



# 3 TIPS TO IMPROVE FAT LOSS

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Bonus: these are all FREE methods!



## ABOUT COACH KERRI

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Kerri has been helping clients improve their lives for over a decade by implementing realistic and simple habits to help them get to their next level of health. She focuses on improving your nutrition, exercise, sleep and mindset.

Kerri helps women:

- Improve their monthly cycle
- Manage stress
- Improve sleep
- Increase fitness level
- Improve mindset
- Boost confidence
- Increase energy
- Feel good in their body

She offers 1:1 sessions and monthly programs based around healthy habits. You will be able to improve your body and mind by getting to the next level that is appropriate for you & your goals. While working together you will build healthy habits that can last your whole life!

# TIP #1: IMPROVE YOUR SLEEP

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SLEEP HAS A HUGE IMPACT ON YOUR OVERALL HEALTH. IF YOU DON'T GET ENOUGH QUALITY SLEEP YOU WILL NEVER STRIVE IN LIFE!



## WHAT YOU CAN DO RIGHT AWAY

The first step for improving your sleep is to set a bedtime. Many people think bedtimes are just for kids but guess what, you need one too! It's a set time that allows you a window of 7-9 hrs of sleep. Ex. bedtime at 10pm if you get up at 6am = 8hr window.

Second step is to shutdown all electronics and blue light sources 1-2hrs before bed so your body knows you are winding down and can release melatonin. If you don't do this step you will continue to release cortisol and your body and brain stays awake.

If you don't get between 7-9hrs of quality sleep as an adult your body will try and keep fat as a protective mechanism! If you need more help with your sleep habits book a call with Kerri!

## TIP #2: DAILY MOVEMENT

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OUR BODIES ARE MEANT TO MOVE! THE MORE WE SIT THE WORSE WE FEEL. ANY MOVEMENT OR ACTIVITY IS GOOD. FIND SOMETHING YOU LIKE AND DO IT!



### WHAT YOU CAN DO RIGHT AWAY

The first step for increasing your daily movement is to stand, walk, move your joints, stretch etc. You don't have to jump into workouts right away, any extra movement counts!

Second step is to make sure you are always challenging yourself as you get stronger. If something feels way too easy you may need to increase the time of that activity or increase the difficulty in other ways or try a new sport, workout etc.

If you don't get 30 minutes of daily activity as an adult your body will feel stiff and sore and hold on to fat! If you need more help with your movement habits book a call with Kerri!

## TIP #3: BREATHING/MEDITATION

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IF OUR BODY FEELS CONSTANT STRESS IT WILL KEEP HOLDING ONTO FAT. WE NEED TO ALLOW OUR BODY TO FEEL SAFE BY USING OUR PARASYMPATHETIC SYSTEM.



### WHAT YOU CAN DO RIGHT AWAY

The first step for switching to the calming parasympathetic system is to take 3 deep belly breathes. Make sure you are inhaling deep into the belly and not just shallow chest breathes. You can do this any time you feel stressed or overwhelmed.

Second step is to set aside time each day or night to focus on your breathe or meditation practice. This can be as short as 1 minute to start and build up as you improve at this habit.

If you don't move from sympathetic to parasympathetic throughout the day your body will hold on to fat! If you need more help with your calming techniques book a call with Kerri!



## WANT TO WORK TOGETHER?

If you feel like you need more support or guidance on your health journey all you have to do is reach out to Kerri and find the option that best suits you! She offers 1:1 sessions, monthly programs and an app.

**VISIT [WWW.KBHEALTHCOACH.CA](http://WWW.KBHEALTHCOACH.CA) TO GET STARTED**

**@kbhealthcoach**