



\$150 In Special Gifts That Can Fast Track Your Fitness and Weight Loss Are Yours FREE!

Dear Friend,

Thank you for requesting our Special Report, and congratulations on taking the first step toward improving your health and fitness.

Enclosed is the report you asked for. It contains practical information on exercise, nutrition, and sustainable weight loss, along with strategies we use every day to help our clients improve their health and achieve lasting results.

Inside, you'll find straightforward advice and real success stories that show what's possible with the right approach. Our focus is on simple, realistic methods that support safe and lasting fat loss while improving overall fitness.

If you've struggled with constant dieting or feel frustrated by results that don't last, this report is a great place to start. I encourage you to take a few minutes to read through it and consider how these ideas might work for you.

If you would like more information or want to discuss the next steps, please feel free to contact us. We're always happy to help.

As a thank you for downloading the report, we've also included over \$150 worth of complimentary gifts.

We look forward to hearing from you.

We have included over \$150 worth of Free Gifts for you as a reward for taking action and downloading this report. (At the bottom of report)

Yours in Fitness,

Chris Lonsdale
Managing Director





The Truth About Losing Fat

A Personal Trainer's Guide to What Actually Works

Dear Friend,

There is a lot of confusing information in the weight loss and fitness industry. Many companies promise dramatic results through shakes, pills, or quick fix exercise programs. Unfortunately, these approaches often leave people frustrated when the results don't match the promises.

The reality is that sustainable fat loss and improved fitness come from practical, proven habits around training, nutrition, and consistency. When these elements work together properly, real and lasting results are possible.

You may have experienced some of these frustrations yourself:

- Feeling overwhelmed by conflicting advice about weight loss
- Being told a product or program will solve everything
- Blaming yourself when those promises don't deliver results
- Wanting clear, honest guidance on how to improve your health and fitness

If any of this sounds familiar, this report was created for you.

Your health the most valuable asset you have. Over the years working with clients as a personal trainer, I've seen how the right information and support can help people make meaningful, lasting changes to their health and fitness.



My name is Chris Lonsdale. I hold a Bachelor of Physical Education, Certificate III & IV in Fitness, and a Diploma of Fitness, and I've spent over 25 years working in the fitness industry helping people improve their strength, health, and confidence.

Before you begin reading, I want to make one thing clear, this report is purely informational. There is nothing you need to buy and there is no obligation.

Inside, I'll walk you through some of the most common myths about weight loss and fitness, as well as several key principles that consistently help people achieve sustainable results.

As a thank you for downloading the report, I've also included several complimentary resources valued at over \$150, which you'll find mentioned later in the guide.

Take a few minutes to read through the information and consider how these ideas might help you take the next step toward better health and fitness.



Exposed: Five Common Weight Loss and Fitness Myths

WEIGHT LOSS AND FITNESS MYTH #1

“Dieting alone will eliminate fat.”

Many people believe that drastically cutting calories is the best way to lose fat. While reducing calorie intake can lead to weight loss, extreme dieting is rarely effective in the long term.

When calories are reduced too aggressively, the body adapts by conserving energy. Your metabolism may slow slightly, hunger hormones can increase, and energy levels often drop. This makes strict diets difficult to maintain and is one reason many people regain weight after a short term dieting phase.

Another common issue with crash dieting is that weight loss doesn't always come exclusively from body fat. Some loss may come from water weight and lean tissue, particularly if protein intake and resistance training are inadequate.

This is why many people experience the familiar “yo-yo” cycle, rapid weight loss followed by weight regain once the diet becomes unsustainable.

Sustainable fat loss usually comes from a more balanced approach that includes:

- A moderate calorie deficit rather than extreme restriction
- Regular strength training to help maintain muscle mass



- Adequate protein and nutrient-dense foods
- Consistent physical activity
- Eating patterns that are practical and sustainable for the individual

There is no single perfect meal frequency. Some people prefer three meals per day, while others do better with smaller meals or snacks. What matters most is total daily nutrition, maintaining a healthy calorie balance, and building habits that can be maintained over time.

When nutrition and exercise work together in a realistic and sustainable way, fat loss becomes far more manageable and far more likely to last.



WEIGHT LOSS AND FITNESS MYTH #2

Pills, powders, and shakes can make you skinny.

Many products in the weight loss industry promise fast, effortless result. Fat burners, diet pills, detox drinks, and meal replacement shakes. While these products are heavily marketed, they are rarely the solution to long-term fat loss.

The truth is that no supplement can replace the fundamentals of good nutrition, regular exercise, and consistent lifestyle habits. Some supplements contain ingredients that may play a role in supporting health or performance, but they are not a shortcut to meaningful or lasting weight loss.

In some cases, heavily promoted “miracle” products may even carry risks, particularly when they are poorly regulated or taken without proper guidance. This is why it’s important to approach bold claims with caution and focus on evidence based strategies instead.

Sustainable weight loss comes from creating healthy habits that your body can maintain over time. Extremely restrictive diets, meal replacement-only plans, or reliance on quick-fix products may produce short-term changes on the scale, but they are often difficult to sustain and may lead to weight regain once normal eating resumes.

A more effective approach focuses on:

- Eating balanced, nutrient-dense whole foods
- Maintaining a sustainable calorie balance
- Strength training and regular physical activity
- Getting adequate sleep and recovery
- Building habits that can be maintained long term



Quality supplements can sometimes play a supportive role, for example, helping fill nutritional gaps or supporting training performance, but they should always be viewed as an addition to a solid nutrition and exercise plan, not a replacement for it.

In short, real food, smart training, and consistency will always outperform any pill, powder, or shake promising instant results.



WEIGHT LOSS AND FITNESS MYTH #3

Aerobic exercise alone burns the most fat.

Many people believe that long sessions of cardio, such as running, cycling, or using the treadmill are the most effective way to lose body fat. While aerobic exercise is beneficial for cardiovascular health and calorie expenditure, relying on cardio alone is often not the most effective approach for improving body composition.

It's common to see individuals spending many hours each week on cardio equipment without achieving the fat loss or muscle definition they're hoping for. This is because fat loss and body composition are influenced by several factors, including total energy balance, muscle mass, nutrition, and overall training strategy.

For best results, aerobic exercise should be combined with resistance training. Strength training helps maintain or increase lean muscle mass, which plays an important role in overall metabolism and physical function. Muscle tissue requires more energy to maintain than fat tissue, meaning individuals with more lean muscle generally burn more calories throughout the day.

A balanced fitness program typically includes:

- Cardiovascular training to support heart health and calorie expenditure
- Resistance training to maintain or build lean muscle mass
- Proper nutrition to support recovery and sustainable fat loss
- Consistent training intensity and progression over time

When these elements are combined, people are far more likely to see improvements in fat loss, strength, and overall fitness.



Special Note:

Effective training does not have to require long hours in the gym. With a well-structured exercise and nutrition plan, many people can make significant progress with sessions of around 30 minutes, three times per week, depending on their goals and consistency.



WEIGHT LOSS AND FITNESS MYTH #4 ***Resistance training doesn't contribute to fat loss.***

A common misconception is that lifting weights is only useful for building muscle and does little to support fat loss. In reality, resistance training plays an important role in improving body composition and supporting long-term weight management.

When people lose weight through dieting or excessive cardio alone, they may lose not only body fat but also lean muscle tissue. Resistance training helps preserve and in some cases increase lean muscle mass while reducing body fat. Maintaining muscle is important because lean tissue requires energy for maintenance, which contributes to overall daily energy expenditure.

While strength training itself burns calories during the workout, one of its most valuable benefits is how it supports a healthier metabolism over time. Individuals with more lean muscle mass typically have a slightly higher resting metabolic rate than those with less muscle, meaning their bodies use more energy throughout the day even when they are not exercising.

For this reason, most well-designed fitness programs include a combination of resistance training, cardiovascular exercise, and balanced nutrition. This approach helps support fat loss, maintain muscle, and improve overall strength and health.

Special Note:

Many people, particularly women avoid resistance training out of concern that it will lead to excessive muscle size. In practice, this outcome is unlikely without very specific training methods, nutrition strategies, and genetic predisposition. For most individuals, strength training helps create a leaner, stronger, and more toned physique rather than adding large amounts of muscle mass.



WEIGHT LOSS AND FITNESS MYTH #5

Exercises or devices can “spot reduce” fat from specific areas.

Many advertisements promote products such as thigh reducers, abdominal trainers, or other body-part-specific devices that claim to remove fat from targeted areas of the body. In reality, spot reduction of body fat through exercise alone is not supported by scientific evidence.

While exercises like abdominal work or leg training can strengthen and develop the muscles in those areas, they do not directly remove fat from that specific location. Fat loss occurs throughout the body as a result of overall energy balance, genetics, and consistent lifestyle habits.

Reducing body fat effectively typically involves a combination of:

- A balanced, sustainable nutrition plan
- Regular cardiovascular activity
- Resistance training to maintain or build lean muscle
- Consistency over time

Targeted exercises are still valuable because they strengthen muscles, improve function, and enhance muscle definition as overall body fat decreases. However, meaningful fat loss comes from a comprehensive approach rather than a single exercise or device.

With clear information and a well-structured plan, achieving healthy and sustainable fat loss is far more straightforward than many marketing messages suggest.



Four Key Principles for Achieving Lasting Weight Loss, Health and Fitness Results

1. Commitment and Consistency

One of the most important factors in achieving meaningful health and fitness results is making a consistent commitment to your habits. Many products in the fitness industry promise quick fixes through pills, fad diets, or specialised equipment. In reality, lasting results come from simple, repeatable behaviours practiced over time.

A balanced approach typically includes regular exercise and sensible nutrition habits. For example, many people benefit from maintaining a consistent eating routine with nutritious meals and incorporating a mix of cardiovascular and resistance training several times per week. Scheduling exercise sessions in advance, just as you would any other important appointment, can greatly improve consistency. Over time, this steady commitment is what produces meaningful and lasting results.

2. The Value of Coaching and Guidance

Working with a knowledgeable trainer can make a significant difference in achieving your health and fitness goals. A qualified trainer provides guidance, structure, and accountability while helping you navigate challenges along the way.

Progress is rarely perfectly linear. There will be times when motivation is low, results slow down, or obstacles arise. A coach helps keep you focused, adjusts your program when necessary, and ensures that your training and nutrition strategies remain effective and appropriate for your goals. Instead of spending years trying to figure everything out alone, professional guidance can help you progress more efficiently and with greater confidence.



3. **The Principle of Progression**

Effective training programs evolve over time. Repeating the exact same workout for months or years without progression often leads to plateaus in results. To continue improving fitness, strength, and body composition, exercise programs should gradually progress in a structured way.

Progression can involve increasing resistance, adjusting training volume or intensity, improving exercise technique, or introducing new training variations. A well designed program ensures that the body continues to adapt, helping you build strength, improve fitness, and support long-term fat loss.

4. **Accountability and Support**

Accountability plays a powerful role in helping people stay consistent with healthy habits. Research has consistently shown that individuals who receive regular check-ins, support, or feedback are far more likely to maintain exercise and lifestyle programs over time.

Whether this accountability comes from a trainer, training partner, group environment, or regular progress tracking, having someone who helps you stay on track can significantly increase adherence and long term success. Consistent support helps reinforce positive habits and ensures that small setbacks do not derail long-term progress.

When commitment, guidance, structured progression, and accountability are combined, they create a powerful foundation for sustainable improvements in weight loss, health, and overall fitness.



The information you have just read highlights several important principles for improving your health, losing weight, and building long-term fitness. Having accurate information is an important first step. However, understanding what should be done and consistently putting those actions into practice are often two very different things.

Many people know the basics of healthy eating and exercise, yet still struggle to achieve lasting results. In most cases, the challenge comes down to three key areas that often separate those who succeed from those who do not: commitment, progression, and accountability.

People commonly struggle because of:

- 1. Confusing or misleading information about weight loss and fitness**
- 2. The difficulty of maintaining consistency without external structure**
- 3. A lack of guidance or support when challenges arise**

So what is the most effective way to achieve meaningful and lasting health and fitness results?

For many people, working with a qualified trainer can make a significant difference. A good trainer provides more than just an exercise plan, they offer structure, guidance, motivation, and ongoing support. Most importantly, they help create a level of accountability that makes it easier to stay consistent and continue progressing toward your goals.

With the right guidance, a well-designed program, and consistent support, achieving sustainable improvements in weight, health, and fitness becomes far more achievable.

Here at TEAM Fitness we have proven it over and over again. Look at some of what our clients have to say:

“TEAM Fitness has helped me turn my health and fitness around for life! The photos below are the results I achieved over a 12 week program with TEAM and even I am amazed that I have kept the weight off. Not only that but since continuing to train with TEAM I’ve achieve so much more! It was by far the best investment I have made for myself”

Chris Murray



“I found the training challenging, but so rewarding. I was thrilled with my results. If anyone had told me I could lose 15 kilos in 15 weeks, I wouldn't have believed it. What was more amazing to me was that as the program progressed so did my rate of weight loss. My fitness levels also improved significantly. Overall, training with TEAM Fitness has been a life changing experience and I am so grateful to the professional and supportive staff at TEAM Fitness.”

Toni





It's a fact: our programs are the fastest and most effective way to achieve lasting health and fitness results.

With the right program and a dedicated Coach to guide and hold you accountable, you can transform into a goal achieving machine. The weight will shed naturally, and a firm, toned, and confident body will emerge.

Deep down, you already know there's no quick fix no magic pill, shake, or flashy gadget will make you fit overnight. Those infomercials and ads are designed to tug at your emotions, but they don't deliver lasting results. True transformation comes from consistent effort, a commitment to healthy eating and regular exercise.

The fastest way to internalize this commitment and see real progress? Guidance from an experienced Trainer.

If you're ready to stop relying on gimmicks, take control of your health, and make a lasting lifestyle change, we can help.

Through years of experience, education, and research, I've developed a program that motivates, empowers, and equips everyday individuals to achieve extraordinary results. You'll gain the focus, tools, and support you need to make exercise a permanent, rewarding part of your life and finally reach the fitness goals you've been striving for.

Transform Your Body in Just 5% of Your Time!

That's right—just five percent of your day is all it takes to protect and improve the most important asset you have: **your health.**



At **TEAM Fitness Personal Training**, we turn exercise from a chore into **fun, rewarding, and results-driven**. With our expert trainers guiding you every step of the way, you'll burn fat, build strength, and gain confidence without fad diets, gimmicks, or expensive equipment.

In as little as **12 weeks**, our clients have gone from unfit and frustrated to **lean, strong, and unstoppable**.

No miracle pills. No gimmicks. Just a **proven, time tested system** that works when you commit to moderate exercise and smart nutrition.

If you're ready to stop wasting time, take control, and finally achieve the body and confidence, you deserve, **email me today** at chris@teamfitness.com.au

Act now, for the next **14 days**, you'll receive **3 free gifts valued at over \$150** when you join. Your transformation starts with a single call.

Don't wait—your best body is waiting.

Yours is fitness,

Chris Lonsdale

Managing Director

www.teamfitness.com.au

P.S. Please read the form describing the special FREE gifts I have for you. Don't let another day go by without taking the action you know in your heart you need to take. If you don't have your health, what do you really have? Email today, in 12 weeks you will look back on this decision as one of the wisest of your life!





Before you go listen to what another happy TEAM Fitness client has to say;

“It’s been a fantastic journey training with Chris and TEAM Fitness. I did my first TEAM program in 2008 and since then each season I have built on the previous which has enabled me to continue to achieve better results. I’m fitter, stronger and leaner, and in better nick than most people half my age. I love that!

Nutrition is probably the biggest challenge and takes time and practice to achieve, but the steps TEAM Fitness has given me and the changes that I have made along the way by following a structured and nutritional sound plan means the results I’ve achieved are definitely for life; I wouldn’t give it up for anything”

Jenny Heald

SEE SPECIAL GIFT ON THE NEXT PAGE



TEAM Fitness Personal Training Introductory Health & Fitness Experience Gift Certificate

“Finally... A PROVEN Body Transformation System That Works EVERY TIME... Even If You’ve Struggled In The Past!”

This Certificate entitles the bearer to:

A FREE Health And Fitness Consultation.

Here’s what will happen during your consultation: we’ll explain, in detail, exactly what our program involves and how it works. We’ll also give you a complete **health and fitness analysis** and at a bare minimum, you will learn a great deal about how to better achieve your weight loss, health and fitness goals. We’ll share with you our vast knowledge absolutely FREE.

You will get all your questions answered fully and completely.

A Full Training Kickstart Pack.

I will gift you with a full Training Kickstart Pack which includes a TEAM Training Shirt, and TEAM Drinkbottle as part of your TEAM package.

Complimentary Personal Training Session

Spend a session with one of our trainers and see why we are the best at what we do. Experience the difference between training by yourself compared to working with an experienced trainer

These special gifts are worth \$150, and they are yours FREE for taking action today.

Please don’t delay. **Each day is precious.** Take action now. Take back control of your life.

You are not alone anymore. Give us the chance to prove to you how powerful our program is.

To redeem this gift certificate simply email me at chris@teamfitness.com.au

We look forward to meeting you and helping you get the results you want and deserve!