

10 TIPS FOR WEIGHT LOSS



Written By Paul Hamad

TABLE OF CONTENTS

Page 3

ABOUT THE AUTHOR

Page 4

WHO IS PAUL HAMAD?

Page 6

INTRODUCTION

Page 7-16

STEPS 1 - 10

Page 17 - 18

FINAL MESSAGE

Page 19 - 20

COACHES CHANGE LIVES

About the Author

I've been where many of you are right now. I was living a life that didn't fit me, unhappy, yearning for deeper satisfaction, and in desperate need of a transformation. Problem was, I didn't have even the vaguest clue how to make it happen.

It all started after high school, when I opted to join the family bathroom renovation business in lieu of going to University. This was my first mistake. Instead of forging my own path, I chose the path of least resistance...the easy option. Bathroom Renovations satisfied me in some ways, but never for long. I enjoyed the money, and although I had no passion for construction, I enjoyed making customers happy. I spent 12 years there, growing ever more dissatisfied as the days turned into years and the years into a decade. Time was flying by, but nothing ever seemed to change. I woke up one morning and realised I wasn't yet 30, but already I was stalled out, in a rut and going nowhere fast. In 2007 I decided to leave the family business; it was one of the hardest decisions of my life. I felt lost, but I also felt incredibly, gloriously free. And – for the first time in too long – I felt like I was finally in control of my life.

I still wasn't sure what I wanted to do professionally, but I knew that I enjoyed sports and physical fitness. So, I turned those hobbies into a career. I started my own personal training business, coached at several local high schools, and coached a weekend Rugby League team.

And that's what led me here: I'm happy – I have a wonderful wife, I get to do work that I love, and I help people just like you master their own journeys. I believe with all my heart in the transformative power of coaching and mentoring; I've seen for myself how it can change lives, mine included. Life is finally where I want it, because I finally took the time to slow down, take stock, and muster the discipline to build a strong foundation. I can help you do the same.

I'm a big-hearted and enthusiastic fan of life; I believe in being productive and staying true to my convictions. I'm not a conventional thinker. I look for out-of-the-box solutions, because I think it takes genuine creativity to tackle some of life's more complex issues. I'm blessed to be in the position to help others, and it's an honour and privilege I treasure.

I hope you give me the opportunity to help you.



Who is Paul Hamad?



Who is Paul Hamad?

Paul has experienced first-hand the journey of finding out who he is, what his life purpose is, and what he wants from life – evolving from feeling lost and aimless to taking back control and forging a rewarding life on his own terms.

Paul has had a varied career path to come to this point, and now has formal diploma qualifications in Fitness, Sports Management, and Life Coaching. He is a professional with a boundless passion for helping others to be their very best selves to get the most out of life.



“Obstacles don’t have to stop you. If you run into a wall, don’t turn around and give up. Figure out how to climb it, go through it, or work around it.”

Michael Jordan

INTRODUCTION

I'm in an interesting position. In this report I'm going to give you something for free that many others typically charge for... but, I'm more than certain that, once you discover and apply these ten fitness tips for looking and feeling ten years younger, you too will become one of my happy and satisfied clients.

How would you like to drop two or three sizes in about eight to twelve weeks? How would you like to tone and tighten your body and naturally reverse the aging process?

Would you want to look in the mirror and see a more youthful body again – maybe a better body than you have seen in a long time? And wouldn't you like to protect yourself from disease and injury and live a longer, more vital life?

If you answered yes to these questions, just as the hundreds of individuals that I have coached, trained and advised as a certified personal trainer did, then this is going to be the most important letter you have read in a long time.

Right now, at this very moment, I'm going to reveal to you the 10 TOP strategies that have enabled my clients to shape and sculpt the body that they have always desired.

These strategies, though simple, can prove extremely rewarding when implemented into your lifestyle, with little sacrifice on your part.

So, let's dive right on in and discover these ten proven tips.....

Step 1

Set realistically attainable goals.

You must have tangible short-term and long-term goals for your fitness program so that you can gauge your progress and stay motivated. It's crucial to have a "baseline" before you begin so that you can measure your success. A qualified personal trainer (like me) can give you a complete fitness analysis that will aid you in developing a personalized fitness program which addresses your particular needs. Having goals, particularly short-term goals, allows you to track your progress and keeps you motivated when times are tough and you don't feel like exercising. Keeping a journal of your cardio and resistance training workouts, as well as tracking what you eat is truly a fitness success "secret." Just remember that your goals should be realistic and attainable. The best way for you to understand what is realistic and attainable for you is to talk to a fitness professional – not to buy into the "hype" of infomercials or diet and fitness products that blatantly mislead.

Step 2

Slow and Steady Wins the Race

In the beginning your fitness plan should not be overly aggressive. One of the biggest problems most people encounter when starting a fitness program is rapidly depleted motivation after only a few weeks due to an overly ambitious fitness plan. Two days per week of 20-minute low-intensity cardiovascular exercise (walking, jogging, biking, swimming); and two days per week of 30-minute light resistance training (using weights or resistance machines) is adequate in the beginning. As you become acclimated to the lifestyle “shift” you can add more days and get improved results. But beware: if you try to do too much too fast, you may end up quitting altogether. If you’ve tried and failed doing it alone then I suggest you get a training partner or personal trainer who will help you sustain your motivation and accountability.

Step 3

Eat Regular Meals

Eat regularly throughout the day. Fasting or overly restrictive diets will enable you to lose weight – in the short run. Because the weight you lose is primarily water weight and lean muscle tone. But in the long-run it has exactly the opposite effect you want. When you restrict your diet, your body instinctively thinks it's being starved and shifts into a protective mode by storing fat. Your body's energy expenditures will be fueled by your lean muscles causing your body fat to remain essentially the same while you lose vital fluids and muscle. The less muscle you have, the slower your metabolism becomes, and the less fat you burn. You should be eating three nutritionally balanced meals each day, and you should have at least one or two healthy snacks. Avoid fried and processed foods at all cost – talk about dead calories! Here's a good rule of thumb: make sure that you are consistently "grazing" on health foods about every three hours. This includes at least half a gallon of fresh water every day. This keeps your metabolic furnace firing, so you burn more at a faster rate.

Step 4

HIIT Workouts For Weight Loss

If your goal is fat-loss then a HIIT workout is the most effective HIIT (aka. High Intensity Interval Training) can burn a lot of calories in a short amount of time. Researchers found that Hiit burned 25-30% more calories than any other form of exercise. Due to the intensity of the workout, HIIT can elevate your metabolism for hours after exercise. This results in additional calories being burned even after you have finished exercising. High-intensity intervals can produce similar fat loss to traditional endurance exercise, even with a much smaller time commitment. They can also reduce unhealthy visceral fat. If you are not very active, you may gain some muscle by starting HIIT but not as much as if you performed weight training. HIIT can reduce blood pressure and heart rate, primarily in overweight or obese individuals with high blood pressure. An example of a HIIT workout can be after jogging to warm up, sprint as fast as you can for 15 seconds. Then, walk or jog at a slow pace for one to two minutes. Repeat this pattern for 10 to 20 minutes.

Step 5

Compound Movements

Don't waste your time working small muscles with isolated movements. If you don't enjoy doing resistance training, or are pressed for time, concentrate on working the largest muscle groups with compound resistance movements. When I see overweight people doing wrist curls or lateral raises, I cringe knowing that they will not see results. It's probably due to a lack of understanding about how their bodies work. Most people want to lose fat and tone and firm their bodies. The way to do that is to use resistance (weights or machines) to train the large muscle groups. Men should be concentrating on legs, chest and back. Women should concentrate more on their legs and back. The best exercises for legs are lunges or squats (a personal trainer can show you the proper form and then monitor you during the exercise) and leg press. The best chest exercise is bench press, and the best back exercise is the seated row. All of these are compound movements, which means they incorporate multiple muscle groups, and compound movements are known for quickly increasing your metabolism.

Step 6

Always Stretch

Always stretch. Stretching improves flexibility, blood flow, muscle recovery, low back pain and a host of other things. Additionally, stretching can prevent injury, make you sleep better and improve your performance in all sports. Always stretch, but be certain not to stretch cold muscles. You should always warm up before stretching. However, it is very important that you know how to stretch to achieve optimal fitness results. Never bounce, or aggressively push and pull a muscle beyond its natural range.

Step 7

Use Correct Technique

Never Ever do a traditional sit-up. Unless you are super athlete with an incredibly well-developed midsection, sit-ups can lead to a strained lower back and possibly lumbar injuries. But it gets worse. Rather than hitting your abdominal section, sit-ups can shift exercise tension to your hip flexors – which defeats the purpose. There is so much misinformation about how to strengthen, tone, and firm the midsection, it's almost frightening. It is very difficult to learn proper abdominal exercise technique by reading about it or watching it demonstrated on a video. You need to do it with supervision and get feedback about your form from a knowledgeable source. And keep in mind that you use your abdominal muscles in almost every single movement you make. Strengthening your abdominal region is the single most effective way to prevent, or recover from, low back pain – and to get that firm, slim look you are after.

Step 8

Schedule Time To Train

Set exercise appointments with yourself. Use your day-timer to set appointments for exercise – and then stick to them. You wouldn't miss a business meeting or client appointment, would you? So, don't miss your exercise appointment with yourself. Nothing is more important than your health. Nothing. Everything else will crumble around you if your health goes south. So, make your exercise appointments a priority. If you find it difficult to keep these appointments, then consider hiring a personal trainer who will hold you to your commitment. When you have money invested, and someone waiting for you to show up – you are much more likely to actually show up!

Step 9

Resistance Training

Remember the benefits of resistance training. Remember that feeling of euphoria you experienced after a particularly good workout? You experienced that feeling because the most powerful “feel good” drug in the world – endorphins – are coursing through your veins. If there is a panacea, it’s exercise. It will fuel your motivation on those inevitable days when you just don’t feel like exercising.

Additionally, exercising with resistance has tremendous benefits for your metabolism. Further, resistance training is the only way to sculpt, tone, Resistance training will give it to you. How about a firm perfectly shaped rear? Resistance training will give it to you. Firm tummy, defined arms and a strong back?

Resistance training will give it to you. Being physically fit affects every single aspect of your life: you sleep better, eat better, love better, overcome stress better, work better, communicate better and definitely look better!

Step 10

Never Skip Breakfast

Never Ever skip breakfast. If you want to maximize your fitness results or fat-loss efforts, you've got to eat breakfast. Even if you don't exercise at all – breakfast remains the most important meal of the day. Your breakfast should contain complete proteins and complex carbohydrates (if you're trying to lose weight, you should eat the bulk of your complex carbohydrates at breakfast and lunch, and only have vegetable carbohydrates at dinner). A great breakfast is oatmeal (not the pre-packaged, pre-sweetened kind) with a little honey and banana and a protein drink. Or try scrambled egg whites with Healthy Choice turkey sausage.

“The world ain’t all sunshine and rainbows. It is a very mean and nasty place and it will beat you to your knees and keep you there permanently if you let it. You, me, or nobody is going to hit as hard as life. But it ain’t how hard you hit; it’s about how hard you can get hit, and keep moving forward. How much you can take, and keep moving forward. That’s how winning is done. Now, if you know what you’re worth, then go out and get what you’re worth. But you gotta be willing to take the hit, and not pointing fingers saying you ain’t where you are because of him, or her, or anybody. Cowards do that and that ain’t you. You’re better than that!”

Rocky Balboa

FINAL MESSAGE

I hope you use these 10 Steps. I know they work, because I've used them.

If you have questions or need help, please reach out to me. As a Life Coach, helping people like you achieve better, more fulfilling lives is what I do every single day. I can give you the guidance, support, and techniques for success.

I believe in you. You *can* live a better life. Not someday. *Now*.

Just remember, no matter what...*keep moving forward*.

That's how winning is done.

Paul Hamad Life Coach



Coaches Change Lives

Anybody who's ever been coached on a sports team know this: the coach makes all the difference. A good coach can change a game. A *great* coach can change a life.

Are you ready to change your life? **You can do it!** I *know* it. **I believe each one of us has the power to change our lives any time we decide to do so.**

But it's not easy. You must be singularly committed, for the long haul.

The great news is this: You don't have to carry that burden on your own.

The distance between your dreams and reality is ACTION. And as a life coach, I can help you **take action now** to make positive change that improves your life, starting today. I coach people like you every day through issues related to:

- Self Esteem and Confidence
- Living your Purpose
- Relationships
- Motivation
- Work-Life Balance
- Prioritisation
- Setting Career Goals
- Educational Goals
- Health, Fitness, and Wellbeing
- Procrastination and Productivity
- Work Performance
- Mentoring

Your better life is waiting. Are you ready to claim it?

[SIGN UP FOR A FREE 30 MINUTE SESSION](#)

[OR VISIT WWW.PAULHAMADLIFECOACH.COM.AU](http://www.paulhamadlifecoach.com.au)





Copyright © 2018 by Paul Hamad

All rights reserved. This book or any portion thereof may not be reproduced or used in any manner whatsoever without the express written permission of the publisher except for the use of brief quotations in a book review.

Printed in Sydney, Australia

www.paulhamadlifecoach.com.au

DISCLAIMER

The information provided within this eBook is for general informational purposes only. While we try to keep the information up-to-date and correct, there are no representations or warranties, express or implied, about the completeness, accuracy, reliability, suitability or availability with respect to the information, products, services, or related graphics contained in this eBook for any purpose. Any use of this information is at your own risk.

The methods describe within this eBook are the author's personal thoughts. They are not intended to be a definitive set of instructions for this project. You may discover there are other methods and materials to accomplish the same end result.