



Eden's Peak Mobile Fitness

Lose Fat Without Losing Muscle

The 5 Rules

- Eat 0.7–1.0g protein per lb goal body weight.
- Strength train 2–4x/week.
- Walk 8,000–12,000 steps daily.
- Sleep 7–9 hours.
- Stay in a 300–600 calorie deficit.

Quick Start

- Fill half your plate with protein and vegetables.
- Drink water before every meal.
- Limit liquid calories.
- Track food for 7 days.

Ready for personalized coaching?

Book your FREE Eden's Peak Strategy Session.
Performance • Wellness • Mindset