



Fitness 101: Understanding The Basics

A practical guide to fat loss, muscle-building,
and sustainable habits for busy people
who want real results.



RODDY GIBBS

BODY TRANSFORMATION COACH

NASM - CPT

TRAINING • NUTRITION • ACCOUNTABILITY



*Positive body transformation
without shame, extremes, or wasted time.*

INTRODUCTION

The basics that actually matter.

Fitness gets confusing when every platform pushes extremes. This guide gives you the big rocks: how to measure progress, how to eat in a way you can sustain, and how to train hard enough to change your body without turning fitness into a second job.



What Roddy Gibbs coaching is built on

- Positive body *transformation*
- Training that fits real life
- Nutrition without obsession
- Accountability that *keeps you moving*

The goal is not to be perfect. The goal is to build a body and a routine that help you look better, function better, and feel better.

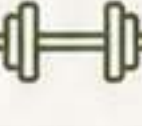


Takeaway: You do not need more noise.
You need a simple plan you can repeat.

PROGRESS

How to read the scale without losing your mind.

The scale is one data point, not the whole story. Your body weight can swing day to day because of water, stress, sodium, digestion, sleep, travel, and hormones. That does not automatically mean fat gain.

WHAT TO TRACK			
1		Scale trend	Weigh 3 to 7 times per week and watch the average, not one random day.
2		Photos	Use the same lighting and timing so changes are easier to see.
3		Measurements	Waist, hips, and key circumferences can show progress the scale misses.
4		Gym performance	Better reps, better loads, and better execution matter.
5		How clothes fit	Often one of the first real-world signs of progress.
 Reality check: overnight jumps are usually fluctuation, not failure.			



Takeaway: Use trends, not emotions, to judge progress.

NUTRITION

Build a diet you can actually live with.

Most people do not fail because they lack nutrition information. They fail because their plan is too rigid, too complicated, or too hard to repeat when life gets busy.

The basics

**Calories matter**

Fat loss requires a consistent calorie deficit.

**Protein first**

Aim for a high-protein intake to support muscle, recovery, and satiety.

**Whole foods help**

Lean protein, fruit, vegetables, potatoes, rice, oats, yogurt, and similar foods make the process easier.

**Flexibility wins**

You do not need a perfect diet. You need a repeatable one.

Simple weekday meal template

Protein + produce + smart carbs + optional fats.

**Breakfast:**

Greek yogurt, berries, oats.

**Lunch:**

Chicken, rice, vegetables.

**Dinner:**

Lean protein, potatoes, salad.



Takeaway: The best diet is the one you can stay consistent with.



REAL LIFE

Stay on track when life gets messy.

Business travel, dinners out, social events, and stressful weeks are not obstacles you have to eliminate. They are part of real life. The skill is learning how to adjust without spiraling.

Busy-life strategies

- ✓ Anchor the day with protein.
- ✓ Keep earlier meals simple if dinner will be bigger.
- ✓ Use zero- or low-calorie drinks to help manage appetite.
- ✓ Eat slowly and pay attention to fullness.
- ✓ Do not punish one off-plan meal with an extreme next day.



Remember

Progress is not ruined in one meal. It is shaped by what you repeatedly do next.



Takeaway: *Consistency through imperfect weeks beats perfection that only lasts a few days.*

DIETING

What to expect when you diet — and how to handle hunger.

The start of a fat-loss phase is usually the hardest. Hunger feels louder, cravings feel stronger, and your routine is not automatic yet. That is normal. The key is to expect some discomfort without treating it like an emergency.

What helps

- Keep protein on hand.
- Do not go all day without eating.
- Eat on a loose schedule when possible.
- Prioritize sleep — poor sleep drives hunger.
- Use short walks, breaks, or stress-management tools before assuming every craving needs food.



The adjustment period

When you stay consistent, hunger usually becomes more manageable. Structure creates momentum.

Takeaway: Hunger is part of the process, not proof that the plan is broken.

TRAINING

Training pillars that actually change your body.

You do not need marathon workouts. You need a few high-value movement patterns, enough effort, and a plan to progress over time.

High-value movement patterns

Squat or leg press	Quads and glutes
Hinge	RDL, deadlift, or hip hinge variation
Push	Pressing for chest, shoulders, and triceps
Pull	Rows and pulldowns for back and biceps
Accessories	Delts, arms, calves, or core as needed

What matters most

- Train 2 to 4 times per week consistently.
- Keep good technique.
- Finish most hard sets with about 1 to 3 reps in reserve.
- Add reps or load over time when form stays strong.



Takeaway: Better reps beat more random work.

NEXT STEPS

Use the basics. Keep it simple. Repeat.

If work, travel, or a packed schedule make fitness feel harder than it should, simplify the process. Use these basics to create momentum, then keep showing up long enough for the results to compound.



Your Fitness 101 checklist

- ✓ *Track trends, not random scale spikes.*
- ✓ *Keep nutrition simple and protein-forward.*
- ✓ *Expect real life and adjust instead of quitting.*
- ✓ *Manage hunger with structure, not panic.*
- ✓ *Train the major movement patterns consistently.*
- ✓ *Focus on habits you can keep.*



Work with Roddy

Private coaching for busy people who want structure, accountability, and positive body transformation.

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The goal is to look, function, and feel good.