

Dads' Essential 8 Laws of Fat Loss

The 24 Laws - Part 1

**...knowledge that all dads need
to apply if you want to stay
energetic for your family, lean
for yourself and robust for the
future.**

**“...some of them can be bent... others can be broken...
that’s not the point.**

**The point is like all laws, you need to be aware of them
otherwise sooner or later
you’re gonna be in trouble.”**

- Williams (& a little Morpheus)

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The 8 Essential Laws

that all dads need to know...

The world has changed... but some things remain the same. Dads, specifically, have a unique set of challenges which work against us looking after ourselves physically and mentally.

Full awareness precedes any solution! Here, in part one of *The 24 Laws*, I've identified common scenarios and mindsets that chip away at our efforts to stay healthy, positive and resilient in mind and body. Each has notes on how to address them... and do a little better.

If you take one thing away, let it be a 'log to your fire' of gentle steady improvements... in the right direction. Which law resonates with you most? What small 'definitely achievable' step can you take today AND keep consistent? Start there.

Read, heed and apply, gentlemen. Let's strive to improve from where we are. Tomorrow is more important than yesterday.

[Ayo Williams](#)

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1 - The Law of

Time

“You have to make time for what you want/need to do. Make it, take it, and defend it.”

No-one is going to give you the time to add exercise, better eating or a little self-care into your day.

With all the demands that you have, you're going to have to make that time, take it and defend it. It doesn't have to be a lot of time... start small and build.

In order to make time, you may well have to say 'no' to a few things. This can be strangely empowering.

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2 - The Law of

Addition

“Add, rather than remove. This way lies adherence and consistency.”

I’m talking about your plate here, but it’s a metaphor for life too. Stop thinking about what you need to cut out of your life (remove from your plate) to get to where you want to be.

A very successful mindset shift is adding positive people/habits/foods/experiences to your mix... leaving less space for the things which push you the other way.

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3 - The Law of

‘How over What’

“How you eat is as important as what you eat.”

Most people cannot get their head around this one, and some push back at the idea of even giving it a try. Don't be 'most' people!

Slow down.

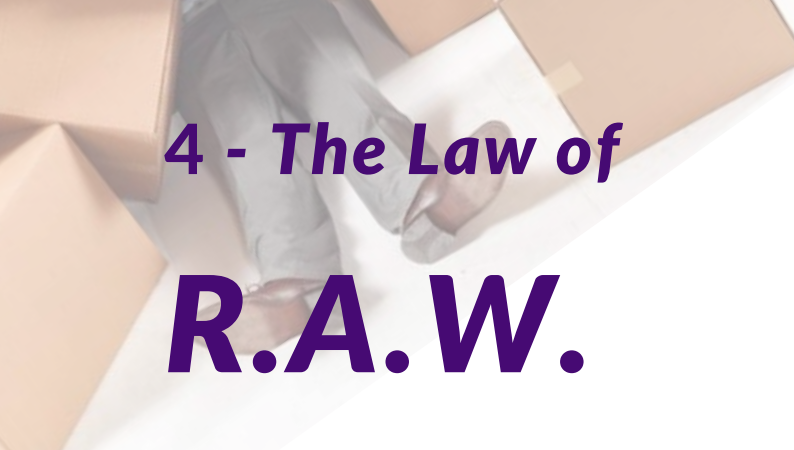
Chew thoroughly.

Savour every mouthful.

Learning to eat at a slower pace improves your digestion, appreciation of flavours, encourages satiety with smaller amounts and ultimately makes it much easier to stay at a size you'd prefer.

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4 - The Law of

R.A.W.

“Make sure you’re Ready, Able AND Willing... before pressing ‘Play’ on big changes.”

Are you Ready, Willing AND Able to make changes...? You need all three. Seriously.

Pause a moment.

You may well be willing... but are you genuinely able to even do the ‘small things’ that that need to happen for success? If you have a newborn in the house, are about to move home, have just started a new job and had flu last week is this the best time to press ‘Play’ on big changes?

Of course not. Now that doesn’t mean you can’t move forward... simply aim for a smaller positive steps and plan ‘Big’ for when you’re genuinely ‘Able’.

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5 - The Law of

Motivation

“Motivation has nothing to do with discipline.”

Folks who aren't feeling motivated often look upon those who are, and imagine that they are hugely disciplined. This is usually nonsense.

Motivation, and building positive new habits comes from areas including seeing a result from your efforts, having a powerful 'WHY', having a hard deadline, or adding a new positive action to an existing one. It's rarely 'forced discipline'.

Forget discipline. Make things visual, easy and doable in your day, and build those small wins.

**Water on your desk, where you can see it!
Plan ahead with the cooking! Have your workout gear ready, so it's the first thing you see when you get out of bed!**

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6 - The Law of

Planning

“Know the plan, before you get to kick-off.”

Every successful project has a plan, from a fitness programme to a Cup Final.

Without a clear plan of attack (for when you're on-the-ball) and defence (for when things are going tits-up) you're doomed to panic, winging it, and you're less likely to succeed.

Make sure you know what's ahead in every training session you start. Make sure you know what your options are for your meals tomorrow and have a tangible guideline for how much you're going to have.

This doesn't mean restriction and rules... it actually feels more like freedom.

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7 - The Law of

Energy Balance

“Calories. Know about them. Know how to not be ruled by them.”

Of course calories matter... maintaining a negative energy balance is the cornerstone of every strategy to lose weight.

It is important to have a good idea about the amounts and types of food you need to be eating to get to (or maintain) your goal.

It is not important to your future health to ‘accurately’ calorie count everything that passes your lips.

Learning about caloric values, nutrient density and fullness cues can set you up for life of food-freedom. Counting numbers without context can rob you of the joy of food.

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8 - The Law of

Environment

“Shape your environment, for your environment shapes you.”

If you struggle with healthy eating because of time commitments like work and family, then you need some quick, simple and realistic options (which are tasty) which you can go to, that are just a little better than what you’re doing now.

If you’re one to demolish your meal super-fast, try removing a distraction or two from your mealtimes, and chewing each mouthful more... you’ll be amazed at the difference this makes...

Look out for opportunities to improve your environment. Take control and shape it so that under pressure, better decision-making becomes easier.

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In Closing...

Any effort towards positive change in the above eight areas is a fantastic start. Just focusing on these for the next few weeks will make a huge positive difference to your life... and that is a promise. Please do let me know how you get on.

We can go further though! Go ahead and check out the other free resources (including parts two and three of *The 24 Laws*) on my website.

Better yet, join me in the 'League of Lean Gentlemen' for ongoing support and interaction with a group of dads looking to restore that energy and lose the stomach fat for good.

Are you ready to work with me to get some serious results? Apply here!

Get in touch - I'm looking forward to helping in whichever way I can.

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