

START **YOUR** **FAT LOSS** **TODAY**



FAITH LIZ'S CORNER



HEY, I'M FAITH LIZ

Welcome, I am excited to have you on board! In this mini-course, I am going to share with you how to lose fat, build muscle and achieve your body goals. I share this as a testament to my fitness journey. I have lost over 100lbs (45kgs) over two postpartum fitness journeys. So, believe me when I say fat loss should not be as complicated as we make it.

Faith Liz

LET'S DO IT!



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01 DETERMINING YOUR WHY

Clarify your reason as to why you want to lose fat. What's the reason besides fitting in a dress?

02 HOW MUCH ENERGY YOU BURN IN A DAY

Learn how to determine your total daily energy expenditure. The amount of energy you burn in a day

03 CREATING YOUR WORKOUT PLAN

Determine how many days you can commit to working out

04 GET TO WORK

Get your workout shoes on and get to work

05 TRACK YOUR PROGRESS

Track your progress (workouts, nutrition, steps) and progress through pictures & videos.

06 CELEBRATE YOUR WINS

Every win counts, it is what will keep you going.





4 months postpartum



4 months postpartum



18 months postpartum

SETTING GOALS & DEFINING SUCCESS ON YOUR FITNESS JOURNEY

As you embark on this fitness journey, it's essential to have a clear vision of where you want to go and what success means to you.

Setting goals allows you to map out the direction and purpose of your fat loss journey. Take a moment to reflect on what you hope to achieve. Is it a specific dress size, weight scale number or simply feeling great and confident in your skin?

Whatever your aspirations may be, articulating your goals provides you with a roadmap to guide your efforts. It's crucial to set goals that align with your values. Your fitness goals should inspire and motivate you, igniting a fire within you to continuously show up for yourself.

However, success means different things to different people. It's essential to define what success means to you personally. Defining success on your own terms enables you to stay true to your vision and not be swayed by external benchmarks.

Remember that success is not solely determined by numbers. It's about finding joy and fulfilment on your fitness journey.

Fat Loss

GAME PLAN

01

WHY DO YOU WANT TO LOSE WEIGHT (LOSE FAT)?

What's your big why? When I started my postpartum fitness journey my goal was to be a strong mama who could play with toddlers, carry groceries and climb a set of stairs without feeling winded. I wanted a healthier body weight to love my body and feel confident in it.

What's your why?

02

DETERMINE YOUR TDEE

Your total daily energy expenditure is the amount of energy you burn daily. It considers your age, height, weight, fitness level (physical activity) and basal metabolic rate. After you have determined your TDEE, create at least a 300-500 calorie deficit through food. [Use this calculator](#)

03

CREATE YOUR WORKOUT PLAN

Luckily, I have so many videos you can choose from depending on your fitness level. Whether you have gym access or a few dumbbells at home, to lose fat you should focus more on strength training than any other exercise. Here's [a video for a beginner with gym access](#) or a [beginner with only a few dumbbells at home](#)

04

GET TO WORK

Ideally, you should stick to a workout plan for at least 12 weeks to reap its benefits. Quit switching up your workouts before you can evaluate if they are working. A 3-5 day workout week is enough for you to see results. Commit to at least 3 days of working out and the results will be inevitable.

05

TAKE PROGRESS PHOTOS AND VIDEOS

Fat loss will mean that the scale might not show that you are gaining muscle or losing fat sometimes. So, progress photos & taking body parts measurements should be your friend. The better your clothes fit the more you will know you have lost fat.

DO NOT FORGET TO CELEBRATE EVERY WIN HOWEVER SMALL IT MAY BE.

This image shows a full page of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page, leaving small margins at the top and bottom. There is no handwriting or other markings on the paper.

Enjoy the process



CHOOSE A WORKOUT ROUTINE THAT'S RIGHT FOR YOU

You need a workout plan. Determine the frequency (how many times a week you can commit to at least a 45-minute workout.

THINK ABOUT HOW OFTEN YOU WANT TO WORK OUT

If you have 3 days & a gym membership then do 3 full body workouts.

If you have 4 days, then commit to:

1. Two lower body workouts/ week
2. one upper body workout/week
3. On the fourth day complete the week with a full-body workout.

If you have 5 days, then commit to:

- Two lower body workouts/ week
- Two upper body workouts/week
- One full-body workout to complete the week.

ENDEAVOUR TO HAVE A REST DAY IN BETWEEN EACH MUSCLE GROUP TRAINING

TIPS:

Find a way of tracking your workouts. Get a fitness program, or a log book or use your notes app on the phone

Apply progressive overload, which is the type of strength training that gradually increases the intensity of workouts to avoid a plateau in muscle mass and strength.

Walk at least 8,000- 10,000 steps each day.

For starters, this is enough cardio for you to see results. You do not need to start with running and high-intensity cardio workouts. These make you so hungry and end up consuming lots of calories,

Eat enough protein (ideally 0.8g/- 1 g per lb of your body weight).

**HOW TO MAKE EXERCISE A
HABIT: WATCH VIDEO**

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Enjoy the process

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Enjoy the process

INSPIRATION

**STAY CONSISTENT
IN YOUR OWN**



Fitness **JOURNEY**



AND CELEBRATE

YOUR *Small Wins*

[HOW I LOST 40 LBS : WATCH VIDEO NOW](#)

Developing **A WORKOUT PLAN**

WORKOUT DAYS	WEEK ONE
DAY 01	
DAY 02	
DAY 03	
DAY 04	
DAY 05	

Stick to a workout plan for at least 12 weeks before switching it up.

Join our
**TRANSFORM YOU
MEMBERSHIP**

SIGN UP TO GROUP COACHING

SIGN UP TO OUR GROUP COACHING

SIGN UP TO OUR GROUP COACHING

JOIN TRANSFORM YOU MEMBERSHIP

**LET'S
DO IT**

SIGN UP TO TRANSFORM YOU MEMBERSHIP

SIGN UP TO TRANSFORM

MEMBERSHIP

SIGN UP TO OUR NEW

Join our

BROKE TO BLESSED MEMBERSHIP

Build a life you love, transform your mindset, draw closer to GOD and mostly become the best version of your entire life. It is not too late to achieve all your goals

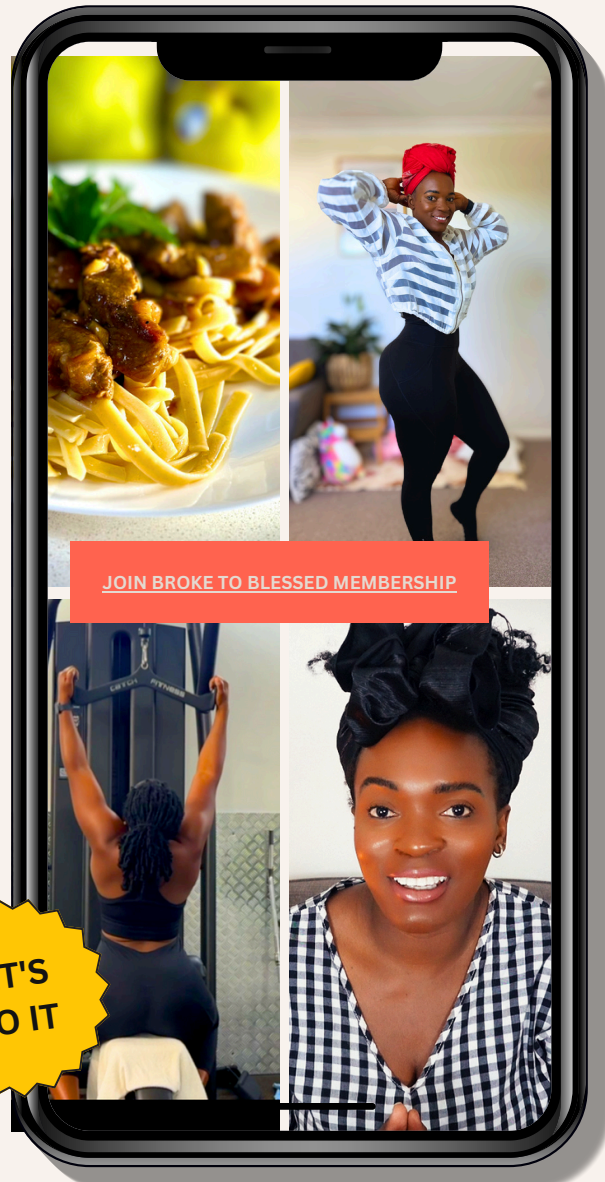
Whether you're looking to lose weight (fat loss), draw closer to GOD, discover your life purpose, build a career you love or simply looking for accountability to achieve your life goals, our membership program gives you the chance to access these valuable resources without feeling overwhelmed.

As you transform your mindset, and your self-image, you will find achieving your life goals effortless.

But you have to decide that you've had enough of playing small & throwing yourself a pity party.

[SIGN UP NOW](#)

LET'S
DO IT



SIGN UP TO TRANSFORM YOUR MEMBERSHIP

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FAT LOSS CHECKLIST

Month:

Week:

[illegible]

FAT LOSS CHECKLIST

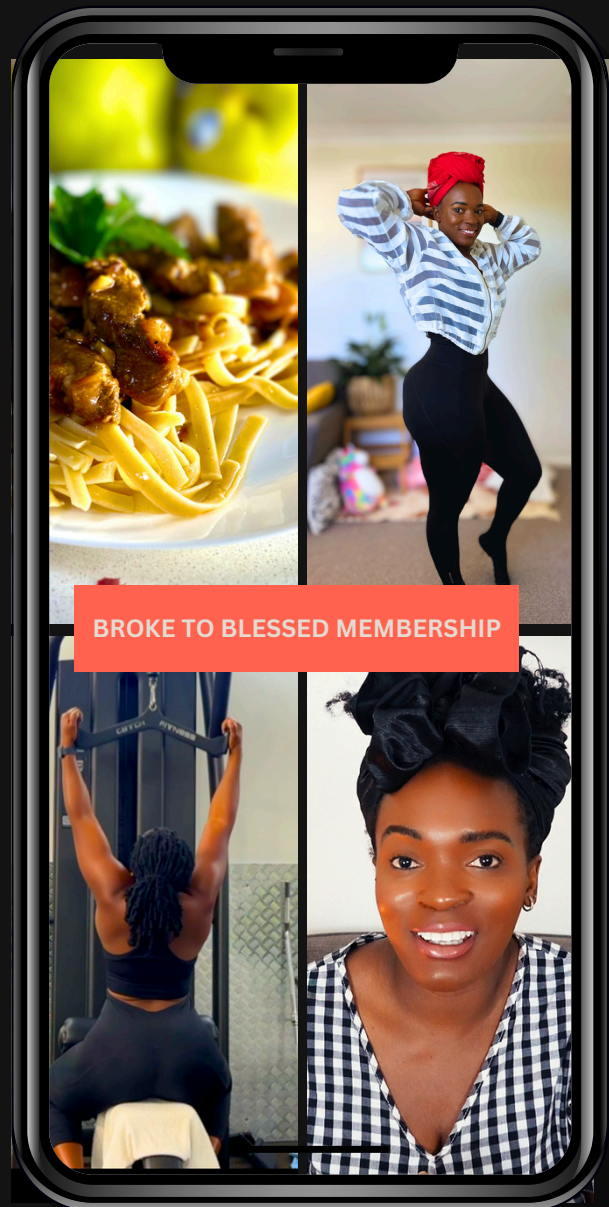
Month: Week:

[illegible]

[illegible]

Enjoy the process

Join our
**TRANSFORM YOU
MEMBERSHIP**



[illegible]

Enjoy the process

DO ANYTHING, BUT DO NOT GIVE UP

When I started my postpartum fitness journey as a first-time mom, I did not know what to do. I followed mums that I saw on Instagram. I copied and pasted whatever I saw them doing to *bounce back* to my pre-pregnancy/ pre-baby size.

This Journey was very frustrating as I kept doing everything I saw my mum influencers doing but I was far from the results. But one thing I vowed to do was not give up.

I am lucky to have a laser-focused attitude in the area of goal setting. But this motivation also dwindled after a while. It was until I re-defined my core values when it came to my fitness, I decided to love the body that had nurtured my baby boy and I vowed to get stronger so I could play with him and show him that I could bounce back on my terms.

My son was too young to know my resolution, but as each month went by, I showed up, did the work, ate highly nutritious meals and stopped comparing my journey with anyone's journey.

Before I knew it, the weight started to drop off & by the time he was a year old, I had lost over 50lbs and was back to my pre-baby size.

CONSISTENCY IS THE BACKBONE OF RESULTS



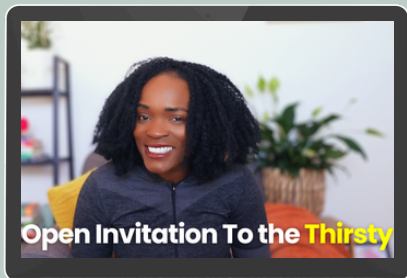
2 YEARS POSTPARTUM (BABY #2)

60 LB LIGHTER

Transform You

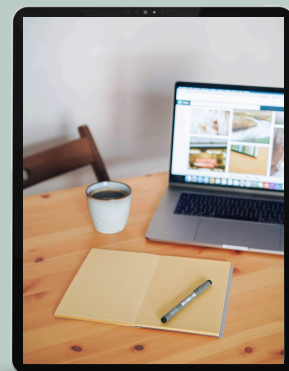
A membership for a woman who believes she is called for more. Build a life you love, transform your mindset, draw closer to GOD and mostly become the best version of your entire life. It is not too late to live a purpose-driven life and achieve all your goals

LET ME SHOW YOU HOW



As you transform your mindset and your self-image, you will find achieving your life goals effortless. But you have to decide that you've had enough of playing small & throwing yourself a pity party.

Whether you're looking to lose weight (fat loss), draw closer to GOD, discover your life purpose, become an entrepreneur, build a career you love or simply looking for accountability to achieve your life goals, our membership program gives you the chance to access these valuable resources without feeling overwhelmed with support & accountability to achieve your goals.



JOIN TODAY



Client Reviews



"Working with Faith has been a game-changer. As a result of my career coaching with Faith, I have now gone on to pursue my MSc in Financial accounting in Australia and I feel confident in my career and pursuing my life purpose

Elijah M, Australia



Faith, Thank you for impacting me through your podcast. You have transformed my mind career-wise. I'm eternally grateful. You are such an inspiration.

Valeria, Uganda



Faith is like a Swiss Army knife for career and scholarship advice – absolutely indispensable! She turned my motivation letters from meh to wow, helping me snag that Master's scholarship. And when it comes to career moves? She's like a guru with a crystal ball, giving advice that's spot on. She's got more know-how in her little finger than most have in their whole toolbox!

Faruk, Sweden



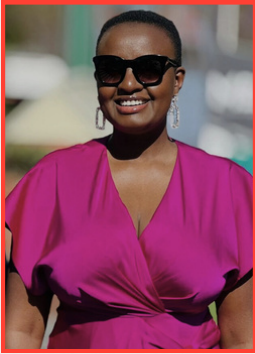
I am from a Muslim background but Faith awakened my love for GOD and JESUS in a different way this year, now I am all for HIM and HIS will

Nusula, M, Leicester, England



CHRISTINE'S TRANSFORMATION

Business Launched in 6 weeks



Today, I introduce you to Christine.

When I first met her, she was working a quiet 8–5 job as an administrator. But from the very beginning, I could tell that there was more:

- ✨ More vision.
- ✨ More heart
- ✨ More purpose waiting to be lived.

And then, in one conversation, she let me in; that was the spark ✨.

Together, we turned it into a flame 🔥.

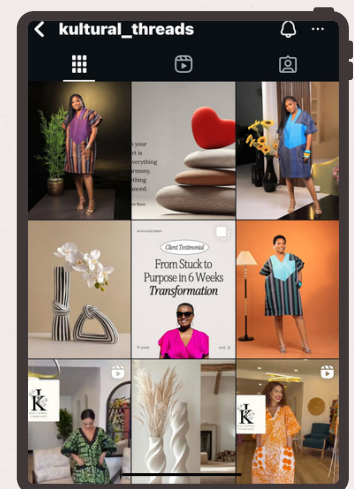
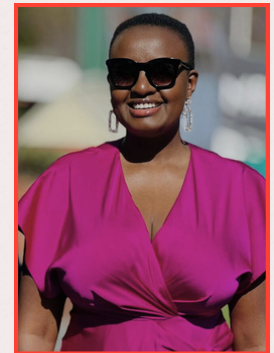
In just **four** weeks, Christine launched her dream business, **Kultural Threads**, an idea she had had for close to 5 years.

In four weeks, Christine had a clear strategy, sourced her first stock, and began showcasing the beauty of African fabrics while supporting local artisans. And best of all? A part of the profit from every sale funds a child's education

Just this September, Christine messaged me saying that she had made her biggest sale yet, over \$900, without lifting a finger, in the comfort of her home. Her dream is real. Her impact is growing.

She has now opened up another Kultural Threads Shop in Uganda to augment her influence and impact.

And it all started with one step: Getting Unstuck.





KULTURAL THREADS

Supporting a child's education and livelihood one sale at a time.

A MONTH OF CLARITY

Get unstuck

Group coaching may not be your thing—and that's exactly why I had you in mind when I launched Get Unstuck 1:1 Coaching.

I have a few private slots available, and we'll work around your schedule so you can fully benefit from everything I teach. I'm offering you a special opportunity to experience a discounted month of Clarity with me, where I'll support you on a truly personal, 1:1 basis.

What you'll receive:

- **6 total calls instead of the usual 4 (1:1 coaching calls for one month), where you will:**
 - Heal your soul and release self-limiting beliefs that have been keeping you stuck
 - Gain clarity on your life's purpose—whether in career, ministry, or business
 - Create structure, wake up with direction, and do work you actually enjoy
 - Grow closer to God
 - Stop feeling overwhelmed and frustrated with where your life is
 - Rewire and renew your mind to finally achieve the goals you've put off for too long
 - Become consistent in living out your God-given purpose and mandate

Bring a project you want to work on, and in 6 weeks, you'll be ready, confident, and fully in motion.

BOOK YOUR CALL



Dr MAYIMUNA NALUBEGA'S

PhD Acquired & Generating new therapeutics against Malaria



Today, I introduce to you Dr Mayimuna Nalubega.

When I first met her, she was looking for clarity and advancement in her career. She had completed her MSc in Immunology from the University of Manchester, U.K., and had returned to Uganda as a condition of her MSc scholarship.

She knew she wanted to pursue a PhD to become an independent immunologist, but she did not know where to start or how to obtain a PhD candidature.

This is what she had to say:

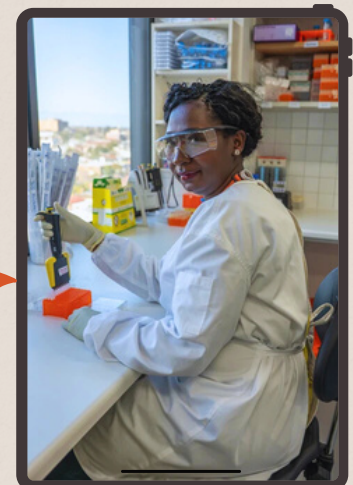
Many times, we never know how close we are to achieving our dreams until we talk to someone. In 2018, during my search for a PhD opportunity, the competitiveness of the available positions seemed overwhelming until I was introduced to Dr Faith Elizabeth Nanyonga by a mutual friend.

Since then, I have never looked back. She inspired me greatly and filled me with renewed enthusiasm to pursue my dream. She guided me in how to overcome imposter syndrome and go after what I knew I wanted, but fear had caged me in.

Today, I have a PhD from the University of Queensland, Australia. I have recently secured a position as a Research Officer at the Burnet Institute in Melbourne, Australia, all because of Faith's mentorship and coaching.

Thank you so much, Faith, and keep up the great work."

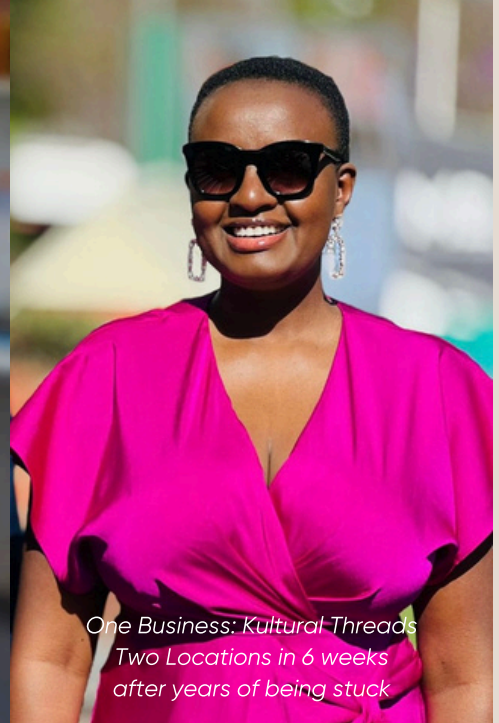
Read Dr Mayimuna Nalubega's story here



PURPOSE REVEALED & ACTIVATED



*MSc to PhD Scholarship Awardee
Career Clarity, Confidence & Fulfilment*



*One Business: Kultural Threads
Two Locations in 6 weeks
after years of being stuck*



*Soul healing from Shame & Pain.
New Confidence and Divine clarity in life*



*Career Clarity and Career change with
confidence. Now a psychologist*



*Boldness, Confidence, Impact and Business
and Career alignment*

BROKE TO BLESSED MENTORSHIP

A 6-Month Group Mentorship for Multi-Talented, Vision-Driven Women Ready to Rise

JOIN TODAY

SHAMIM'S TRANSFORMATION



Shamim came from being stuck in her career to a career with purpose. She defied her status quo and her academic background to go after what she believed was hers. Right now, she is helping organisations set up mental health policies to support their employees.

SHAMMIM'S STORY & TESTIMONIAL

This could be you:

Just like Shamim, you are a woman called to influence and challenge status quos, to build businesses, ministries, programs, movements, communities, books, service-based brands, coaching offers, and creative works, name it.

But because you lack clarity and confidence, you remain hidden.

You are **brilliant, gifted, and called**, but broke, confused, and overwhelmed.

You should be leading, but you are still lurking.

God is calling you out of the shadows.

This mentorship was created to take you from stuck to strategic, from broke to blessed, from silenced to influential, from confused to called, from pain to purpose.

Let's be **FRIENDS**



JOIN MY YOUTUBE COMMUNITY

I promise candid conversations about a Christ-centred life, business, entrepreneurship, fitness and wellness as well as some behind-the-scenes of my life as I strive to build a life I love.



LET'S HANG ON SATURDAY STRATEGY CALLS

Strategy is what most people struggle with. Each Saturday, we explore biblical principles to live life. You will love it there, I promise.



GROW CLOSER TO GOD WITH ME

For His Glory Podcast aims to give GOD all the glory as we discuss how to live a Christ-centred life. When you join Faith Liz's Corner YouTube, you automatically have access to the library of Christ-centered podcast episodes. **For His Glory** is also on Spotify and Apple Podcasts.



BUILD A CAREER YOU LOVE

The Framed Solutions podcast is my first baby. I started it to share career tips to help you build a career that not only pays you but one you love. Search **The Framed Solutions** wherever you get your podcast.

Thank you
SEE YOU IN THE MENTORSHIP

**CONGRATULATIONS ON COMPLETING THIS MINI COURSE
TOWARDS KICKSTARTING YOUR FATLOSS JOURNEY**



FAITH LIZ

BET ON YOURSELF & JOIN TODAY