

5-STEPS TO SLIMMING DOWN FOR SUMMER

OPEX[®] FITNESS
REGINA



IT'S EASIER THAN YOU THINK!

Imagine not having to 'get ready for summer' or 'lose that last 5 pounds before it warms up'!

Imagine being the envy of your friends because you have already started & STUCK to your workout plan all winter!

Here is your first truth bomb:

There are no quick fixes to losing weight and keeping it off!

SO HOW DO YOU LOSE WEIGHT & KEEP IT OFF?!

Here are our 5-steps to slimming down forever...

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START HERE!

1. Find a program that is tailor-made for you and ONLY

you! Finding a gym and coach that can build you a program based on your current level of fitness, demanding lifestyle and current habits is KEY! Your coach will work with you to start working on consistency in your workouts, build you a plan that isn't too demanding on your time and allows you to stick with it even in the busiest of times.

2. Make small changes that don't disrupt your day-to-day

life! Here are 5 small ways you can start making change without feeling like your missing out on those BBQ's or are changing too many things at once.

a. **Drink more water!** Drinking 0.5 ounces of water per pound of body weight each day (Cheat: Drink at least 3 – 750ml water bottles each day) to flush your system, give you more energy and keep you regular. Try plain sparkling water with lime or infusing regular water with your favorite berries to keep yourself interested and going back for more.

b. **Increase your protein intake each day!** This is easier than you think! Try eating one more egg for breakfast, adding a scoop of your favorite protein powder to your morning shake or eating another half of a chicken breast at supper time. SO EASY, RIGHT?

c. **Walk more everyday!** This is really easy to incorporate into your day and helps you increase your physical activity outside of the gym. Take 15–20 minutes at lunch to get up and move. Hit the stairs at the office, take a walk downtown or park a little further away from the office! Increasing your daily steps will also increase your energy, keep your metabolism up and increase mental acuity.

d. **Eat breakfast!** Do you eat breakfast? Surprisingly most people don't. It's not always a bad thing and some people can stay on track without it. However, we encourage all of our clients to at least have a shake with some healthy fats and protein each morning. By consuming fats in the morning, you are going to keep your insulin levels steady which will stop you from crashing in the middle of the afternoon and reaching for that donut in the breakroom. Trust us FATS are a GOOD thing. Try adding avocado to your shake or on top of your eggs. Easy, delicious and oh so creamy.

e. **Pack your own lunch!** This may sound like a lot of work but trust us you are going to save on calories and a ton of money each month. We suggest packing veggie packed wraps with a little bit of cheese to keep it delicious. Or try fried shrimp, coleslaw, mushrooms and lemon pepper! Easy to find at the grocery store, easy to cook and easy to eat!

3. **Don't be so hard on yourself!** The worst thing that you can do is try a crash diet and beat yourself up because you couldn't stick to it. You want to make long term and sustainable goals that you can stick to for 12-24 months. Once you start to notice changes in your body composition, the fit of your clothes and start giving yourself a break for enjoying your favorite foods once and while you are going to SUCCEED and SUCCEED hard!

This is another reason to work with a certified coach that knows you and your lifestyle. They are going to keep you accountable, help you understand why you need to make certain changes and help you understand what is best for your body! One size does not fit all which is why most diets DON'T WORK! Finding what works for your body is going to ensure that your hormones stay regulated (they play a huge role in weight loss), your mental health taken care of and that you have balance in your life. P.S. overtraining or crash dieting is terrible for your hormones levels.

4. **Your coach should understand the female body, female hormones and training around your cycle (or pregnancy).**

Now this doesn't mean you have to find a female coach because men don't understand the female body. We know dozens of male coaches that know how to program for and work with the female body.

It just means that no matter who you are working with they should understand how the female cycle works, what you should and shouldn't be doing during pregnancy and why it's harder to train during certain times of the month.

Having an educated coach is going to give you an edge on your training, help you nourish yourself properly and keep you safe. Imagine walking into your gym, telling your coach you have cramps (or hot flashes) and they immediately adjust your program for the day, so they don't get worse? This is the coach of our dreams, this is an OPEX Regina coach!

5. **Don't take cheat days, just eat everything in moderation.** Thinking of your weekends or vacations as 'cheat days' is NOT going to get you anywhere. Binging while at the lake or on your tropical vacation is going to set you back further than you think. Stay on track no matter where you are by swapping out those unhealthy options with healthier ones. Try these easy swaps next time you are away:

a. **Craving sangria?** Try swapping the juice in your sangria recipe with sparkling water or soda water. It will cut down the sugar substantially and even help with that hangover!

b. **Craving chips?** Try swapping your ketchup or salt and vinegar chips with air popped popcorn, melted butter and homemade seasoning salt. Your carbohydrate intake will be cut in half and so will your salt intake. You will thank us later!

c. **Craving pizza?** Make your own! Head to your local bakery and purchase fresh mini pizza crusts. Cook up your own meat, add TONS of veggies, your favorite cheese and throw it on the BBQ. By choosing the individual sized crusts you are not going to over eat! Pair it with your favorite salad and you're well on your way to making healthier choices.

d. **Craving beer?** Swap your wheat beer for a dark beer or a low-calorie option. We know it's not same but staying on track doesn't mean you have to deprive yourself of all summer fun. Choosing something like a Guinness will fill you up faster so you drink less and may provide you with some essential minerals *wink*

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No matter how you slice it, finding a fitness coach that supports you and your goals is essential. Building a plan that supports you day in and day out and is made with your best interest at the heart will ensure you have fewer setbacks in your journey.

OPEX gyms provide their members with unrelenting support from a team of certified coaches. Your programming and coaching is based on where you are today, and where you want to go. The targeted and customized approach that an OPEX gym offers, helps you reach your goals with fewer setbacks.

Don't settle for less than you deserve! Check out your local OPEX gym today!



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