

A SMARTER APPROACH TO EXERCISE FOR WELLNESS, WEIGHTLOSS & LONGEVITY



HOW LIFESTYLE CAN CHANGE EVERYTHING

For adults who live past the age of 50 the greatest threat to life is the development of a chronic disease such as cardiovascular disease, diabetes, and cancers.

There are four primary lifestyle factors that significantly contribute to risk of most major chronic diseases. These are simply:

TOBACCO USAGE

Smoking is one of the worst things you can do for your health. It's the top cause of lung cancer, chronic obstructive pulmonary disease, and hugely increases the risk of deadly heart disease.

ALCOHOL CONSUMPTION

Heavy drinking raises the risk of chronic diseases like heart disease, stroke, liver damage, and cancer. While moderate drinking may have some social benefits, the World Cancer Research Fund says no amount of alcohol is safe for cancer risk.

PHYSICAL ACTIVITY LEVEL

Inactive lifestyles raise the risk of chronic diseases like heart disease, diabetes, cancer, and obesity. More physical activity means lower disease risk.

NUTRITION / DIET

Diet plays a key role in chronic disease. Ultra-processed foods promote obesity and disease, while real, nutrient-dense foods with a focus on plant-based products help prevent and reverse it.

SEVEN BENEFITS OF EXERCISE

- 1 IMPROVE MOOD:**
Enjoy a boost in endorphins and neurotransmitters!
- 2 TRANSFORM YOUR BODY:**
Burn calories, Metabolism, Glucose Uptake & Muscle Building
- 3 IMPROVE NUTRIENT UPTAKE:**
Exercise improves Glycogen, Protein (Amino Acids), and Essential Fat Synthesis
- 4 IMPROVE SLEEP:**
Helps recreate diurnal rhythm and rebuild work/rest clock within the body/mind
- 5 BALANCE IMMUNE SYSTEM:**
Creates proper balance of Th1/Th2 Immunity, moves lymphatic system, and moves oxygen through body
- 6 BOOST ENERGY:**
Improves mitochondrial response and rebuilding of ATP based on consistent bodily demands/stressors
- 7 IMPROVES CELLULAR AGING:**
Enhances DNA replication, proper cell signalling of apoptosis (delayed), and lengthens telomeres.



WELCOME TO YOUR TRANSFORMATION

This program is different from anything you've tried before. No fluff—just the key information you need to take control, make real changes, and follow a plan that fits your life. Your success comes down to four factors:

1. Training
2. Nutrition
3. Lifestyle
4. Forming good habits

Our goal is to help you adjust all four so you're set up for long-term success.

WHAT IT REALLY TAKES

Transforming your body takes more than just a workout and meal plan. It takes:

- Drive
- Commitment
- Motivation
- Intensity

We provide a personalised, results-focused program designed to help you build lasting change, with professional support every step of the way.

WHAT YOU CAN EXPECT

- **PERSONALISE BASELINE PLAN**

A customised starting point based on your goals, lifestyle, and current fitness level.

- **ONGOING PROGRAM ADJUSTMENTS**

We regularly refine your plan to ensure consistent progress and effective results.

- **ACCOUNTABILITY AND SUPPORT**

Stay on track with expert guidance and regular check-ins to keep you motivated and focused.

- **STRUCTURED SYSTEM FOR SUCCESS**

A clear, easy-to-follow system designed to help you stay organised and committed.

- **HABIT BUILDING FOR LONG TERM CHANGE**

Learn sustainable habits that support your health and fitness well beyond the program.



**SIMPLE CHANGES.
BIG RESULTS**

WHAT WE ASK OF YOU:

- **TRUST THE PROCESS**

We understand you may have tried and struggled with other programs. To succeed here, trust is essential.

- **OWN YOUR ACTIONS**

We're here to guide and support you, but lasting change comes from within. You are responsible for following the plan and sticking with it.

- **BE ACCOUNTABLE TO YOURSELF**

Success starts when you take ownership. When you do, great things happen.

- **COMMIT FULLY**

This program works when you show up consistently and give it your best.

- **BELIEVE IN THE OUTCOME**

A positive mindset plays a big role. Trust that the effort will lead to results.



EXERCISE PROGRAMMING

Minimum Workout Week

After carefully working up to 10,000 steps per day along with some light body weight exercises a couple of times per week it is now time to begin a more formal exercise program. In the program below you will see a nice balance between resistance and cardio-based training. This will allow your body the benefits of both anaerobic and aerobic-based exercise.

Methods of Exercise

Walking Days = 7 (10,000 steps total per day)

Resistance Training Days = 2

Cardio Days = 2 (combined with resistance day)

Minimum Weekly Schedule

Monday: Resistance Workout 1 + Cardio

Tuesday: Off

Wednesday: Off

Thursday: Resistance Workout 2 + Cardio

Friday: Off

Saturday: Off Sunday: Off

- Walk 10,000 steps everyday

Intermediate Workout Week

If you're looking to take your body transformation results to the next level, this is the training program schedule for you!

Methods of Exercise

Walking Days = 7 (10,000 steps total per day)

Resistance Training Days = 3

Cardio Days = 3-4 (3 combined with resistance day)

"If you're ready to take your fitness to the next level, training 4 days a week is ideal. It keeps your metabolism active with minimal breaks and allows room for extra cardio or yoga to boost recovery and fat loss".

Intermediate Weekly Schedule

Monday: Resistance Workout 1 + Interval Cardio

Tuesday: Off

Wednesday: Resistance Workout 2 + Cardio

Thursday: Off

Friday: Resistance Workout 3 + Interval Cardio

Saturday: Steady-State Cardio

Sunday: Off

- Walk 10,000 steps everyday

Beginner Workout Week

Once you've progressed from twice per week of resistance training and cardio, now it is time to create a true 3 day a week workout program where you will reap the full extent of all the benefits exercise can bring to your life!

Methods of Exercise

Walking Days = 7 (10,000 steps total per day)

Resistance Training Days = 3

Cardio Days = 3 (combined with resistance day)

Optional/ Ideal

Beginner Weekly Schedule

Monday: Resistance Workout 1 + Cardio

Tuesday: Off

Wednesday: Resistance Workout 2 + Cardio (Intervals is an option)

Thursday: Off

Friday: Resistance Workout 3 + Cardio

Saturday: Off

Sunday: Off

- Walk 10,000 steps everyday

Advance Workout Week

For weight loss you must keep your body metabolically active. The more you move the better! (Just don't exhaust your central nervous system and slow down your thyroid through super intense/exhausting workouts)

Methods of Exercise

Our goal is to ensure we help you achieve your ideal body, while also not over taxing your energy/ hormonal system.

This 5-day a week exercise routine allows for the proper rest and recovery while keeping your metabolism revving all week long!

Walking Days = 7 (10,000 steps total per day)

Resistance Training Days = 3

Cardio Days = 5 (3 combined with resistance day)

Advance Weekly Schedule

Monday: Resistance Workout 1 + Cardio

Tuesday: Interval Training (6-12 rounds)

Wednesday: Off

Thursday: Resistance Workout 2 + Cardio

Friday: Interval Training (6-12 rounds)

Saturday: Resistance Workout 3 + Cardio

Sunday: Off

- Walk 10,000 steps everyday

By following these steps, you can effectively start the weight loss journey, leading to better health and improved quality of life. Remember, the key to success is consistency, patience and a positive mindset.



Imran Ilahi

Imran is the owner of Results Fitness London and a highly qualified, experienced fitness professional with over 20 years of experience in the health and fitness industry. He has earned a reputation as one of London's most respected trainers. Imran's goal is to make the most positive impact possible on the lives of the people he works with; empowering and educating them to become the healthiest and fittest version of themselves.

He is passionate about helping people find the right balance for themselves, allowing them to enjoy life to the fullest while looking and feeling great. He has worked with hundreds of clients during his career as a personal trainer and has been featured on TV, BBC Radio and in both local and international press. Imran loves working with people, whether it's in his personal training studio or with clients online. He has a genuine interest in saving you years of frustration, steering you away from fad diets, poor advice, and the myths you may see or hear in the media.

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