

# Cheat sheet



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CO-FOUNDER, GLOO

We offer a 10 Week Challenge program and a 100% money back guarantee to ensure our clients get the result they want that sticks.

We would love to invite you to come and see us. Take a look around our Stratford-Upon-Avon based studio and either sit in on one of our Monday evening seminars or meet with a trainer to talk through how we might help.

### Contact

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## #1 Calorie Deficit

You must must must create a sustainable calorie deficit in order to lose weight. This just means consuming less calories each day than you use. This simple science is undeniable.

The trick is to do so in such a way that you can maintain it in the longer term and then once you achieve the result you want, are able to avoid going back to your old ways.

## #2 Flexibility

Flexibility is the key to sustainability. Make friends with carbs. Go easy on avoiding fats. Instead, focus on what you should eat rather than what you shouldn't and turn then tables on the negative psychology that has stopped you in the past.

When you know your calorie targets and can find a flexible way to manage carbs and fats in a more positive way, you will develop the flexibility you need to see through what you start.

## #3 Hormones

Finally, cortisol and insulin will stop you losing body fat. Getting your hormones inside is important too.

A flexible approach is a stress free and enjoyable approach reducing the stress around "dieting". Managing your macros effortlessly controls insulin and optimises your fat burning hormone "glucagon". Find out more by attending a free seminar at GLOO.