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HEIGHT ft in

WEIGHT lbs

GOAL WEIGHT lbs

YOUR AGE

GENDER ☐ M ☐ F

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NUTRITION



Good nutrition is vital to successful weight loss and management, and for good health. Several benefits of good nutrition are: improvement in cholesterol, reduction of blood pressure, and increase in overall energy.

Many of us have tried one or more of the many fad diets or in the past have experienced the vicious cycle of unhealthy weight loss/weight regain.

TRAINING



Losing weight mainly centers around "calories in versus calories out". You need to eat less than you burn to lose weight.

Dietary management is key in the "eating less" aspect, but strength training plays a crucial role in increasing your calorie expenditure.

While many people may go on autopilot and head for the treadmill, bike or elliptical when on a weight-loss plan. Strength

RECUPERATION



A lowered metabolism could be disastrous for a dieter. Meaning they must either lower calorie intake or burn more energy through more exercise.

This can be a cause for the common weight loss plateau for those who do exercise regularly. Our muscles calorie burning potential can only help us lose weight if they are allowed to reach their fat burning potential; this is

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