

MYFOODZONE

Welcome to the MyFitZone Weight loss plan! Congratulations, you are one step further to reaching your goals, read this document and you are another step further! Then all you have to do is put the plan in to practice and you are well on your way to success!

So what do you need to do?

The first action is about identifying the foods that don't love your body. These foods throw your hormones out and clog up your immune system. They make you store fat and prevent you from burning it. They trick your brain into thinking that you're eating something relevant when you're really eating something empty. The second step is about focusing on creating an optimal system with the understanding that if we're successful in healing the damage our past eating has done to our body; our body will respond by shedding excess fat. We're not unhealthy because we're fat, we're fat because we're unhealthy. When you eat the right foods, you naturally don't overeat. And when your hormones and metabolism are functioning properly, you can sustain a calorie-deficit — without hunger — as your body makes use of stored fat for fuel. This is an impossibility within the calories-in, calories-out model.

With **MyFitZone** we will help you through this process and advise you on what foods are good to eat, guide you through how to train smarter and get the most out of your workouts, help you to look to the future and the troublesome years where metabolism slows down and your posture starts to wane.

The MyFitZone Method

Our method is simple, if you want to lose weight stick to food list **A** as much as possible (you will lose weight faster if you just stick to this list only, for a slower more **sustainable** weight loss then choose foods from group **B** but be mindful of the portions you choose per day and relax it slightly if you are just wanting to eat healthily, we will tell you all about portions shortly.

Stick to the MyFoodZone list :-

We stick to groups of foods, the process in which you will follow consists of A, B & C group foods. You have chosen the weight loss plan which means the following method applies. All you need to do is follow the instructions below and when you reach your goal weight you can introduce more B group foods and at any stage, if the weight creeps back on all you have to do is revert back to your A Group Foods until you are back in check it really is as simple as that.

- A. Eat a wide variety of these foods - check portion control document for guidelines - but you can pretty much eat these freely**
- B. Eat limited amount of these foods as much as possible - the least amount you have the quicker the weight loss (aim to limit to 2 portions a day) -i.e. a bagel is 2 portions**
- C. Avoid completely - follow MyFitZone treat alternatives (will power is a muscle, the more you use it the stronger it gets)**

Love yourself enough to change your lifestyle and behaviours, you are only given one body to live in so make it a healthy fit one!

MYFITZONE

Follow Our Simple Instructions: -

1. Join the [MyFitZone Closed Community Group Page](#)

A Support group for MyFitZone clients and anyone else who would like to learn more about fitness, health and nutrition. Feel free to ask us for advice about anything, post about your personal journey and progress, recipes, food pictures, motivational quotes or anything else you think the community would enjoy!

2. Complete a food diary and email to hello@myfitzone.co.uk

You can complete this food diary for your own records or use our facilities and email them to use to review. Keeping a food diary is an effective way to keep track of the number of calories that you eat every day. And whether you are trying to lose weight or simply maintain a healthier diet, a food diary can help you out. In addition to keeping your own written diary, MyFitZone can advise you on where you are going wrong and simple changes you can make. There are several reasons that you should start keeping a food diary today. You can read more about this on our website www.myfitzone.co.uk/blog

3. Stick to the weight loss food list provided later in this document

We will provide you with a meal plan based on your food diary, please let us know if there are foods you really don't like or if you are vegetarian, vegan or have any food intolerances. If you decide to stick to the plan and choose not to let us review your food diary then we have enclosed an example food plan for you which you can substitute foods by using the food list.

4. Stick to your fat burning workouts provided in [MyWeightLossZone](#)

Why is the MyFitZone concept important if you are planning an exercise program to lose weight and get fit? Put simply, MyFitZone helps you to:

- ♥ Start with the right exercises and intensity for your level of fitness.
- ♥ Measure your progress whilst the programmes are carefully selected to get the most out of each and every session.
- ♥ Plan your training sessions to maximise both short term and long term weight loss.

These exercises have been chosen because the mix of strength training with bursts of cardio, gives you a total body workout and torches fat. With our unique method of incorporating cardio with weights and other equipment you will see even greater results. Using the FITT principle isn't just important in your initial training plan; it is also crucial to your longer-term planning, weight control and fitness development.

If you are wondering, 'does that mean I must buy some weights', not necessarily, it is important to read the workout plan, there are options for you to substitute the weights by using house hold equipment.

5. Weigh in once per week at the same time or take a measurement of chest, waist and hips

MyFitZone principal is not a diet, its healthy living, you've chosen weight loss so it's important to check your progress. Don't worry too much about weight as it will fluctuate based on muscle development. The most important thing is how you will feel in your clothes and looking in the mirror, keeping track of your measurements will also keep you motivated.

6. Ask us questions, keep talking to us we offer skype calls as well so make the most of our services

Let us know whenever you are struggling or if you just need motivation this will help you on your journey.

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