

# TMF WEEKLY

Visit: [tailor-madefitness.com](http://tailor-madefitness.com) | Mail: [tailormadefitness13@gmail.com](mailto:tailormadefitness13@gmail.com)



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## Tailor's Tips

Tuesday: *Your cravings are influenced by the foods you routinely eat. The less you eat a food, the less you crave it; the more you eat it, the more satisfying it becomes. Another reason why whole, unprocessed foods should make up the VAST majority of your diet. (Study)*

Thursday: *A 2015 meta-analysis (study of studies) found that strength training alone caused more fat loss than only endurance training, or even a combination of the two. Want to lose fat? Move some iron!*

## Highly Recommended

- 1) Menno Henselmans explains the best time to work out ([article](#))
- 2) Jeff Alberts of 3DMJ reflects on his year as a coach ([podcast](#))

## The Latest

More tips to help you start 2017 the right way.

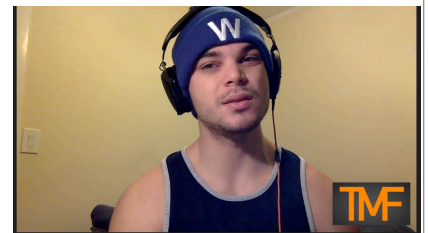
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## Prep Vlog 7

Had to take a few unplanned off days, but still managed to find ways to progress.

[More...](#)



## Coaching

Serious about improving your physique? I'm here to help. Visit the [Coaching Page](#) on my website to learn how to apply for a free Goal Analysis and get the ball rolling towards a better you!

*\*NOTE: Spots on my roster are currently limited.*

## MAJOR 🔑 ALERT

Are you just starting your fitness journey, or returning to the gym after a long layoff? Want to lose fat, gain strength & build good habits in a short period of time? And do you want to do all of that for free? Stay tuned ;)