



5

Hacks to start your fitness journey

Let's GO !

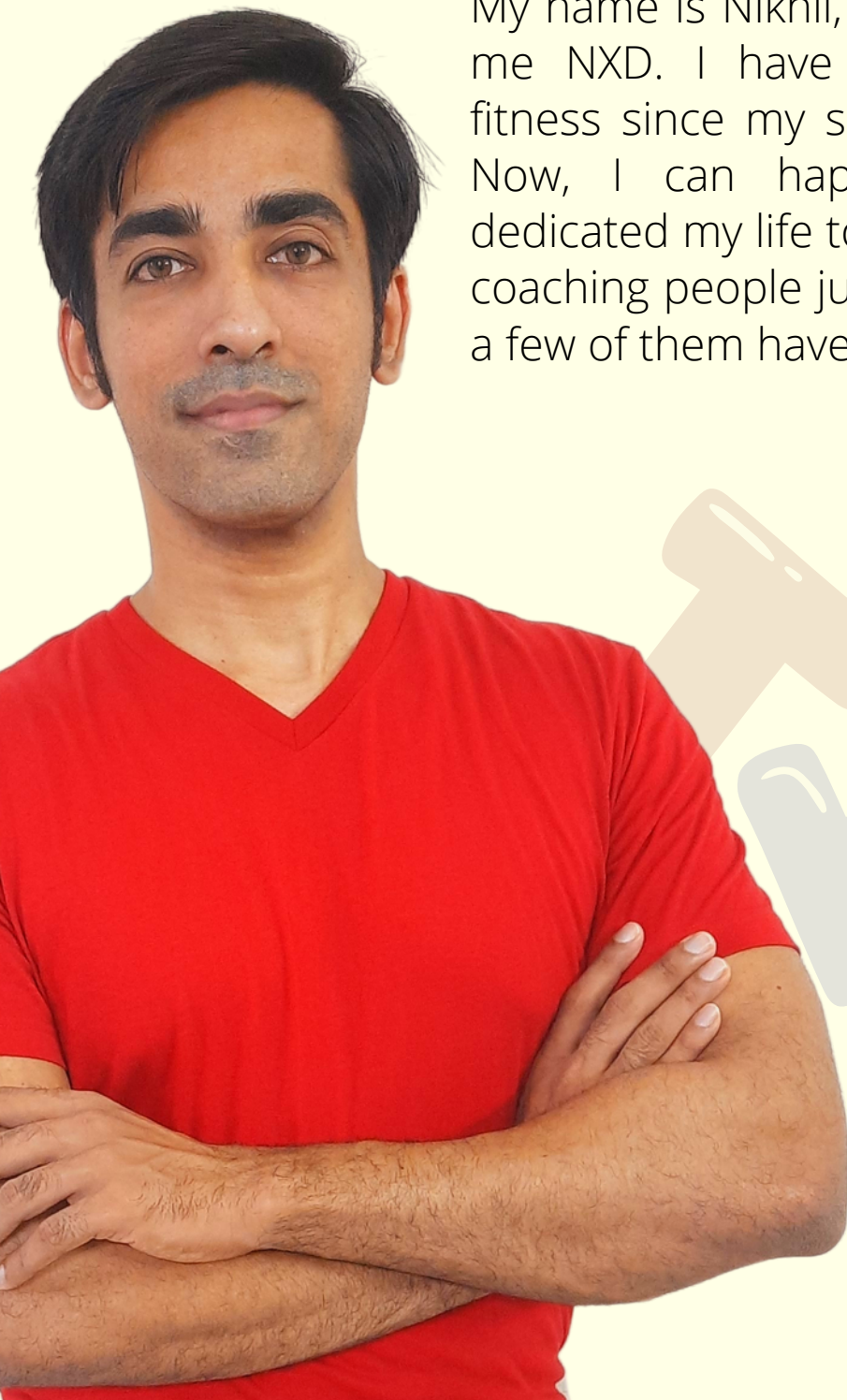




Who am I?

Hey! First off, I am happy you downloaded the book! This book has the 5 habits that I recommend you build to start your fat loss journey on the right foot! If you have any questions right off the bat, feel free to reach out. I love helping folks get healthier, happier, fitter and stronger.

My name is Nikhil, some of my friends call me NXD. I have always been close to fitness since my school and college days. Now, I can happily say that I have dedicated my life to fitness, and specifically coaching people just like you. Here is what a few of them have done(in the next page).



What My Clients Have Done

CLIENT TRANSFORMATION

3 MONTH PROGRESS

Before	After 3 months
	
125 Kg	109 Kg

Client Transformation

3 MONTH PROGRESS

Before	After
	
135 Kg	122 Kg



5 Hacks to start your fitness journey

1. Cook all your meals at home

While ordering food does save time, we have to keep in mind that food tastes best when it has generous amounts of oil/ghee. Cooking your meals at home gives you complete control over what goes into your food. This means that you can ensure that the food you cook is as healthy as can be. Cooking meals at home will keep you on top of your nutrition and minimize the probability of binging.

Do this

- Plan your meals and snacks ahead of time
 - Ensure all the ingredients are purchased a day in advance
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2. Switch off your phone/netflix by 10pm

We spend our whole day in a race against time with rarely a moment to breathe. The only "free" time we do get is when we have a chance to browse through social media or watch Netflix uninterrupted and this freedom is truly a welcome change. It is quite difficult to disconnect from these sources of entertainment after a long and tiring day but this is necessary to give our minds a chance to calm down and get a good nights rest.

Do this

- Have an alarm set on your phone to remind you to log off devices
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3. Minimize snacking between meals

Snacking between meals is like sneaking in popcorn into a movie theater. Once you get it in, you try to have as much as you can before you get caught ! The only problem is that no one is going to keep an eye on your snacking while you are trying to lose weight.



Do this

- Include sufficient protein and fiber in your meals
 - Drink sufficient water
 - Plan your snacks ahead of time to keep yourself full and satisfied.
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4. Pick an enjoyable form of exercise

Strength training is absolutely essential to help you improve your body composition. Get started on finding your preferred form of strength training. A few popular options are - body weight training, elastic bands and dumbbells.

Do this

- Find a form of strength training you enjoy. Do it 3 days a week.
 - Walk 30 minutes at least 3 times a week
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5. Plan for upcoming social commitments



Social commitments are a difficult situation to navigate. You know that your friends are going to tease you for keeping an eye on how much you eat or drink. Be strong though, there are few things you can do here.

Do this

- Eat one serving of protein before you head out to the event
- Drink enough water throughout the day
- At the party,
 - 2 drinks
 - 1 handful of starters
 - 1 plate of main course
 - 1 round of dessert





HAVE ANY QUESTIONS?



2 ways to reach out to me

Option 1 :

Questions? Want someone to be there guiding you through each step of your fitness journey? Shoot me an email at nikhilxdsouza@gmail.com.

Option 2 :

Book your free Fitness Roadmap mapping session by clicking on the button below

Click here

or

Copy this link in your browser

<https://calendly.com/nikhilxdsouza/1-on-1-session>

 coachnxd

email : nikhilxdsouza@gmail.com