

51 Strategies

to Get 10,000 or More Steps

Without Spending Extra Time



Gayan Perera

Welcome >

Congratulations on committing to walk more and achieving 10,000 steps!
Completing 10,000 steps a day is a GREAT goal for so many reasons.

Of course, it will help you to lose fat & get fitter, but it can also bring a new purpose to your fitness routine, which can help you get – and stay – motivated.

It can also help improve your health, reduce stress, increase energy levels, and decrease fatigue.

This e-book will guide you through the basics and how to plan and achieve your 10,000 steps target successfully.

Committed to your success,

Gayana Perera

➤ Walking & your health

If you're just starting out (and even if you're not), walking is one of the best forms of cardiovascular exercise you can do.

12 REASONS TO START WALKING ASAP

1. Heart Health: Walking at least 30 minutes a day, five days a week, can reduce your risk of coronary heart disease risk by almost 20%.
2. It helps your body balance blood sugar.
3. It can help prevent arthritis and ease joint pain.
4. It can help you build and maintain bone strength as you get older.
5. Walking outside in the sun can help boost your vitamin D levels.
6. It boosts your immune system: one study found that people who walked 30-45 minutes a day had 43% fewer sick days & less upper respiratory infections.
7. It helps your digestive system do its job. Walking and other exercises can speed up the pace at which food moves through your system, as well as help protect your gastrointestinal tract. Studies show it can help prevent ulcers, heartburn, constipation, irritable bowel syndrome, and more!
8. It boosts your energy.
9. It lifts your mood.
10. It can help lower your blood pressure.
11. It burns calories, which can help you lose weight.
12. It can help you be more creative. One study compared people who were trying to think of new ideas while they were walking or sitting. The people who walked (especially outside) outperformed the sitters.

FORM CHECKLIST:

- ❖ Walk/jog/run with good posture, with your core engaged. This has a bonus benefit of improving your breathing.
- ❖ Look forward, not at the ground, so your neck stays aligned, and your shoulders don't slump.
- ❖ Open your chest and draw your shoulders slightly back and down, while remaining relaxed.
- ❖ Your arms should swing relaxed by your sides, and your hands should remain loose.
- ❖ Avoid striking the ground with your heel, which can put additional stress on your lower body. Instead, aim for a mid-foot strike.

Why are Steps Important? <

Your total energy expenditure/energy requirement comprises four main components.

$$TDEE = RMR + TEF + EA + NEAT$$

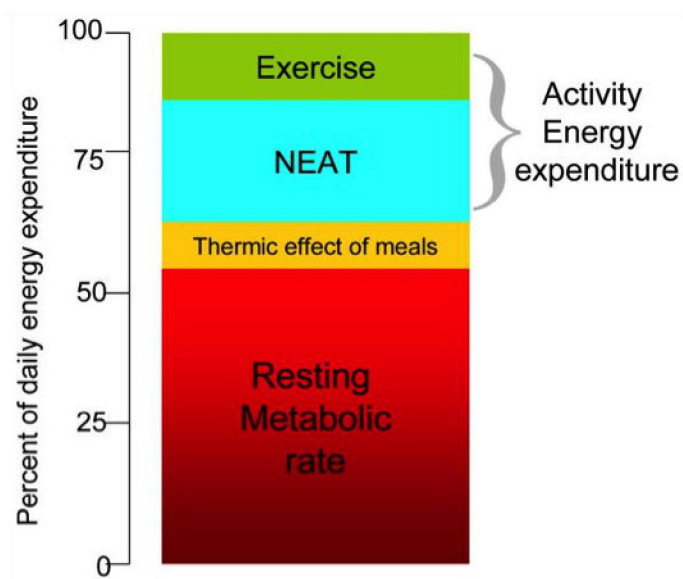
TDEE – Total Daily Energy Expenditure (Total Daily Energy Requirement)

RMR – Resting Metabolic Rate

TEF – Thermic Effect of Food

EA – Exercise Activities

NEAT – Non-Exercise Activity Thermogenesis



1. *RMR – Resting Metabolic Rate*

The main component of energy requirement/expenditure. It accounts for about 60% of energy daily energy requirement.

2. TEF – Thermic Effect of Food

It costs energy to extract energy from the food you eat. Different macronutrients and mixed meals have different percentages of TEF.

3. Exercise Activities

This is the energy you spend during your scheduled or planned training sessions. Most people overestimate this.

4. NEAT – Non-Exercise Activity Thermogenesis – *Steps*

NEAT is the amount of energy you spend doing little movements throughout the day that isn't exercising. Not just walking or steps, cleaning your house, typing, fidgeting, etc.

After RMR, NEAT has the highest impact on your energy expenditure. The more steps you do, the more energy you spend. It helps you burn more fat, get leaner, and even maintain your results long-term. Higher NEAT is a common daily habit among the small percentage of people who can maintain long-term results.

Why 10,000 Steps?

Pedometer came to market in 1965 in Japan under the name “Manpo Kei” literally translated to “10,000 steps meter” 10,000 steps per day is not evidence-based, it was a clever way of marketing to sell this new activity tracking device.

Even though there was no solid science behind the original 10,000 steps per day recommendation, it's a generally good guideline to follow.

A greater number of daily steps was significantly associated with lower all-cause mortality (Saint-Maurice et. al, 2020).

There is evidence that low activity levels can blunt metabolic benefits from exercise, aka Exercise Resistance (Burton et. al, 2021). For general health, between 5-8K is an excellent target to aim for.

However, when you are more active or do more steps, it increases energy expenditure, leading to a more significant energy deficit. This is a great strategy to lose fat/weight and keep it off. Maintaining high levels of daily physical activity may be essential to mitigate weight regain after weight loss (Wang et al., 2008).

➤ 51 Strategies to hit 10,000 steps a day ◀

1. Treadmill desk.

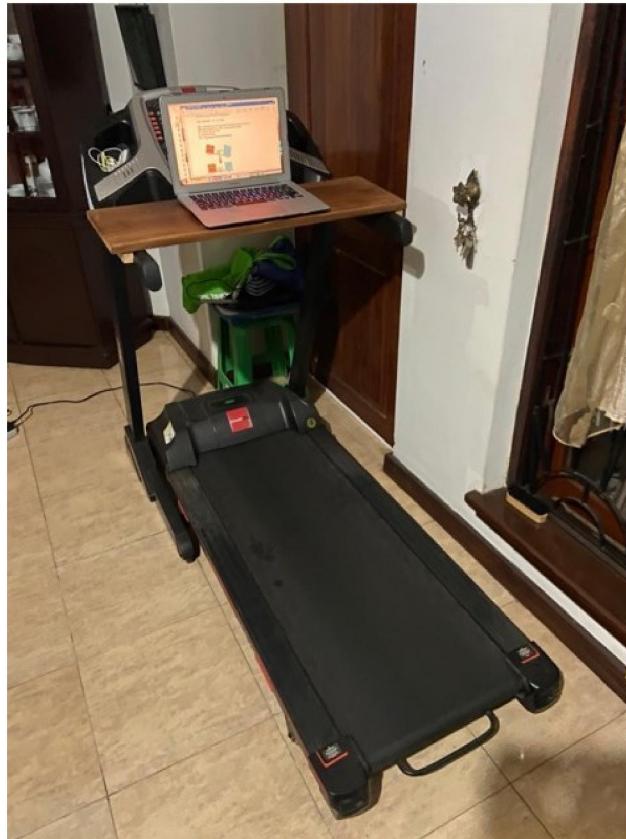
I put the treadmill desk as number one because it saves time. Slow-speed walking doesn't require a lot of attention and coordination. If you have a tight schedule like me and spend most of your day in front of a computer, it could be highly challenging to maintain a moderate-high activity level. A treadmill desk is a gamechanger. You can set the treadmill to a slow pace and work while walking. Guess what? I'm writing this e-book while I'm walking on the treadmill.

Treadmill desks can be quite expensive, but you don't have to spend a fortune on a treadmill desk. I will show you a couple of different cost-effective options.

- i. Get a foldable treadmill (you can get a good one for anywhere between 200-300\$) and stick it under your working desk. You can use a laptop stand if you want to adjust the laptop placement to align with your eye level.



- ii. Or you can convert a regular treadmill to a treadmill desk.



2. Walk your pet.

If you find walking is boring, take your dog for a walk. The dog will be happy, and you can cover your steps. Another good reason to get a dog if you already don't have one 😊

If you don't have a dog, volunteer to take your busy friend's dogs for a walk. Or you can use services like

<https://www.borrowmypooch.com.au> to find dogs for walks.

3. Walk and talk. Make your calls while walking.

Whether you are making sales calls or on the phone with your friends, family members, colleagues, or your boss, walk and talk, even if you are at your office.

4. Virtual Reality Games.

This is a super fun way to get steps. It doesn't matter how you get steps. You just need to hit the target.

5. Join a sports club/Play a sport.

Make it a habit to play a sport daily for 20-30 mins. Find a friend with the same interest or discuss with your partner and find something you both are interested in. I play badminton with my wife for about 30 mins in the evening. Neither of us is great at badminton, but we have fun. You don't have to be good at it. Find something fun.

If no one wants to join your quest to be active, join the local sports club.

6. Cover some steps in the morning before you start your day. Listen to personal development (Podcast or audiobook) during the morning walk.

I like to wake up 30-45 mins early in the morning and go for a walk while listening to personal development material before starting my day. Generally, this gives me between 3500-4500 steps. That way, it doesn't pile up, and you don't have to cover many steps later in the day. I find this extremely effective with my personal experience and client feedback. It's like money-saving; it motivates during the day to accumulate more when you have some steps to begin the day.

7. Walk during rest periods in the gym.

This is huge. Don't sit down between your sets. Walk around while you are waiting for the next set to start. I usually get about 3-4K steps during my one-hour workout. Not only will this get you closer to your steps target, but it will also enhance your recovery.

8. Take 5-10 mins walking break each hour of work. Use a Pomodoro timer.

Five minutes walking every hour doesn't seem like a lot. You can walk about 400 steps in 5 mins. If you take a 5 mins, break every hour during your 8-hour working day, it adds to about 3200 steps, and that's a significant amount. Every bit counts. You can do skipping on the spot (with or without skipping rope) if you can't leave the working station.

9. Schedule your walk and stick to it.

Create a strategy according to your schedule and stick to it. Plan when you are going to do steps and how many. For example,

30 mins morning walk – 3500 steps

Walk during your rest periods in the gym – 2500 steps

General movement during the day/small breaks between work – 2500 steps

Play a sport for 20-30 mins or walk your pet – 2500 Steps

Total = 11,000 Steps

10. Window Shopping.

I like shopping malls. I don't necessarily buy something every time I go. I walk around, maybe try out some clothes or test new gadgets. There is something about malls; you can get a lot of steps without being bored. This is a great weekend activity.

11. Go hiking on weekends.

This is another great weekend activity. Ask your partner and friends if they'd like to join.

12. Pick up a hobby/ learn a new skill that requires moving.

One of my new year's resolutions for 2022 was to learn how to swim. Okay, swimming is not technically steps. But you get the idea, right? Find a new hobby, sport, or a skill you like to develop that requires moving.

13. Take stairs instead lift.

This is probably not a good idea if your apartment or office is on the 50th floor. However, climbing up and down a few floors during the day can add to the total step count. Remember, every little bit counts.

14. Get off the bus one station before and walk.

If you have the time, get off the bus one stop before and walk to your workplace and do the same when you leave after work.

15. If possible, rent a place too close to take a bus and not too far to walk.

This is not always practical. But if you are considering relocating close to work, try to find a place that is too close to take a bus but not too far to walk. That way, you are pre-programming your environment for walking. You can also apply the same strategy to your gym. Find a gym too close to take the bus/drive but not too far to walk.

16. Walk during your lunch break.

If you get a 1-hour lunch break and eat lunch in 15 minutes, you still have 45 minutes left. Use the remaining time for walking. Talk to your co-workers and mates to see if they are interested in joining you. You will be surprised how many positive responses you will get as these days, almost everybody is health conscious yet struggle to stay active. Sometimes all they need is little support and push. You are making a positive impact on someone's life as well.

17. Choose the furthest parking spot at work and supermarket car park.

Everybody wants a parking spot close to the entrance. Sometimes people wait so long to park till a spot opens near the entrance, while little further spots are empty. Use this as an opportunity to get more steps.

18. Do your grocery shopping.

Most supermarkets have the option to order online and get groceries delivered to your doorstep. It's very convenient and saves time. However, the convenience (ability to get everything we want to be delivered to our doorstep) is one of the biggest reasons why most people are inactive.

19. Do an extra walk around supermarket parameter.

When you enter the supermarket, just do a browsing round before you open your grocery list just for fun. Don't buy random things that are not on the list. Just walk.

20. Take the cart back to cart storage.

Put your shopping cart back into the cart storage after loading your groceries into the car. Leaving carts all over the parking lot is not nice, and returning to the right spot will help you get close to your fitness goals.

21. Turn your meetings and catch-ups in to "walk and talk meetings."

I have a client who always picks a coffee shop close to a nice walking track around a park for his meetings. His job requires frequent coffee meetings with clients. He meets them at the coffee shop, grabs a coffee, and suggests to clients if they like to discuss while walking in the lovely area around the park.

22. Do uber delivery with a push bike after work.

Not everybody has to do this, but it's a great option. This is a method you can use if you live in the city. Pushbike food deliveries are pretty common these days in busy cities. You get exercise, plus additional income as well.

23. Choose an active job.

I'm not suggesting you resign from your office job and get a physical job. But if you are currently on the job hunt, try to find one that involves walking/moving. I have a few clients doing security, cleaning, and some professions that require inspections and site visits. Most of them easily end up over 10K steps by the end of their shift.

24. Run sometimes instead of walking (if you are not too overweight).

If you have limited time, try power walking, jogging, or running to get steps quickly.

25. Put your treadmill Infront of the tv.

How much time do you spend daily watching tv and Netflix? Put your treadmill in front of the tv and walk while you are watching tv.

26. Get an activity tracker.

You need an activity tracker if you want to track steps. It's not just the utility of tracking steps. Most trackers have an inbuilt system that gives you reminders to get up and move when you sit for too long; it helps you stay up to date on how you are doing with the target you set, and

there's a little animated celebration that comes up when you hit your target. They all play a role.

Wearable activity trackers have significantly increased daily step count, moderate and vigorous physical activity, and daily energy expenditure (Brickwood et al., 2019).

27. Find a walking buddy. Convince your partner and kids to walk with you.

We all have days when we are mentally and physically too drained to do anything.

Having a partner (buddy) to do the walks with you can significantly benefit these situations. You can keep each other accountable, and we hate letting down others.

28. Plan activities on your date nights.

This works the same way whether it's the first date, fifth date, or you are married with kids. Of course, you can have your dinner dates and movie dates, but also plan something you can enjoy together that requires moving, like mini golf, laser tag, or indoor rock climbing.

29. Airports are one of my favorite places to walk.

This is an excellent opportunity if your work involves regular traveling or you often travel in general. You will have to wait some time for the flight after checking in anyway. I love airports; they are great and entertaining places to walk around.

30. Break 10k into smaller targets and set deadlines throughout the day to achieve milestones.

Not planning your steps will leave you having to do a lot of steps later in the day. This can be overwhelming, and eventually, you will give up. You can avoid this if you break it down into small chunks and set deadlines. For example, finish 5000 steps by midday, 8,000 by 6 pm, and so on.

31. Walk while reading.

If you enjoy reading, whether it's a physical book or tablet/kindle, do the reading while walking. Even when you are in a room, walk around the room. You can do it with intervals. Read while walking for 10 minutes, sit and read for 5 minutes, then walk and read again.

32. Dancing once or twice a week.

Dancing is a great way to get more steps. You don't have to be a good dancer. You can join a salsa or zumba class. If you are shy, lock your room and dance away.



33. Go clubbing.

You don't have to do this if you don't enjoy clubbing. I have a client who struggles to get steps during the week. But he enjoys going clubbing once a week. He easily ends up getting over 20K on Saturday from dancing. He uses this as an opportunity to catch up on the total steps target for the week.

34. Walk on the spot.

If you are waiting for somebody, a bus, or a train, walk on the spot (4-5 feet radius). Every bit counts. Whenever you find yourself standing still, walk on the spot.

35. Place the things you often use in the corners of the house.

I like to put my phone away when I work. I leave it in the kitchen, so if I need to check my phone, I have to get up and walk to the kitchen. You achieve two things from doing this.

- I. You won't be tempted to check your phone every 2 mins; you will be able to concentrate on your work more and be productive.
- II. You will accumulate steps whenever you get up and walk to the kitchen to check your phone.

36. Gardening.

It's all about finding ways to "being active" fun. If you enjoy gardening or have been thinking about starting gardening. It's time to start.

37. Cleaning.

You don't necessarily have to do scheduled walks to get steps. Typical day-to-day household work can contribute towards achieving your step target too.

38. Wear a weight vest.

This is not a strategy to get more steps per se. But with this, you can get more with less. The heavier you are, the more energy you will spend on every step you take. If you can give your body the illusion of extra weight by wearing a weight vest, you will burn more calories compared to your normal body weight. This reduces the number of steps required to achieve the same level of energy expenditure.

39. Don't use the drive-through. Park the car and walk into the store.

If you have the habit of grabbing your coffee from a drive-through, park your car and walk to the store to get your coffee. And remember to park the car in the furthest parking spot available.

40. Rather than phone, text, or email, walk to a co-worker's office and talk to them in person.

Technology makes things a lot easier and quicker. That doesn't always help our physical health. Sometimes we have to go out of our way to be more active. Take every opportunity that presents to walk.

41. Visit different parks, museums, and take guided tours on the weekend.

This is super fun if you travel often. Even if you don't travel much, have you been to all the attractions in your local area? The answer is most likely no. Make it a habit to explore the city you live in.

42. Set reminders to walk.

You can easily forget to get up and walk if you are deep into a work project or an assignment. Set reminders to take walk breaks regularly.

43. Volunteer to clean up your neighborhood.

Join a community cleaning program if there's one already in your area. If not, take the initiative to form one. Join beach cleaning etc. You are helping the environment, and it contributes to your health as well.

44. Travel more if possible. Don't use taxis unless you really have to.

I understand this is not practical for everybody. I find it so much easier to get more steps when I travel. I am a typical tourist. I like exploring new cities. Walking is the best way to do it.

45. Create a steps competition with your friends. Everybody chips in and decide on a prize to win each month for the most steps.

This is a great strategy to stay motivated, and it works really well. A little friendly competition can give a little extra push to everybody towards their goals. Adding a prize will make it even better. You can pick one winner based on the number of steps achieved each month. Most activity trackers have the option to add your friends and create competitions and see where each other steps are at all times. Talk to a

few friends and family members and create a group. You can decide on different prizes each month to keep it interesting. I find the actual prize is more motivating to people than winning money. It doesn't have to be expensive or extravagant—for example, two movie tickets. Everybody can chip in 5 bucks and purchase two movie tickets if you have five people in the group.

46. Photographic walks, scenic tours.

Take guided photography and scenic tours whenever you go to a new city. You can find these on Airbnb and trip adviser for a reasonable price.

47. Tai chi and yoga.

Tai Chi and Yoga are great ways to add physical activity to your routine. They both show amazing benefits to your general health and even protect against age-related cognitive decline.

48. Eat each course at a different place within walking distance rather than one place when you eat out.

Rather than having coffee/tea, main meal, and dessert in one restaurant, have them at different places within walking distance. Start with a café for coffee, then walk to the restaurant for the main meal and take a walk to the best ice cream kiosk in the city for dessert.

49. Participate in charity walks/runs.

A great way to keep yourself active and contribute to a cause you are passionate about..

50. Use a restroom on another floor.

Using a washroom located at a bit of a distance a few times a day will contribute at least a few hundred extra steps for the day.

51. Try walk-at-home workouts (this is a great and fun option if your area is not safe at night, when it's raining, or when it's too cold to walk outside)

Here are a few great options to get your steps without leaving your room or house.

- Walk at home workouts - <https://www.youtube.com/channel/UCVI6ZdslZz2Zj-34bMJFPbg>
- Skipping on the spot with or without a rope. This is an excellent option if you are indoors and don't have much room to move around - <https://youtu.be/BBJPaj3qpEE>
- 10,000 steps in 75 mins - <https://youtu.be/ZMK6hSylLDg>
- 5000 steps turbo walking - <https://youtu.be/mhc-Y2FkblA>
- 10,000 steps indoor walk - <https://youtu.be/5HduKzCxexc>
- 10,000 steps indoor fast walking - <https://youtu.be/0qXmDh9cLQE>

Planning your 10,000 steps

I am sure you have heard the saying, "If you fail to plan, you are planning to fail" It's no different to achieving your steps target. You need to plan on how you are going to achieve your steps target around your daily routine.

Sample Plan

20-30 mins walk in the morning – 2500-3500 steps

Walk during your rest periods in the gym – 2500 steps

Walk for 30 mins during your lunch break - 3500 steps

Take 5 mins walking break every hour during work – 2000-3000 Steps

*(usual 8-hour workday – lunch hour = 7 hours. 5mins break every hour (7x5) total of 35 mins walking time.

Total = 10,500 - 12500 Steps

- Once you make the plan, you must stick to it despite minor inconveniences.

Bonuses & Tools

- Guide to buying an activity tracker - <https://youtu.be/2fLsbvDmHF4>
- Use Pomodoro timer to schedule walking breaks during work - <http://www.tomatotimers.com>
- Weekly Steps Planner - https://docs.google.com/spreadsheets/d/1l8OVjJPoS2V3el6IPV7AYpt8T4878_uZ/edit?usp=sharing&oid=117447793901305497004&rtpof=true&sd=true
- How to use Weekly Steps Planner - <https://youtu.be/KjfVinmCQqM>

There you have it, "51 Strategies to Get 10,000 or More Steps" *Without Spending Extra Time*.

You don't have to use all 51 tips. Some of them may not even be practical in your situation. Pick and choose a few strategies that make sense and apply to your daily routine. Most importantly, make a plan and stick to it.

You have to be sneaky like a ninja if you have a busy schedule and want to achieve 10,000 steps daily. Try to do something that counts towards your steps target every little free time you get during the day, even if it's one or two minutes. This will become a habit over time, and you will see that you are hitting the 10K target without much extra effort.

➤ **Step Up to a Fitter & Healthier Life**

If you are looking for a total fitness and wellness program that addresses nutrition, strength, body composition, cardiovascular fitness, stability and balance our coaching program will get the job done - and more!

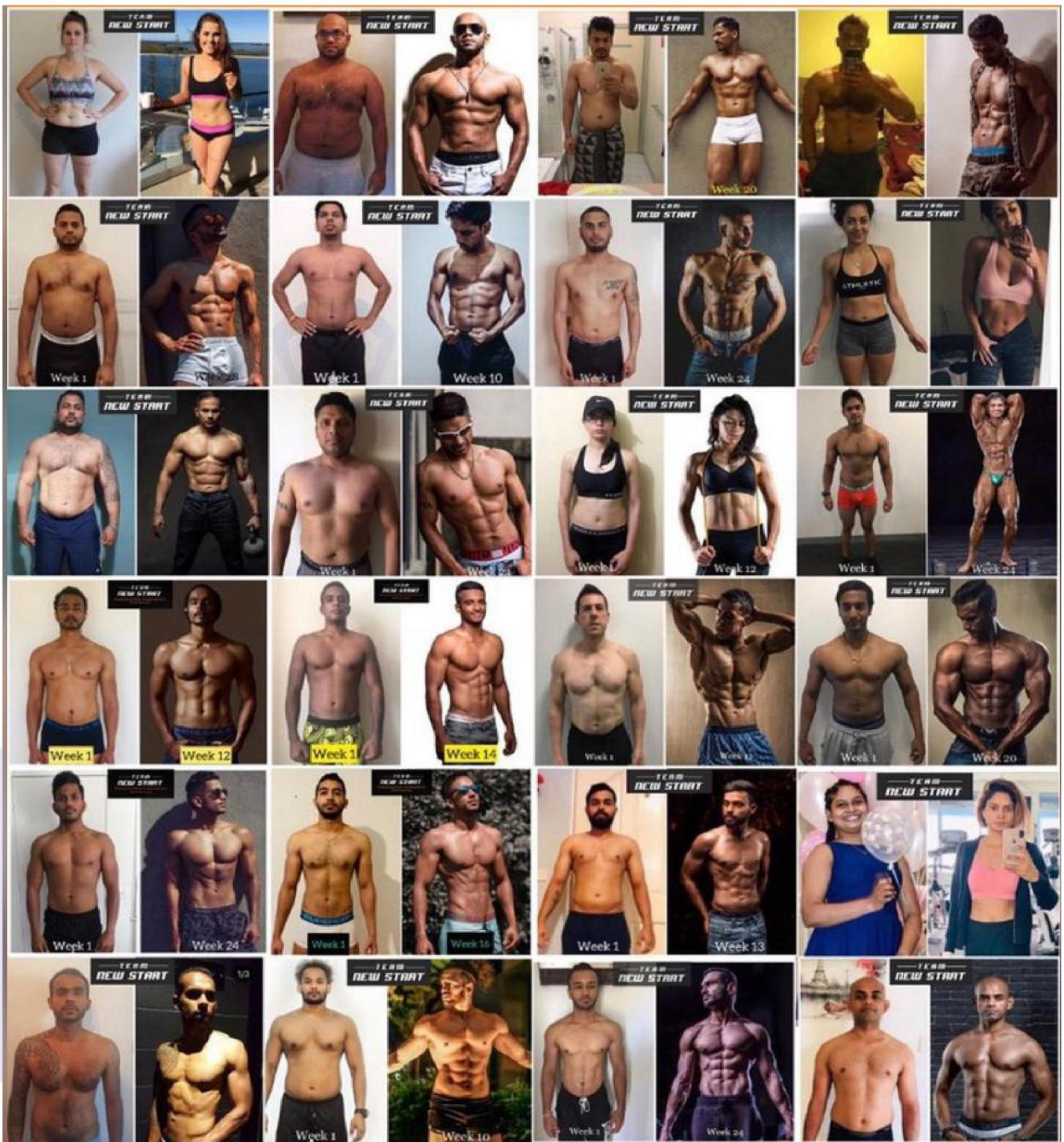
Book a one-on-one consultation with me to map out a proven strategy to achieve your fitness goals – <https://teamnewstart.com/training-with-team-new-start>

ELIMINATE THE GUESSWORK AND

CRUSH THOSE GOALS!

My 16 Weeks Body Transformation DELIVERS

 **JAW-DROPPING RESULTS**



- ✓ Lose fat, build muscles, and improve body composition.
- ✓ Create a blueprint suitable for your lifestyle, so you can get in shape and maintain it long-term.
- ✓ Gain more energy & confidence.
- ✓ Learn the science. There is so much contradicting information on the internet. My program is a design based on proven science, and you will learn what's backed by science and what's pseudoscience. You will no longer be confused after my program.

- ✓ A proven plan – no more guesswork!
- ✓ Delicious, easy and quick recipes.
- ✓ Coaching to help you through the rough.
- ✓ Accountability & Support.



Chamedi Kulasekara  recommends **Team New Start**.

June 7 · 



I've been training with Gayan at Team New Start for more than 4 months now, and he is one of the most experienced & committed trainers anyone could ever have.

Before I started the Team New Start training program, I did not follow a proper diet and I was not very active. I really wanted to change my eating habits, get in shape, lose weight and increase my fitness level. With Gayan's guidance and encouragements, I was able to see a huge difference and progress within a very short time. Gayan's training programme and nutrition programme is fully tailored to me and my ongoing goals.

I don't even feel that I am on a diet as there is a huge collection of delicious recipes which we can select from the portal that fit with our daily dietary needs. 😊 Gayan is very responsive and always available to help with anything related to the training programme. I am super happy that I chose Gayan as my coach and I'd highly recommend Gayan to anyone wanting to achieve weight loss and fitness goals. Thank you so much Gayan .. You are a star... ❤️ ❤️



Deve Croos  recommends **Team New Start**.

May 2 · 



I followed the 16 Week program with TNS. Gayan is the most supportive and encouraging trainer I've ever come across. There are fitness trainers and then there's Gayan.

I started my program weighing at 109kgs. By the time I write this I'm at 93kgs and I've gone down from size XXL to Large in a matter of 4 months. I decided to lose weight and get back in shape when I accidentally checked my weight and saw that I was at 116kgs. Before I met Gayan I lost just 6 kgs in like 6 months. But with Gayan, proper nutrition (gone were the days of just Broccoli) and workouts made my life easier and fun.

5 Stars are just not enough for Gayan. I don't know how many stars to give to this guy for the work he puts into getting YOUR weight down and to get YOU into shape. Zoom calls with Gayan is one of the highlights in the program, because even just by talking with him, motivates you to take the next step.



Hasini Ranamukhaarachchi recommends **Team New Start**.

December 10, 2021 · 🌐



I am so thankful that i joined with Team new start for my weight loss journey. I was able to lost 12 kilos in 16 weeks while having PCOS and Hypothyroidism conditions. [Gayan](#) was super helpful and motivating throughout the journey. The program allowed me develop healthy eating habits, an active mindset and i am looking forward to continue my journey with Team new start in the future. I would highly recommend Team new start to anyone who is passion about staying fit and healthy. Thanx for being an awesome coach



NisanSala SamaraSekara recommends **Team New Start**.

December 28, 2021 · 🌐



My 16 week fitness program journey 😊

I was following [Gayan Perera](#) years on Instagram and seen his amazing coaching throughout the years . In past I've tried various meal plans and diets but nothing helped me to loose weight . Finally I've decided it's time to take action for sake of my health and mind . My biggest goal was to achieve healthy BMI and go back to dress size I was wearing 3 years ago . Never thought it was possible until I start training with Gayan . I've gained lot of Knowledge about fitness, healthy eating from team TNS . The meal plans were amazing and the constant support from the team motivated me to go forward .

Also would like to mention how my mindset was changed positively throughout the program . Thank you Gayan and Team TNS ❤️ . I recommend team TNS to anyone who want to start their fitness journey . Never doubt yourself If I can do it you can too . My goal is to maintain my healthy weight and keep the healthy eating habits and while been physically active. I've lost 12kg during this program and it gave me so much confidence and honestly this is the biggest fitness achievement in my life ❤️



Nishadi Lokeswara recommends **Team New Start**.

May 2, 2021 · 🌐



I highly recommend Gayan to anyone looking to start their weight loss/fitness journey. Working with Gayan for the last 3 months, I never imagined I'd be able to make the progress I have. He is very knowledgeable and the effort he puts in to make sure you are on track to achieving your goal is another level. Everything is personalised and detailed to your needs and goals. He is always available to answer any questions and provide guidance and also has an awesome online member portal with educational content and tasty recipes.

I have decided to continue with Gayan on his advanced program and can't wait to see the results. 😊



Viraj Devinda Gunawardena recommends **Team New Start**.

★ Favorites · July 24, 2021 · 👤



I highly recommend Gayan's training programme to anyone who wants to get into fitness or reduce weight. He has been an absolute legend when it comes to my weight loss/fitness journey. My initial weight when I started with Gayan was sitting at 102 kilos and my goal was to lose 16 kilos. He helped me to smash my goal in 8 weeks and 16 weeks later I was able to get rid of 25 kilos and my current weight is around 77 kilos.

He had home workouts during lockdowns which really helped me to keep the momentum going.

He's been very helpful in all aspects of my training mentally and physically. Especially, the training and the nutrition programme was tailor made for me. His communication has been spot on and he had answers to all my questions throughout. His training and nutrition programme revolves around your priorities, and it is easy to follow.

Thank you Gayan for everything and looking forward working with you!

P.S.: The only downside of his training for me was that I couldn't fit any of my old clothing, and I had to buy new ones.

My 16 Weeks Body Transformation Program works because it's built on proven science and fully customized to your goals, time availability, family and social commitments, and lifestyle.

Book a one-on-one consultation with me to map out a proven strategy to achieve your fitness goals – <https://teamnewstart.com/training-with-team-new-start>

Committed to your success,

Gayan Perera



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