DAVID O'SHEA

STRENGTH & NUTRITION

STEPS & FAT LOSS GUIDE

MOVE MORE. BURN MORE. FEEL BETTER.

- DAILY MOVEMENT MATTERS
- FAT LOSS SUPPORT
- BEGINNER FRIENDLY
- EASY TO APPLY

SIMPLE. PRACTICAL. SUSTAINABLE.

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HOW STEPS HELP FAT LOSS

SMALL MOVEMENT. BIG IMPACT.

Steps increase daily calorie burn, support recovery and help you stay more active without extra gym stress.

BURN MORE CALORIES
More walking increases your daily energy output.

BOOST NEAT
Steps count as daily movement outside formal workouts.

EASIER TO RECOVER FROM
Walking creates far less fatigue than lots of hard cardio.

SUPPORTS ROUTINE
Short walks help build consistency and keep you moving.

BEGINNER FRIENDLY
Low impact, simple and easy to build up over time.

IMPORTANT

Steps support a calorie deficit — they do not replace good nutrition.

MORE MOVEMENT. LESS STRESS. BETTER RESULTS.

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HOW MANY STEPS SHOULD YOU AIM FOR?

BUILD FROM WHERE YOU ARE NOW.

The best target is the one you can stick to.
Start from your current average and build up gradually.

UNDER 5,000
Very low movement
Good first goal: add 1,000–2,000 steps per day.

6,000–8,000
Solid starting range
Great for beginners building consistency.

8,000–10,000
Strong general target
A realistic sweet spot for many adults.

10,000–12,000+
Useful for fat loss
Helpful if your recovery, time and lifestyle allow.

KEY RULES

- Build from your current average
- Add 1,000–2,000 at a time
- Consistency beats perfection

IMPORTANT

You do not need 10,000 steps on day one.
Progress gradually.

START WHERE YOU ARE. BUILD FROM THERE.

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MAKE STEPS WORK IN REAL LIFE

SMALL WALKS. BIG DIFFERENCE.

You do not need to make this complicated.
Build simple walking habits that fit your normal routine.

WALK AFTER MEALS
A 10-minute walk after breakfast, lunch or dinner is an easy win.

PARK A BIT FARTHER
Use shops, school runs and appointments as a chance to add extra movement.

USE WALKING CALLS
Take phone calls while walking instead of sitting whenever possible.

ADD A LUNCHTIME WALK
Even 10–20 minutes at lunch can boost your daily total quickly.

BREAK UP SITTING TIME
Get up regularly, move around the house or office and stop long inactive blocks.

MAKE IT PART OF YOUR ROUTINE
Morning, evening or school-run walks all count. Pick what fits your life.

IMPORTANT

Steps support a calorie deficit — they do not replace it.

Most people do better with daily consistency than one huge step day.

KEEP IT SIMPLE. KEEP MOVING.