



Do you have realistic expectations?

5 Easy Steps to Change Your Body Composition

Body recomposition is all about building muscle and losing fat at the same time and it's totally doable. The secret? Strength training is where the magic happens.

Whether you're new to fitness or just looking to level up, aiming to shed fat and gain muscle is a super common goal. When you get it right, you'll not only look better but feel stronger and healthier too. Just lifting weights and eating protein won't cut it alone. It takes some planning, patience, and consistency and yes, age, hormones, and genetics come into play.

Here are 5 simple tips to get you started on your body recomposition journey:

1. Lift weights 3-4 times a week

This is where the real change happens. Forget endless cardio focus on challenging your muscles with weights. Proper form and progressive overload (lifting a little heavier or doing more reps over time) are key. Keep challenging yourself, but don't forget to listen to your body.

2. Make sure you're eating enough protein

Protein is what helps your muscles grow and recover. Aim for about 0.8–1g of protein per pound of body weight each day. Think lean meats, eggs, fish, Greek yogurt and if you need a quick boost, a good protein shake can help.

3. Walk 8-12K steps every day

Moving outside the gym is just as important. Walking helps burn fat, speeds up recovery, and keeps your metabolism firing. Even a quick 10-minute walk counts so if you're busy, just getting outside for a bit can make a difference.

4. Warm up and do some mobility work

Don't skip your warm up! It's crucial for staying injury free and lifting better. Mobility exercises like lunges, hip circles, or gentle stretches prepare your joints and muscles for the workout ahead. Trust me it's worth it.

5. Rest is part of the process

Rest days are where your body actually rebuilds and gets stronger. Don't think resting means you're slacking off it's essential. I used to push myself too hard, but I've learned that taking time off helps me come back stronger. Schedule your rest days and respect them.

Bottom line:

Changing your body isn't about quick fixes or crash diets. It's about building habits you can stick with, staying consistent, and trusting the process. If I've learned anything from years of doing this, it's that patience and persistence pay off. Follow these five tips, and you'll start seeing results I promise. 😊

Disclaimer

This is only a guide, real results come with the right support and accountability. with me as your couch, you'll stay on track, make faster progress, and follow a program built around your lifestyle.

For more free tips, workouts, and motivation follow me on instagram: @powerhouse30303

