

TOMS TOP TIPS:

The best tips to start YOUR journey...

01

Do not compare yourself to others

Your body is different to everyone else's! The two same people could eat and do the exact same amount of exercise and still have two completely different bodies- don't compare yourself to anyone but yourself.

02

5-10K steps a day

Try and get your step count to 10 thousand steps a day. Go on walks or walk for half an hour on a treadmill at an incline. Walking does amazing things for your body and mental health.

03

Take pictures

You are much more likely to see progress if you photograph your progress. Take pictures every month and then you can see what you are really achieving.

04

Incorporate weights

3-4 cardio work outs a week with weights included in twice. It doesn't matter if your weights are small or big, they will all make a difference.

05

Focus on yourself

No one is looking at you in the gym. Everyone is there for similar reasons, and no one is judging you no matter how much you think they are.



06

Continue to say 'yes' to the foods you love

Eat the foods you love and eat when you are hungry. Try a calorie deficit where you burn more calories than you eat! But remember, you are constantly burning calories so do not strip back in order to meet goals.

07

Give yourself a break

You will have days where you don't feel like exercising. Do not feel guilty.

08

Find what works for you

Create a workout plan that you enjoy and experiment with different ones to find what is right for you.