3. Track your progress: Use a journal, app, or photos to monitor changes beyond just weight.
4. Celebrate non-scale victories: Fitting into old clothes, more energy, or improved mood are big wins.
5. Stay consistent: Fat loss happens over weeks and months, not days.

Nutrition

6. Prioritise protein: Aim for protein in every meal to keep you full and support muscle retention.
7. Eat mindfully: Avoid distractions when eating to tune into hunger and fullness cues.
8. Plan your meals: Prep ahead to avoid relying on takeaways or quick processed options.
9. Watch portion sizes: Use smaller plates or your hand to gauge appropriate portions.
10. Include high-volume, low-calorie foods: Vegetables, fruits, and soups help you feel full without excess calories.
11. Limit liquid calories: Cut back on sugary drinks, fancy coffees, and alcohol.
12. Drink water before meals: Staying hydrated helps manage hunger.
13. Don't skip meals: Regular meals keep your energy stable and prevent overeating later.
14. Satisfy cravings strategically: Swap calorie-dense treats for lighter alternatives you enjoy.
15. Eat out wisely: Look at menus beforehand and balance indulgent meals with lighter options.

Exercise

16. Find a workout you enjoy: Consistency is easier when you look forward to exercising.
17. Add strength training: Build lean muscle to boost metabolism and improve body composition.

18. Move daily: Walk, stretch, or do light workouts to increase overall activity levels.
19. Use NEAT (Non-Exercise Activity Thermogenesis): Take the stairs, walk while on calls, or do chores to burn extra calories.
20. Combine cardio and weights: A mix of both helps with calorie burn and muscle preservation.
21. Set workout goals: Commit to a specific number of sessions per week for accountability.

Lifestyle

22. Prioritise sleep: Lack of sleep disrupts hunger hormones and increases cravings.
23. Manage stress: Practice relaxation techniques to avoid emotional eating.
24. Limit late-night snacking: If nighttime eating is a problem, set a kitchen curfew.
25. Get outside: Fresh air and sunlight improve mood, energy, and activity levels.
26. Reduce alcohol intake: Alcohol adds empty calories and often leads to poor food choices.
27. Create an accountability system: Work with a coach, friend, or group to stay on track.

Mindful Indulgence

28. Plan indulgences: Enjoy occasional treats mindfully and without guilt.
29. Stick to the 80/20 rule: Eat nutrient-dense foods 80% of the time and allow for flexibility.
30. Don't restart on Monday: Every meal or day is a new chance to make a positive choice.