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FITNESS
FACTS & TIPS

MOVEMENT





The following simple hacks identified in this e-book will help give you clear and practical tips and facts about fitness.

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VALUE
\$150

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FREE HABIT QUEST



You can start implementing these today to set you on-track to arriving at the ultimate destination of sustainable wellness.

The only person who can make a change to the way you feel RIGHT NOW and TOMORROW and the NEXT DAY is YOU.



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Lead with your body and your mind will follow. It's that simple.

How many people do you know who've endured grueling 12-week challenges and lost a stack of weight, only to put it all back on in due course, and then some?

Optimum movement outcomes differ from one person to the next. Movement might be as simple as being able to tie your shoes with ease; for another, movement might

be as bold as being physically capable of scaling the world's highest mountains! Essentially, being able to choose the right and most effective way to keep your body active as you evolve and mature is critical to maintaining vitality for life.

In order to maintain optimal vitality, we need to integrate consistent movement into our daily routine. If we don't, we suffer from motion starvation and our bodies will begin to reflect the dysfunctions that we create inside, manifested as pain, illness and structural deficits. Movement is a renewable resource that must be replenished responsibly and constantly.

As a Personal Trainer and Group Fitness Instructor, Loz will inspire you to move your body in a way that resonates with your soul. Imagine being able to move freely, with no pain, well into your senior years – how good would it feel?



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FITNESS TIPS



#1

WHY IS FITNESS IMPORTANT FOR YOUR HEALTH

Fitness can improve your health and reduce the risk of developing diseases like type 2 diabetes, cardiovascular disease and cancer. It can have long term health benefits as well as improve your quality of life.



#2

THE HISTORY OF FITNESS

The evolution of fitness can be attributed to man's need for survival and can be traced back to the beginning of mankind. As civilisations advanced, physical fitness was driven by art and the military might. The ancient Greeks valued the beauty of the physical form. There was a belief that having a fit body equaled having a fit mind and that physical wellness was necessary in order to be emotionally healthy.



FITNESS TIPS



#3

10 REASONS TO KEEP FIT

1. To improve your posture and build core strength
2. To develop your physical and mental strength
3. To help put you in a better mood for the day
4. To tone up your body
5. To build confidence in your abilities
6. To be more energetic and productive
7. To help build a stress-free life
8. To help you get more quality sleep
9. To help reduce your aches and pains
10. To help fight illnesses that shorten lifespan



#4

DIFFERENT WAYS TO KEEP FIT

- Crossfit •Running •Gym •Weights
- Cycling •Boxing •Yoga •Aerobics
- Pilates •Zumba •Dancing •Walking



FITNESS TIPS



#5

DON'T STRESS

Don't stress when it hurts -
Stop when you're done.



#6

TIPS TO GET THE MOST OUT OF YOUR WORKOUT

- Listen to music
- Drink water to stay hydrated
- Control your breathing
- Track your progress
- Set your goal and smash it
- Find a workout buddy



#7

NOTE TO SELF

Invest in my body -
Workout!



FITNESS TIPS



#8

HOW EXERCISE HELPS IMPROVE QUALITY OF SLEEP

- Relieves tension
- Stimulates your heart & lungs
- Improves your breathing
- Balances your mind & body
- Unwinds stress



#9

EXERCISE YOUR WAY TO A BIOLOGICAL BALANCE

- Increase in feel-good neurotransmitters
Dopamine and Seratnine
- Decrease in stress hormone
Cortisol
- Increase Immune System
- Boost in bonding hormone
Oxytocin
- Improved mood & happiness

Result? Less stress and depression



FITNESS TIPS



#10

EXERCISE CAN HELP YOU FEEL HUMAN AGAIN

Do you suffer muscular discomfort, tension, aches or pains?

- Neck ache
- Shoulder problems
- Lower back problem
- Knee pain
- Muscle stiffness, aches & tension
- Obesity



#11

SOME OF THE BENEFITS OF EXERCISE

- Reduces stress
- Improves blood circulation
- Lowers risk of heart disease
- Decreases anxiety and depression
- Helps prevent back pain
- Increases energy
- Improves strength & balance
- Decreases respiratory rate
- Improves bone health
- Boosts your immune system

FITNESS TIPS



#12

MAKE TIME

It's not about having time.
It's about making time!



#13

MOTIVATION

What's your motivation to
Exercise?



#14

WORKOUT

The only bad workout is the one
you don't do!



FITNESS TIPS



#15

TIME

Book Now!
See the Loz Life
Transformation Packages



#16

BUILD MUSCLE

The more muscle you have the
more energy your body uses
at rest.



#17

DRINK PLENTY OF WATER

A muscle dehydrated by a mere
3% will have a decrease in
strength of 10%



FITNESS TIPS



#18

NO “BEST TIME”

In spite of what you might have read, there’s no ‘best time to exercise’.

The best time to exercise is when it works for you.



#19

15 MINS = 3 YEARS

15 minutes of exercise a day can extend the average person’s lifespan by 3 years.



#20

DISTANCE WALKED

By the time you have reached 50 years of age, you will have walked approximately 75,000 miles.



FITNESS FACTS



#1

MUSCLE MASS

The more muscle mass you have,
The more calories you will burn
whilst resting



#2

SIT-UPS

You don't need to do
thousands of sit-ups to get
that 'killer 6-pack'



#3

DEHYDRATION

Dehydrating the body by just
3% can cause a 10% loss in
muscle strength

FITNESS FACTS



#4

MUSCLE

Muscle does NOT weigh more than fat!



#5

EXERCISE

You can't use exercise to target fat loss in specific areas.



#6

CALORIES

If you are fit you burn more calories in the 23 hours you don't exercise... Than the 1-hour you do!

FITNESS FACTS



#7

RESISTANCE TRAINING

Doesn't make women 'big'.
It's difficult for anyone to get 'too bulky' by lifting weights alone.



#8

WEIGHT LOSS

Is not a physical challenge...
It's a mental one!



#9

THE PERFECT DIET

Trying to be perfect with your diet sets you up for Failure....
Strive to make progress by continually creating 'healthy eating habits'

FITNESS FACTS



#10

PHYSICAL FITNESS

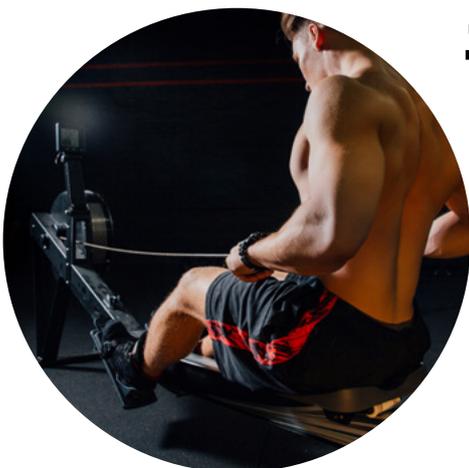
There's a high correlation between the fitness level of the people close to you and your own physical fitness!



#11

10 POUNDS OF MUSCLE

It's harder to put on 10 pounds of muscle, than it is to lose 10 pounds of fat.

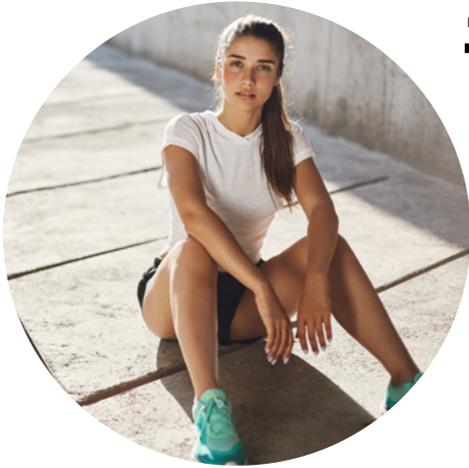


#12

GOOD BICEPS

You don't need to do curls to get good biceps, heavy rowing movements are excellent arm builders

FITNESS FACTS



#13

BEING SKINNY

Being skinny does not automatically mean you have low body fat. Body composition is what matters most.



#14

HEALTHY FOOD

The perimeter of the grocery store is where... *90% of the healthy food is!



#15

GYM MEMBERSHIP

You don't need a gym membership to strength train. Your body weight is all the resistance you need.

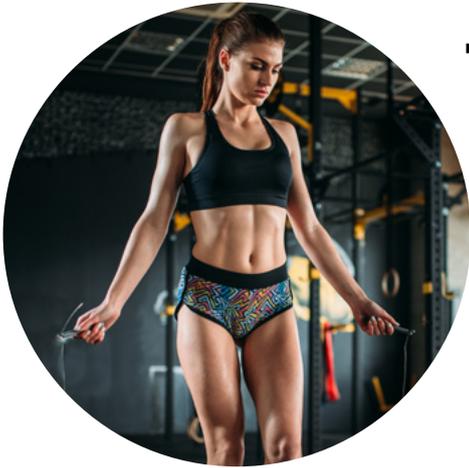
FITNESS FACTS



#16

STRENGTH

Strength gains come from muscle hypertrophy & improved muscle fibre recruitment. Include a variety of rep ranges in your workouts.



#17

LACTIC ACID

Lactic Acid is not the cause of delayed onset muscle soreness. Lactic acid returns to normal levels within 60 minutes of finishing exercise.



#18

HAND WEIGHTS

Carry a pair of hand weights as you walk to help... tone your muscles and burn extra calories.

FITNESS FACTS



#19

GETTING FIT JUST MAY HELP

If you're always in a bad mood, then getting fit just may help. Regular exercise can enhance mood and overall well-being.



#20

CONSISTENCY

Consistency and patience are key to long-term successful weight loss.



MORE INFORMATION

Visit my website to find out more information about leveling up your life and the Body Transformation Packages I offer.

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FITNESS
PROGRAM**

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**Strengthen
your body and
live a happy
healthy life.**



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