

*Coach*  
**ROZY**

**FAT**

**LOSS**

**GET FIT**

IN

**30**

**4 STEPS TO LOSE 10 POUNDS IN 30 DAYS**

BY

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Hi There!

Thanks for being part of Coach Rozy Performance FAT LOSS GET FIT CHALLENGE. This is the basics of what I've helped teach for years to thousands of athletes, tactical athletes, first responders, weekend warriors and anyone looking to lose weight quickly and easily in the first month. While these simple steps we put down here can be used for longer than a month, I suggest being part of our TOTAL PERFORMANCE PROGRAM that helps you make changes in your performance, appearance and life for the long-term. This FAT LOSS GET FIT CHALLENGE will help to be the first step on your journey.

If you have any questions, visit [www.coachrozy.com](http://www.coachrozy.com) and go to the contact page to reach me or just send me an email at [rozyroozen@gmail.com](mailto:rozyroozen@gmail.com).

Mark "Coach Rozy" Roozen

**DISCLAIMER:**

Before you begin, make sure to check with your physician. The steps we have here result in quick weight loss, which may mean you need to be monitored and/or have your medication changed if you are taking any. The following contains advice and information related to medicine and health care. It should not replace the advice of your physician. Coach Rozy Performance and Coach Rozy Staff disclaims liability for any medical outcome that may occur as a result of applying the information contained here.

# STEP ONE: HOW YOU EAT

I would be lying to you if I told you that you could lose weight without changing the way you eat. If you want more details on this, we suggest you join our BELIEVE AND ACHIEVE BOOTCAMPS where each week for 12 weeks you receive information, education and motivation on diet and exercise to LIVE YOUR BEST LIFE NOW! (Contact Coach Rozy at [rozyroozen@gmail.com](mailto:rozyroozen@gmail.com) for more information).

- **GO FOR 3 - 4 MEALS PER DAY.** Eating more doesn't "REV" up your metabolism. That is a myth. Eating less may work as well, but many find they may overeat and/or binge at their meals.
- **MAKE THE MOST OF YOUR PLANTS ON YOUR PLATE AND ADD ONE OR TWO SERVINGS OF LEAN PROTEIN.**
  - Plants: Vegetables, fruits and legumes
  - Lean protein; Meat (sirloin, fish, chicken), dairy (cottage cheese, plain yogurt), eggs and egg whites
- **IF YOU CANNOT GET A GOOD MEAL IN LIKE THE ABOVE, REPLACE IT WITH A PROTEIN SHAKE.** Meal replacement shakes are a very useful tool. Get a shake that has a least 20 grams of protein per serving.
- **EAT SLOWLY.** Shoot for at least 20 minutes per meal. Chew slowly. Savor the food. Discuss the day with your friends and family
- **DRINK CALORIE-FREE BEVERAGES ONLY.** Water is king, but coffee and tea are fine too as long as they are sweetened with non-sugar sweeteners. Protein shakes are the exception to this rule.
- **INSTEAD OF EATING TILL YOU'RE FULL, STOP RIGHT BEFORE.** This is pretty tough I admit, but practicing this will get you used to lower amounts of food per meal.

If you are doing the above and want to advance, try tracking with something like MyFitnessPal.

Men: Go for 1500-2000 calories per day with 30% protein

Women: Go for 1200-1500 calories per day with 30% protein

## **STEP TWO: HOW YOU MOVE**

Despite what many of my clients and athletes think, exercise takes a backseat to eating when it comes to weight loss. I always say, "YOU CAN NOT OUT EXERCISE A BAD DIET!". You CAN actually lose a lot of weight without adding exercise to your nutrition, that statement is correct. However - it's NOT RIGHT! Our goal is to be healthy and look/feel better, which will require exercise.

- **WALK.** If you don't exercise at all right now, start with a 30 minute walk. Remember, this can be broken up into segments if you have a hard time finding a full 30 minutes - but if possible, try for all 30 at one time. Believe it or no, walking is one of the easier and most powerful exercise you can do for weight loss.

- **LIFTING.** You don't need a fancy expensive gym to get the job done. Shoot for at least 2 days a week. We say do a minimum of at least 2 sets of 8-12 reps (for beginners - you can add more as you progress) per exercise for the following:

- Pushing Movement - push-up, band press, DB press
- Pulling Movement - pull-up, DB row, band pull
- Squatting Movement - two leg squat, lunge
- Bend - deadlift, good morning
- Core - flex, extend, rotate

\* for exercises, go to [www.coachrozy.com](http://www.coachrozy.com) and look at his Wednesday Blog post - we do an Exercise of the Weak with a variety of movements and exercises.

- **STAND MORE AND MOVE EVERY HOUR.** Believe it or not, standing can actually burn more calories than sitting. Every hour, set your alarm to get up and move - 250 steps is a good target each hour.

- **GET A FITBIT OR SOMETHING SIMILAR.** As mentions above, walking is very powerful. One thing that experts have found is that we automatically move less without knowing it during weight loss. With a tracker, we can make sure we don't do that. They say a good goal is 10,000 steps a day. At Coach Rozy, we say find your average, and work to add 200 steps every week as a goal.

## **STEP THREE: HOW YOU LIVE**

Nutrition and exercise are very important, but there are other aspects about how you live that determine weight loss.

- **SLEEP.** Without good sleep, our body won't burn fat properly and you will also crave (and likely eat) the foods that stop weight loss. Shoot for 7-8 hours of restful sleep.
  - Turn off electronics 1-2 hours before bed. The light will tell your brain to stay awake. Shut them off a few hours before bed.
  - Make your room dark and cool. This will help tell your body to sleep.
  - Snore and wake unrefreshed? You may want to ask your doctor about sleep apnea.
- **ACCOUNTABILITY.** Sometimes a support group and/or coach is needed to help you along with way (another reason for Coach Rozy's BELIEVE AND ACHIEVE BOOTCAMPs).
- **DISCUSS YOUR GOALS WITH FRIENDS AND FAMILY.** Sometimes your family and friends sabotage your weight loss goals. Have a candid discussion to get them on your team. They can become your most powerful ally.
- **FIND WAYS OF HANDLING YOUR EMOTIONS THAT DON'T INVOLVE FOOD.** This is important. A lot of us (including me), can be emotional eaters. If this is a problem, having a support group, friends, or even seeing a professional can go a way in helping you through this.

## **STEP FOUR: YOUR MEDICAL BARRIERS**

As a friend of mine from Cleveland, Dr. Bob DeMarco, THE DRUGLESS DOCTOR tells me - folks should look at their medical pathway to see if their weight loss is stalled or stopped. These include both conditions and medications.

- **MEDICATIONS.** These categories of medicine have drugs that cause weight gain. Sometime there are alternatives that are neutral or even beneficial when it comes to weight loss.
  - Antidepressants
  - Antipsychotics/Mood Stabilizers
  - Seizure medications
  - Diabetes medications
  - Blood pressure medications
  - Birth Control
  
- **CONDITIONS:** Some common conditions may make it tough to lose weight. If you have any of these or have symptoms of these, be sure to talk with your doctor about optimizing the treatment.
  - Sleep apnea
  - Low thyroid (Hypothyroidism)
  - Low testosterone (Hypogonadism)
  - Menopause
  - PCOS (Polycystic Ovarian Syndrome)
  - Multiple other conditions that are rare

## **REMEMBER - THE FIRST PART IS ONLY THE START TO MAKE YOUR BEST LIFE NOW.**

Join us at Coach Rozy Performance, become part of our TOTAL TRAINING PROGRAM and our BELIEVE AND ACHIEVE BOOTCAMP TEAM. You'll get new programs each workout that includes stretching, cardio work, strengthening, corrective, core and more. We also have teamed up with PN - Precision Nutrition - to share their Nutrition Formula. Over the course of 2017, you'll get our SUCCESS GUIDE TO DIET AND EXERCISE.

On the diet and nutrition side you'll learn and get:

- Our Success Guide
- Diet Guide
- Quick Start Guide for after the 4 weeks
- 5 Minute Meal Guide
- Plant-Based Diet Guide
- Plant-Based 5 Minute Meal Guide
- Super Shake Guide
- Individualization Guide
- Measurement Guide
- Maintenance Guide
- Support Guide

On the exercise and performance side, you'll learn and get:

- Training Guide
- Quick Start Exercise Guide for beyond walking
- 10 Minute Workout Guide
- Cardio-Based Program Guide
- Resistance-Based Program Guide
- Individualization Guide
- Movement Screen Guide
- Maintenance Guide
- Core Guide
- Mobility & Stability Guide

You'll also get training information, infographics to help you at work and home to increase your knowledge about your diet and exercise and be part of the Coach Rozy Team.

## **HOW DO I SIGN UP?**

Contact Coach Rozy at [rozyroozen@gmail.com](mailto:rozyroozen@gmail.com) and we'll send you all the information you need to decide that this is the program for you. For around \$20 a WEEK, you get three workouts a week with Coach Cozy's BELIEVE & ACHIEVE BOOTCAMP, you get weekly information on your diet and exercise program, you get our 30 Day Planner, you do weekly weigh ins, get sample diets, and have access to Coach Rozy and his team each day, every week, all year as long as you stay on the program. Think what it would be like to have the body you want, the fitness level you dream of and feel better than you have in years.

No one will bother you, call you or be Mr. Sales Guy! If you feel the program is right for you - you can start any time; but we suggest to have your best year ever - START AT THE BEGINNING! There is no time like the present - so connect with Coach Rozy today.

**REMEMBER - PURSUE YOUR PASSION:  
Don't just Dream It - but DO IT!!!**