

Lose Weight Effortlessly!

5 part guide to permanent weight loss without dieting.



NOTE BY MURTAZA

My mission is to help people stay healthy effortlessly, so their health does not hinder in building the life and business they want.

The healthy living principles I will share will help you lose weight effortlessly and keep it off permanently.

Health ON Autopilot is all about time-tested healthy living principles without the complexities of modern-day science.

The goal is to help you stay healthy - Until Your Last Breath.

My humble request for you is **not to settle or lose hope** because of information overload around fat loss and extreme weight loss methods which are not sustainable.

I invite you to join the movement of staying healthy effortlessly and give your body the gift of health so you can build the life and business you always wanted.

TESTIMONIALS



I was watching your videos, on how to lose weight, Your advice to adjust the sleep for losing weight is splendid, it's effective, the past month I could feel the changes, the post, that says water can help burning fat, that was really helpful in the process, it just not helped me burn fat, but also a lot of muscle pain got reduced... And I'll make sure to apply what I learned from your videos not in haste but mindfully.



I had gained weight due to my poor lifestyle, work-life imbalance and unhealthy eating habits.

With the help of the coaching program, I was easily able to lose over 7 kgs and started to feel more energetic by making simple changes to my lifestyle and eating habits.

The best part is I was able to achieve this without any calorie counting, diet plans or heavy workouts.



Just by following your videos and posts on Instagram, I have lost 8 kgs without any dieting or going to gym. It really helped me in my teaching profession.

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HOW TO USE THIS PDF GUIDE

This PDF is an accompanying guide for you to refer with the FREE video series. You'll need to watch each video as per sequence and use this guide as a reference for reminders and action items.

Please don't use this guide as an independent source of information for weight loss.

If you suffer from any medical conditions, please take the opinion of your registered healthcare provider before making any substantial lifestyle change.

To access the videos, click the button below.

Click here to watch videos



REAL HEALTH GOAL



Real Health Goal

REAL HEALTH GOAL

This process of losing weight is not for people who want to lose weight quickly just to fit in some clothes or look good in social settings or on a particular occasion.

The goal of this weight loss series is to help you create sustainable lifestyle habits which result in HEALTH GAIN, while the excess and unwanted fat loss will be an automatic side effect of a healthy lifestyle.

There is no forcing or fighting the weight... it's about the creation of health.

Staying healthy is not a 2-3 months goal, it's a lifelong journey.

The goal is HEALTH GAIN.

Excess fat loss will be the side effect.

Real Health Goal

Healthy vs Unhealthy Ways of Losing Weight

UNHEALTHY

- QUICK: You did not gain weight quickly in a few months.
 Stop wanting to lose weight quickly. In the process of quick weight loss, there will also be health loss.
- 2. **TEMPORARY:** Stop all temporary diets, desperate gym memberships, or anything which you will only follow for a few months or may be up to a year.
- 3. **METHODS**: The reason quick and temporary gives you weight loss on weighting scale is because it's a method. (diet, shakes, powders, gut cleansers, supplements, etc)



HEALTHY

- 1.**SLOW**: Excess fat loss must be a slow process. Losing around 10-15% of body weight in a year.
- 2.**SUSTAINABLE:** Whatever lifestyle changes you make, you can follow them easily (effortlessly) for five years to the rest of your life.
- 3. **CHANGE:** The slow, sustainable CHANGE is what will work. The change is in your lifestyle and mindset, which will save you from quick, temporary, methods.

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YOU are NOT failing to lose weight.

It is the...
QUICK
TEMPORARY
METHODS

That are failing you.

- Murtaza Shakir

Real Health Goal

Why BMI is NOT The Real Measure of Health?

You calculate your level of obesity or excess weight on the basis of the BMI Index.

- Let's assume you are 77 kgs.
- According to your gender and height, your ideal weight is 70 kg as per your BMI.
- You get stressed, ohhh.. 'I am 7 kg overweight'

Every human and his/her body is unique to themselves.

- Yes, you could be 7 kg overweight.
- But you are only able to lose 2 kg and reach 75 kg.
- Now, that 75 kg could be your ideal weight, which is the weight required by YOUR body to keep you alive, healthy, and energetic.
- A few kgs here and there is absolutely FINE!
- Don't get obsessed and compare yourself with others or don't lower your self-esteem.
- The problem is when you are obese. You know you have gained that weight because of poor habits or stressful life. (That excess weight is impacting your physical, mental and emotional well-being)

If BMI is not measure, then what's the REAL Measure of Health?

Real Health Goal

The Real Measure of Gaining Health (and losing excess fat)

YOU START FEELING GOOD

I have clients who have lost weight, but they don't feel good inside their own bodies. Feeling good when you wake up in the morning and throughout the day is a sign of health gain.

How you feel inside your skin is more important than how you look from the outside. If you start feeling good on the inside, you also start to look good from the outside, and the excess fat which is not required starts leaving your body.

2

IMPROVED SLEEP QUALITY

You are able to sleep early and easily at night, and you wake up feeling fresh and charged, without wanting more sleep.

A good sound sleep at night is one of the best measures of staying healthy. (In part#2 you will learn how a good night's sleep is the foundation of sustainable fat loss)

3

HEALTHY DIGESTION

You no longer crave sweets, processed foods or outside foods. There is no overeating. No signs of constipation, bloating, or indigestion. You pass bowels without any supplements or pills.

Real Health Goal

The Real Measure of Gaining Health (and losing excess fat)

4

IMPROVED LEVELS OF ACTIVITY AND FLEXIBILITY

You can walk, climb, run, swim, cycle, bend, lift your kids, and do other physical activities without any aches and pain.

You don't get tired after climbing a few staircases or walking a few kilometers

You have the high energy levels in you. You don't get tired easily and you have the flexibility to perform daily tasks at work, at home, or in social settings.

5

GOOD MOOD, FOCUS & MINDSET

There is mental clarity and peace of mind, you don't get agitated, irritated, or angry very easily.

You have a positive mindset, your focus and concentration levels are high.

These are signs your mental and emotional health is intact. (quick, temporary fat loss methods damage mental health)

You could be 5-10 kg overweight, but if you qualify the above 5 parameters, Do not force yourself to lose that excess weight. Let it happen naturally if it has to.



How you **feel** inside is more important than how you **look** from the outside.

- Murtaza Shakir

there are fit and good-looking people who are sick from the inside.

Real Health Goal

Your Tasks

Click here to wacth videos

1) Get rid of the weighing scale:

Stop measuring your progress in grams and a few kilos on a daily or weekly basis. When you are gaining health, you will feel light in your skin.

Don't let your self-worth be dependent on a weighing scale. Don't let your progress be determined by the weighing scale.

BMI is NOT the only measure of health, check yourself on the basis of the 5 -parameters to measure true health.

2) Stop fighting weight loss:

The more you try hard to lose weight, the harder it becomes to lose excess fat.

The goal is not weight loss, because weight loss also happens when you get cancer or become seriously ill.

The goal is to gain health and the excess fat loss is the side effect of building healthy habits and mindset.



Accept your body the way it looks.

Start feeling confident and positive inside your body, and aim for good health.

- Murtaza Shakir

Acceptance is the first step towards making a lasting change in any area of life.



SLEEP -THE FOUNDATION OF SUSTAINABLE FAT LOSS



SLEEP - The Foundation of Sustainable Fat Loss

SLEEP - THE FOUNDATION OF SUSTAINABLE FAT LOSS

DIET & EXERCISE are the first two things that come to our mind when we think about losing excess unhealthy fat.

Healthy eating habits (coming up in part 3) and adequate movement (in part 4) are important factors for fat loss.

But both of them fall flat without a good night's sleep.

Lack of good quality and quantity of night sleep makes it almost impossible to lose the stubborn fat from the body.

You will lose weight by dieting and exercising, but if sleep is compromised, the weight loss will be not the fat loss, but the loss of lean body mass (muscle loss).

Weight loss achieved by dieting and exercising without a good quality of night sleep will be accompanied by HEALTH LOSS.

2 KG

5 KG

SLEEP - The Foundation of Sustainable Fat Loss

8 KG

5 KG

10 kg weight loss with poor sleep/insufficient sleep

FAT FREE WEIGHT WEIGHT

WEIGHT LOSS ACCOMPANIED BY HEALTH LOSS

10 kg weight loss with Good Night Sleep

FAT FREE WEIGHT WEIGHT

WEIGHT LOSS ACCOMPANIED
BY HEALTH GAIN

Source: Insufficient sleep undermines dietary efforts to reduce adiposity. Annals of Internal Medicine, 153(7), 435-441.



Sleep your way to health gain and weight loss, one night at a time.

- Murtaza Shakir

Short sleep duration, poor sleep quality, and later bedtimes are all associated with increased food intake, poor diet quality, lack of motivation to exercise, hormonal imbalance, increase stress, and ultimately leading to excess body weight.

SLEEP - The Foundation of Sustainable Fat Loss

WHY GOOD NIGHT SLEEP IS ESSNETIAL FOR FAT LOSS:

1) Regulation of hunger hormones ghrelin and leptin.

(ghrelin tells your body to eat, and leptin tells it to stop). When you don't get adequate sleep, ghrelin levels increase and leptin levels decrease. Which can lead to overeating.

A study in the American Journal of Clinical Nutrition found that when people were starved of sleep, late-night snacking increased, and they were more likely to choose unhealthy snacks.

In another study done at the University of Chicago, sleepdeprived participants chose snacks with twice as much fat as those who slept at least 8 hours.

2) Stress Hormone

Poor sleep triggers a cortisol spike. This stress hormone signals your body to conserve energy for using it as fuel during your waking hours. In short - the body will store more fat.

SLEEP - The Foundation of Sustainable Fat Loss

WHY GOOD NIGHT SLEEP IS ESSNETIAL FOR FAT LOSS:

3) Insulin Sensitivity

Research at the University of Chicago - within just 4 days of insufficient sleep, your body's ability to process insulin turns abnormal. Insulin sensitivity drops by more than 30%. When your body doesn't respond properly to insulin, your body has trouble processing fats from your bloodstream, as a result, it ends up storing them as fat.

4) Mental & Physical Fatigue.

Poor sleep makes you feel lazy physically. When you need tea/coffee to get you going, you want to skip your daily physical activity session.

Your brain also gets fatigued leading to poor self-control and decision-making. You land up making unhealthy food choices

5) Recovery and Muscle Building.

Sleep is essential for our body's recovery process. Sleep helps muscles release protein-building amino acids into the blood at an increased rate which helps them grow bigger and stronger over time. Better muscle growth helps burn more fat.

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THE BEST BRIDGE BETWEEN DESPAIR AND HOPE IS A GOOD NIGHT'S SLEEP.

- Dr. Matthew Walker Sleep scientist and the Author of book 'Why We Sleep'

SLEEP - The Foundation of Sustainable Fat Loss

Your Tasks - NIGHT ROUTINE

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1) Get at least 7-8 hours of good night's sleep:

Ideal sleeping time would be between 9:00 pm to max 11:00 pm. Avoid sleeping later than 11:00 pm. Aim for 7-8 hours of sleep.

2) Early and light dinner:

Dinner has to be at least 2-3 hours before sleep, which allows time for digestion.

Dinner must be the lightest and simplest meal. If you have the habit of eating heavy and fancy dinners, you need to stop that.

3) Stay active after dinner:

Do not lie down or sit on the couch immediately after dinner. Stay active after dinner. Walk for 5-10 mins or at least 100 steps. (Avoid workouts or intense walking post-sunset/post-dinner, as it may interfere with sleep)

4) Prepare to sleep:

No work commitments 2-3 hours before sleep.

Dim house/bedroom lights 60 mins prior to sleep.

No screen time at least 30 mins before sleep (earlier the better)

Pray, read a book or spend time with family.



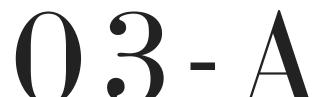
Stop wasting time, energy, and money on diet plans and workouts if you cannot optimize your night routine and sleep.

- Murtaza Shakir

If you are unable to sleep due to overthinking, or mental or emotional stress, then that must be addressed via coaching or counseling.

03-A

EATING HABITS - WHAT & WHEN TO EAT



EATING HABITS - What And When To Eat?

EATING HABITS - WHAT AND WHEN TO EAT?

When we talk about staying healthy effortlessly and losing excess unwanted fat, we talk about Eating Habits and not food.

In part 3A you will learn What & When to Eat In part 3B you will learn How & How Much to Eat.

Once you start eating mindfully and start listening to your BODY, you will not be dependent on anybody to tell you what and how much to eat.

Diet plans - giving you fish. Eating habits - learning how to fish.

Once you are in control of your eating habits, you have the FREEDOM from the following three diet-related weight loss traps.

EATING HABITS - What And When To Eat?

Diet Related Weightloss Traps

CALORIE COUNTING

Our grandparents and forefathers did not count calories.

They were eating mindfully. (more on this in part 3B)

Food does not equal calories. The concept of calorie in and calories out is not the same for each individual.

What matters is the quality of food, the time at which you eat, and how you eat determine calorie consumption & utilization.

DIET TRENDS

Trends ask you to eat two meals or skip breakfast or dinner. Survive on soups, salads, and seeds...then have cheat days. Eliminate rice, roti, grains, fats and your staple foods. Have meal replacement shakes.

TIPS AND TRICKS

Eating fat burner food like Apple cider vinegar. green teas, hot lemon water. Or having skim milk, low-fat milk, plant-based milk, zero-calorie sugars, etc... Or gut cleanser powders and pills to burn fat.

If I don't do any of the above, then what do I eat?



I TELL PEOPLE DIETS DON'T WORK. AND I DON'T CARE WHAT THEY SAY. I HAVE TRIED THEM ALL.

- Sylvester Stallone

If any of the diets was the solution, we would have solved the obesity crisis.

Because of these fad diets and quick weight loss trends, people are getting unhealthier physically and mentally.

EATING HABITS - What And When To Eat?

WHAT TO EAT?

Eat Home-Cooked Food

You need to eat home-cooked food at least 80% of the time. (viz at least 300 days out of 365 days)

Getting ready to cook food packets (like Maggi) and cooking it in your kitchen does not qualify it as home-cooked food.

The following four categories of food are what the body needs and has to be home-cooked.

FRESH MEAT

1 Fresh meat available locally (for non-vegeterians) It must not be processed or frozen for a long time.

FRESH DAIRY & POULTRY

Fresh dairy (unprocessed) - milk, butter, ghee, paneer, curd.

Whole eggs (not just egg whites)

NON-PERISHABLE FOOD

All pulses, lentils, beans, grains, millets, dry fruits, and nuts. (for vegetarians - this along with dairy can be a major food source)

FRESH FRUITS & VEGETABLES

4 Local and seasonal fresh fruits and vegetables. No need for exotic or imported.

EATING HABITS - What And When To Eat?

WHAT TO EAT?

If we have to eat homecooked food from the above 4 categories, then why so much complication around the topic of What To Eat?

The reason is weight loss industry has directly linked WHAT YOU EAT with weight gain and weight loss.

Food alone is NOT responsible for your weight gain, and neither can it alone help you lose weight.

Unhealthy food choices are the by-product of your lazy or busy lifestyle accompanied by stress in your personal or work life.

When we work on correcting our eating habits, start eating mindfully (in part 3B), sleep and rest well, stay active, and address the mental or emotional stress - our food choices automatically become simpler & healthier.

Stop looking at food as calories and numbers. Stop using food for comfort or pleasure.

We need to change our relationship with food and start using food as a tool to nourish our bodies to fuel our life.



YOUR GENES NEED TRADITIONAL FOOD.

- Catherine Shanahan, M.D Author of 'Deep Nutrition'

The food our ancestors ate is what the body needs to feel great and lose weight. Fresh, local, traditional, seasonal, and homecooked.

EATING HABITS - What And When To Eat?

WHEN TO EAT?

When You Are Hungry or During Meal Time

Eat only when you are hungry, and not when you are upset, stressed, bored, lonely or angry.

Traditionally we have been eating three meals - Breakfast, Lunch, and Dinner.

If your lifestyle habits and meal timings are right, your body will naturally feel hungry during these meal times.

BREAKFAST~ 6:00 am - 9:00 am

It is important you hydrate and eat some fresh food within one hour of waking up.

LUNCH ~ 12:00 pm - 2:00 pm

Make sure you carry homecooked food if you travel for work or study in school/college.

DINNER ~ **6:00 pm - 9:00 pm** (9:00 pm is max buffer) Keep the dinner early and have simple food. Avoid parties and eating out frequently for dinner.

EATING HABITS - What And When To Eat?

WHEN TO EAT?

Plan your meals and do not leave them on chance.

Planning your next meal makes sure:

- You eat on time and do not skip your meal Eating your meals on time every time is critical for the body. Skipping or delaying your meals can lead to eating at odd times. It is not suitable for the body and also results in overeating.
- You don't land up eating outside food/processed foods Not
 planning or carrying your meals along with you makes you fall
 into the trap of food industries and processed food. When you
 are hungry and do not have food with you, you are bound to eat
 processed sugar-loaded food.

NOTE: If you feel hungry in between the meal times, you need to plan the food you will eat and carry that with you. Do not leave it to chance.

Few eg:

- Dry fruits
- Nuts
- Fresh fruit
- Curd/buttermilk
- Homemade khakra, laddo or any other traditional food.

(NO PACKETS & PROCESSED FOODS)

EATING HABITS - What And When To Eat?

WHEN TO EAT?

When to NOT eat is equally important.

EMOTIONAL OR STRESS EATING:

Eating when you are feeling bored, upset, sad, lonely, angry, or stressed - is known as emotional or stress eating.

You are taking shelter in the food and trying to fill the emotional void with food.

Taking shelter in food only does more harm. It does not resolve the emotional issue, and eating while stressed leads to overeating and sugar addiction.

When stressed or emotionally upset - STAY AWAY FROM FOOD.

Take support from a coach, counselor or mentor who can help you resolve the issue and guide you to alternative behavior instead of taking shelter in food.

LATE NIGHT EATING OR SNACKING:

Avoid late-night dinners, or snacking at night. If you wake up feeling hungry in the middle of the night, go to sleep again, and do not eat.

Late-night meals or food before going to sleep will interfere with the quality of sleep, compromise your health and result in fat gain.



Eating healthy food at the wrong time does not help the body.

- Murtaza Shakir

When you eat is equally important as what and how much you eat.

Make your meal times a non-negotiable act of your daily life.

PART 3A

EATING HABITS - What And When To Eat?

Your Tasks - WHAT & WHEN TO EAT

Click here to wacth videos

1) Focus on having homecooked food 80% of the time:

Eat the homecooked food from the four categories mentioned and avoid eating <u>outside</u> or <u>processed foods</u>.

2) Eliminate Excess Sugar:

Sugar is harmful and not the natural fats like ghee. Restricting sugar intake will help your body heal and lose weight. (Sugar-free or zero calorie sugar is not an alternative, it's more harmful)

3) Fix your meal time:

Make it a point to have all your meals at the same time every time. (if not every time, at least 80% of the time)

4) Plan your meals, do not leave them on chance:

Knowing what you will eat for your meals in advance makes life much simpler.

If you don't plan your meals, you will fall into the plan of food and weight loss industry.

03-B

EATING HABITS HOW AND
HOW MUCH?

03-B

PART 3B

EATING HABITS - How And How Much?

EATING HABITS -HOW AND HOW MUCH?

If I don't count calories, how will I know how much should I eat?

You don't need someone else to tell you how much should you eat.

Your body knows how much food it needs, and for that, you must...

LISTEN TO YOUR BODY

The next question is, how do I listen to my body?

The ability to Listen To Your Body is determined by how you eat.

Hence, in order to Listen to Your Body and eat the right amount, you must practice...

MINDFUL EATING

PART 3B

EATING HABITS - How And How Much?

LISTEN TO YOUR BODY

Why is it important to listen to your body?

It's because the amount of food you eat daily is never fixed.

Appetite is a moving entity and not a fixed-line.

When you fix your appetite, you eat the same amount every day for every meal. Counting the number of rotis or keeping track of quantity instead of listening to your body.

(Eg: parents forcing kids to eat a particular amount of food, and kids refuse because they listen to their body)



Appetite is a moving entity. Some days you need more food, some days you need less. Hence you must listen to your body. Appetite depends on multiple factors.

(Eg: appetite is impacted by climate, it is more in winter compared to summer)







Listen to your body, and to anybody.

- Murtaza Shakir

Only your body knows how much food it needs. Do not let anyone decide that for your body.

PART 3B

EATING HABITS - How And How Much?

HOW YOU EAT?

As we understood, the only way to listen to your body is by practicing Mindful Eating.

The <u>3 steps of Mindful Eating</u> will help you listen to your body and eat the right quantity of food your body needs.

STEP #1

SIT IN PEACE

Put away all the work, thoughts, and distractions. When it's time to eat, calm yourself and sit down. No eating on the go.

STEP #2

EAT WITH ALL YOUR SENSES

Focus has to be only on eating food. No watching, reading, meeting, driving or doing anything else. You CANNOT listen to your body if you are not 100% focused on eating. (Avoid eating with fork & spoon)

STEP #3

CHEW-CHEW-AND CHEW MORE

Eat slowly and chew more. unchewed food becomes unhealthy for the body. And eating fast automatically leads to overeating. It takes approx 20 mins for the brain to receive the signal of fullness from the stomach. Hence eat slowly, and chew more.

HOW MUCH TO EAT?

I get the point of mindful eating and listening to my body, can you share a parameter that can help me select the quantity of food?

TAKE HALF OF WHAT YOU THINK

- If you think you are very hungry and you will need 4 chapatis (bread), then just take half of that.
- Eat those two pieces of bread applying the mindful eating steps.
- After eating mindfully, if you still want to eat more, again take half of what you think and that eat mindfully.

This is because we always think more than what our body needs. We cannot know how much the body needs untill we start eating mindfully.

EAT 80% OF YOUR CAPACITY

- If you get up feeling full after a meal, it is a sign of overeating.
- Eat only up to 80% of your capacity.
- Resist those extra bites.

This is because the feeling of fullness will only come after 30-45 mins of finishing a meal.



You are NOT what you eat. You are HOW you eat what you eat.

- Murtaza Shakir

Master the practice of mindful eating and you will be free from dieting and calorie counting.

PART 3B

EATING HABITS - How And How Much?

Your Tasks - HOW & HOW MUCH TO EAT

Click here to wacth videos

1) Stop counting calories and the amount of food

Appetite is a moving entity, you cannot fix the same amount of food you need on a daily basis.

2) Eating Mindfully

Start following the three steps of mindful eating. They will help you eliminate overeating and helps in the proper absorption of nutrients from the food.

3) Listen To Your Body

Once you start to practice mindful eating habits, your body will tell you how much is enough.

- · Take half of what you think you need
- Eating 80% of your capacity.



ALL ABOUT EXERCISE & PHYSICAL ACTIVITY

04

ALL ABOUT EXERCISE & PHYSICAL ACTIVITY

Exercise is very good for health, if you want to lose weight and stay healthy effortlessly, you must be focused on - **MOVEMENT**

It can be summarised in 4 simple words:

SIT LESS, MOVE MORE

You can exercise for one hour, but if you are not active and moving throughout the day, that one-hour exercise does not help.

Losing weight which is tracked on a weighing scale is the major reason people want to exercise or join a gym.

You can exercise, go to the gym and lose weight, but that does not make you healthy and fit.

Losing excess unwanted fat from the body over a period of time is what really one must be focused on.

The FAT is of two types:

- 1) Visceral Fat
- 2) Subcutaneous Fat

All About Exercise & Physical Activity

LOSING UNHEALTHY FAT

1) Visceral Fat:

This is the fat which is surrounding internal organs and mostly getting accumulated as belly fat.

A major reason for excess visceral fat is poor eating habits combined with a lack of physical activity.

That does not mean that you can eat all unhealthy food and then undo that by exercising. You cannot exercise your way to good health with a bad diet.

The focus of exercise or physical activity must be focused on reducing the excess visceral fat.

2) Subcutaneous Fat:

This fat is found under the skin. Less harmful compared to visceral fat.

There could be multiple reasons for excess subcutaneous fat. One of them could be low muscle mass.

Hence it is important to determine your levels of both these fats. Because if you lose subcutaneous fat and you have low muscle mass, it will negatively impact your health.

All About Exercise & Physical Activity

FATNESS & FITNESS

Your measure of fitness is not determined by the weighing scale.

Some people are slim and unfit, and there are those who have little excess weight, but they are fit and qualify for the below parameters of fitness.

3 parameters to measure your fitness levels:

STRENGTH

Strength does not mean bodybuilding. It means you have the strength to sustain your own body weight. You can sit on the floor and get up easily. You can do push-ups and squats. This strength remains with you as long as you live.

STAMINA

You can walk, jog, run, and climb stairs easily. You are aware of whether your stamina is decreasing or increasing. You can play with your kids and do other physical activities without getting tired or exhausted very fast.

FLEXIBILITY

You can bend, twist or turn without hurting your self. Your body is flexible enough to bend down and touch your feet without bending your knees or hurting your back.



Being fit does not mean being healthy.

- Murtaza Shakir

There are people who look fit on the outside but are super unhealthy on the inside.

All About Exercise & Physical Activity

MOVEMENT FOR HEALTH GAIN & WEIGHT LOSS

WALKING

Starting with 30 mins of walking (cycling or swimming) 5 times a week is a good start. Prefer in the morning or evening. The 30mins can be increased gradually to 45 to 60mins. (preferably go out for a walk instead of walking on a treadmill)

STAYING ACTIVE

After walking, it is important to stay active and move throughout the day. SIT LESS, MOVE MORE. Take stairs, use a standing desk, try to incorporate movement, and avoid excessive sitting.

YOGA

3 Basic suryanamaskar helps you with flexibility. You can lean basics of Yoga and incorporate 2-3 times a week

PLAY

Engaging in a sport or any other physical form of play.

STRENGTH TRAINING

If you have low muscle mass or excess subcutaneous fat, you can start strength training. Start with bodyweight workouts at home, and then move to the gym only if required.

All About Exercise & Physical Activity

MOVEMENT FOR HEALTH GAIN & WEIGHT LOSS

Movement is the sign of life.

It is important to remember that you are not starting exercise or adding a movement for weight loss, but you are making a sustainable change in your lifestyle.

When you make movement and stay physically active as a part of your lifestyle, then the process becomes effortless.

You are not a slave of step counts, gym, yoga mats, or any products.

You can strength train anywhere and perform Yoga Asanas without fancy yoga mats. You move without worrying about counting steps.

That will only happen if you make daily movement a non-negotiable part of your life.

Just look at the human body - Breath is a movement, the heart is pumping and moving 24X7 to keep you alive.

Our body is designed to move, and not rest on a chair.

Movement of the body also helps you strengthen your mind and emotions. It impacts your mood and other biological and psychological parameters.



A body in motion shall keep moving longer, a body at rest shall rest in peace faster.

- Murtaza Shakir

Remember: you don't stop moving because you get sick or old.
You start getting sick or old because you stopped moving.

All About Exercise & Physical Activity

Your Tasks - MOVEMENT

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1) Start with a 30-40 mins walk daily 5 times a week

Just go out and walk. You don't need any fancy tracksuits or sports shoes. Walk in your slippers, it's okay. **You are not going to show people that you have come for a walk.**

2) Add movement to your daily routine

- Use the staircase at home and work (if on a very high floor, climb 4-5 floors and then take the elevator)
- Use a standing desk.
- Park your vehicle a little far away.
- Walk while you talk (instead of sitting)
- · Play with kids
- play a sport you love 1-2 times a week
- Go for a long walk instead of a long drive.
- MOVE MORE, SIT LESS



5 KEYS TO PERMANENT FAT LOSS



5 keys to permanent fat loss

PART 5

5 KEYS TO PERMANENT FAT LOSS

Why does the body store excess fat?

- Unhealthy eating habits
- Lack of physical activity

Above two factors are mainly highlighted for weight loss.

Another significant factor is STRESS.

When stress is high, the body's ability to store fat increases and fat loss ability decreases.

This is not just mental & emotional stress but also includes physical stress.

The FIVE KEYS will help you eliminate these stresses to help your body heal, lose weight and stay healthy effortlessly!





When the body is under stress, diet and exercise don't help.

- Murtaza Shakir

5 KEYS TO PERMANENT FAT LOSS

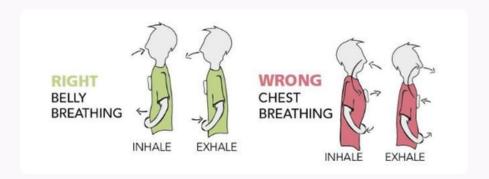
KEY #1: BREATHE RIGHT

When you breathe right using your diaphragm, it gives your body the signal of peace. When the breathing is shallow and fast, it tells your body you are under stress.

Being in a constant state of fear, anxiety, or any other chronic life stress changes the breath from normal to abnormal.

When the breathing is not right, the body's digestive and other systems are compromised, making it difficult to lose fat.

Click here to watch my YouTube video on stress & breathing.



5 keys to permanent fat loss

KEY #2: GOOD QUALITY NIGHT SLEEP

The importance of sleep is already mentioned in part -2.

Sleep is also important in connection to your breath.

When we get an adequate amount of good quality night's sleep, our body is BREATHING in the right way.

There is no chest or shallow breathing when you sleep.

A quality night's sleep helps you calm the body by eliminating physical and mental stress.

SNORING: People having snoring issues don't breathe right. Breathing happens via the mouth and not the nose. People with sleep apnea, sleeping difficulty and breathing difficulty find it difficult to lose weight.

Hence, correcting the breath and night sleep is critical to calm the stress and help the body lose weight effortlessly.

5 keys to permanent fat loss

KEY #3: ADEQUATE WATER INTAKE

The body can survive without food for over 45 days provided it gets an adequate amount of water.

Water gives you hope and keeps you alive.

Many people mistake thirst for hunger and land up eating food or drinking sugary beverages.

- Without water, the body cannot properly metabolize stored fat and carbohydrates.
- Drinking enough water is essential for burning off fat from food and drink, as well as stored fat.

Drinking an adequate amount of pure water is an important key in the process of health gain and fat loss.

Click here to watch my YouTube video on all about water.

5 keys to permanent fat loss

5 KEYS TO PERMANENT FAT LOSS

On 23rd June 2018, twelve boys between the ages of 11-16 along with their 25-year-old football coach got trapped inside the Tham Luang Nang Non Cave in Thailand.

All 13 boys were found alive after 10 days of search and were safely rescued from the cave between 8 to 10 July 2018.

What is the link between this story and weight loss?

The remaining 2 KEYS are the reason all of them were able to survive and come out safely, and the same KEYS will also help you on the journey of health gain and weight loss.

Without these 2 KEYS, it would have been impossible for those 13 boys to survive 10 days in a cave without food.

These 2 KEYS are needed on the journey of weight loss or to succeed in any area of life and business.

Without these 2 KEYS, health gain and weight loss become impossible.



THERE IS NO ILLNESS OF THE BODY APART FROM THE MIND

- SOCRATES

5 keys to permanent fat loss

KEY #4: RIGHT MINDSET

Mindset Matters Most.

Those young boys could only survive the harsh and uncertain conditions because of their coach.

The coach was a monk before joining the team, he used his knowledge of mindfulness to keep the boys calm.

That mental calmness and mindfulness helped them not panic and get stressed. He kept their hopes alive!

The same principle applies to weight loss or any situation in life.

If you take chronic stress, it becomes impossible to survive harsh conditions or when it comes to losing weight.

You can lift weights in the gym, but what you need more is to lift the weight off your mind, stay calm, believe in yourself and have faith.

Getting the Mindset Right with the help of a coach, mentor or guide is a vital step in gaining health and losing weight.

5 keys to permanent fat loss

KEY #5: RELATIONSHIPS / SOCIAL SUPPORT

Social power is more powerful than willpower.

The coach also made sure they were no fights among the boys and everyone made sure they help each other.

They started living like a family creating a strong bond with each other and making sure every one of them survived.

The longest study done by Harward University on Happiness and Health confirmed that Having Good Relationships was a common factor among people who live healthier and longer.

If you are surrounded by people who don't inspire you, who pull you down and stop you from building healthy lifestyle habits or make fun of your looks,... then you need to change the people you spend your time with.

Good social support from friends, family, mentors, and coaches makes sure you don't give up.

They are always there to support you in your low times. This plays an important factor in good health and losing weight.

5 keys to permanent fat loss

Your Tasks - 5 KEYS

Click here to wacth videos

1) Practice 5 conscious breaths multiple times a day
Complete this statement: I will take 5 conscious breaths
before/after This helps you link the breath activity
with an already existing task. (eg: I will take 5 conscious breaths
after brushing my teeth, of before going to sleep.)

2) Drinking an adequate amount of pure water.

Have a water bottle around you on your work table, in your bedroom or when you travel. It helps you stay well hydrated.

3) Right Mindset and Right Company:

Connect with people who uplift and inspire you. Develop strong loving relationships with friends and family by eliminating the hate and ego.

This is one of the most important steps to lose weight and stay healthy effortlessly until your last breath.



It is impossible to lose weight and keep the body healthy if your thoughts & emotions are unhealthy.

- Murtaza Shakir

CLOSING & INVITATION

Thank you for reading and coming this far. I hope you start making small lifestyle changes to allow your body to heal, lose weight and stay healthy effortlessly!

I would like to take this opportunity and invite you to join the community of like-minded people and get continuous support via mentorship and guidance for the health of your Body & Mind.

Invitation to Join the Alive & Fearless Tribe

To Keep the right mindset and surround yourself with positive people, I invite you to join the Alive & Fearless Tribe to learn the Right Mindset and put your Health On Autopilot.

Click the button below to learn more.

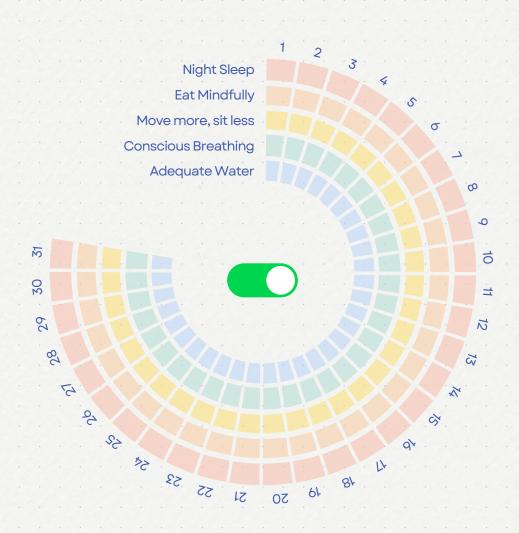
LEARN MORE

YOUR DAILY CHECK

Early, simple and ligth dinner	Sleep early (before 11:00 pm)	Adequate amount of water
Constitute and	Cit I and	
Consciuos and mindful breathing	Sit Less, Move More	Eat local, traditional homecooked food
Mindful eating practice	Right Mindset and Healthy Emotions	Soical Power - family, friends, mentors

HABIT TRACKER

"Our habits shape who we are."



MINDSET TRACKER

"There is no illness of the body apart from the mind." - Socrates

