WBG SPORTS & FITNESS
WHY BE GOOD WHEN YOU CAN BE GREAT

THE WBG METHOD · WEIGHT-LOSS GUIDE

Four Steps to
LASTING WEIGHT LOSS

A simple, science-backed system to lose fat — and keep it off.

2026 EDITION · UPDATED WITH THE LATEST SCIENCE

RASHID S. FULLAH NASM-CPT · CERTIFIED NUTRITION COACH

"Why Be good when you can be Great?"

WELCOME

From Your Coach

I left a path toward dentistry to do the one thing that made my heart beat the fastest — helping people transform their health. Since 2016, WBG has coached thousands across the DMV, from kids to seniors.

This 2026 edition has been refreshed against the newest research — including the 2025–2030 U.S. Dietary Guidelines and the latest studies on step counts and fasting — so every habit you build here reflects the current science, not last decade's.

No gimmicks, no starvation. Master one habit at a time, and the results will follow.

NASM-CPT | Nutrition Coach (CNC) | Performance (PES) | Weight Loss (WLS) | AFAA-GFI

> *Do what makes your heart beat the fastest.*

WBG has served 400+ participants weekly across 56+ programs — built one habit, and one person, at a time.

RASHID S. FULLAH — Founder & COO, WBG Sports & Fitness

OVERVIEW

The Method: Four Daily Pillars



STEP 1

Diet

Whole foods, protein-forward, in a calorie deficit.



STEP 2

Hydration

Drink about 2 liters of water every day.



STEP 3

Fasting

A consistent 10-hour eating window (optional tool).



STEP 4

Daily Steps

Build to the science-backed 7,000+ steps a day.

Master one pillar at a time — then amplify with sleep, strength, and stress control (p. 10). Together they create the calorie deficit your body needs to release fat.

THE SCIENCE

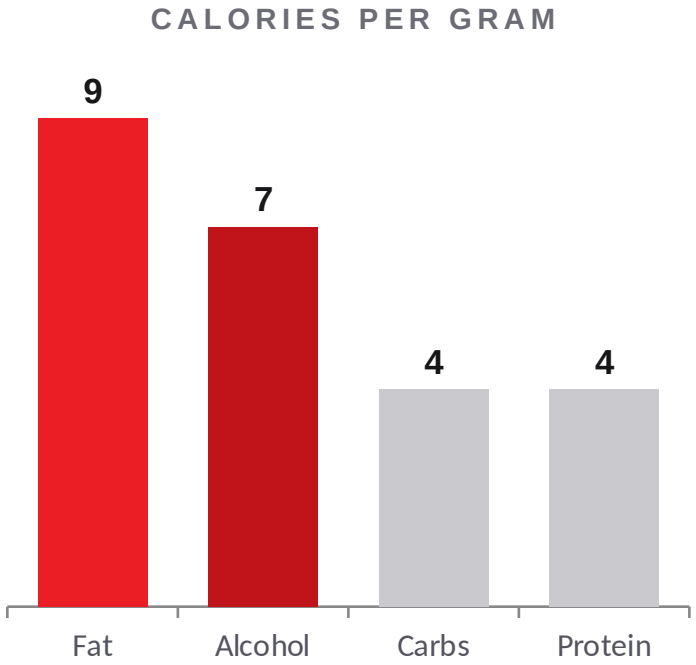
It All Comes Down to Energy Balance

Your body burns calories all day — through breathing, digestion, daily movement, and exercise. Added up, that's your total daily energy expenditure.

To lose fat, take in fewer calories than you burn. **That gap is a calorie deficit** — the one true requirement for weight loss. Every diet that works, works through it.

Protein is your deficit's best friend: it's the most filling macro and protects muscle while you lose. Alcohol is its worst: 7 cal/gram, second only to fat. Keep it to none, or one to two drinks.

≈ 500 **calorie daily deficit**
≈ about 1 lb of fat lost per week



01

STEP ONE

Diet

Whole foods, protein-forward — the 2026 way.

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STEP 1 · DIET

Start Your Day With Fruit

Make your first meal a breakfast-bowl-sized assortment of fresh fruit. After an overnight fast, it's the gentlest, most effective way to break your fast and set the tone for the day.

- **Fiber = natural GLP-1** — Fiber triggers your body's own fullness hormone — the same one the famous meds target.
- **Naturally hydrating** — Fruit is mostly water — a hydration head start.
- **Clean energy** — Whole-fruit sugars come packaged with fiber — no crash.
- **Easy to digest** — Light on the system first thing in the morning.



FILL YOUR BOWL WITH

Berries · Apple · Banana

Melon · Orange · Grapes

Mango · Pineapple · Kiwi

Whole fruit beats juice — juicing strips the fiber that keeps you full.

STEP 1 · DIET

Build a Balanced Plate

Eat only when you're hungry and stop at about 80% full. **Anchor every meal — not just dinner — with protein:**

- **Lean protein** — A palm-sized portion at every meal — chicken, fish, eggs, beans, Greek yogurt.
- **Vegetables** — Fill half the plate with colorful veg.
- **Complex carbs** — A cupped handful — brown rice, whole grains.
- **Healthy fat** — A thumb-sized serving — avocado, olive oil.

Why protein first? Spreading protein across the day builds and protects muscle better than loading it all at dinner.



STEP 1 · DIET

UPDATED 2026

Your Macronutrient Cheat Sheet

Refreshed for the new 2025–2030 U.S. Dietary Guidelines — which now put protein first and, for the first time, say to limit ultra-processed foods.

MACRO	BEST SOURCES	THE 2026 GUIDANCE
Protein	Chicken, fish, eggs, beans, Greek yogurt	Aim higher than before — a palm-sized portion at every meal. Bake, grill, or air-fry.
Carbohydrate	100% whole wheat, brown rice, oats, quinoa	Whole grains over refined; keep added sugars low.
Fats	Avocado, olive oil, nuts, seeds	Healthy fats are back — even whole-fat dairy is OK in moderation.

The big shift: cut ultra-processed foods. Packaged snacks, sodas, and refined "diet" products bypass fullness signals and drive overeating. Shop the produce, meat, and dairy aisles first.

02

STEP TWO

Hydration

Drink smart, all day long.

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STEP 2 · HYDRATION

Drink About 2 Liters a Day

Target roughly eight glasses (about 2 liters) of water daily — spread across the day. A glass when you wake, one before each meal, and sips in between is plenty.

- **Zero calories** — Water replaces sugary drinks — the guidelines' #1 cut.
- **Pre-meal water helps** — A glass before meals is linked to eating less.
- **Curbs false hunger** — Thirst is easily mistaken for hunger.

Hydration check: pale-yellow urine means you're well hydrated. Drink more in heat, after workouts, or if you're a larger or very active person.

03

STEP THREE

Intermittent Fasting

A consistent eating window — used the smart way.

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STEP 3 · INTERMITTENT FASTING

UPDATED 2026

The 14:10 Method — Used Right

What the newest research says: fasting isn't magic — a major 2026 review found it works about as well as standard calorie-cutting. Its real power is practical: a consistent window makes eating less feel easier, cuts late-night snacking, and helped people keep weight off a full year in a 2026 trial.



10:00 AM — 8:00 PM — 10:00 AM

Pick any 8–10 hour window that fits your life — earlier tends to work better — then keep it consistent, 7 days a week.

IN YOUR EATING WINDOW

Normal, balanced meals — don't "make up" for the fast. The window only works if it lowers your total calories.

WON'T BREAK YOUR FAST

Water, black coffee, and plain unsweetened tea are all fine during the fast.

Not for everyone: skip fasting if you're pregnant or breastfeeding, under 18, or have a history of disordered eating or blood-sugar conditions. Check with your doctor first.

04

STEP FOUR

Daily Movement

7,000 steps — the new science-backed sweet spot.

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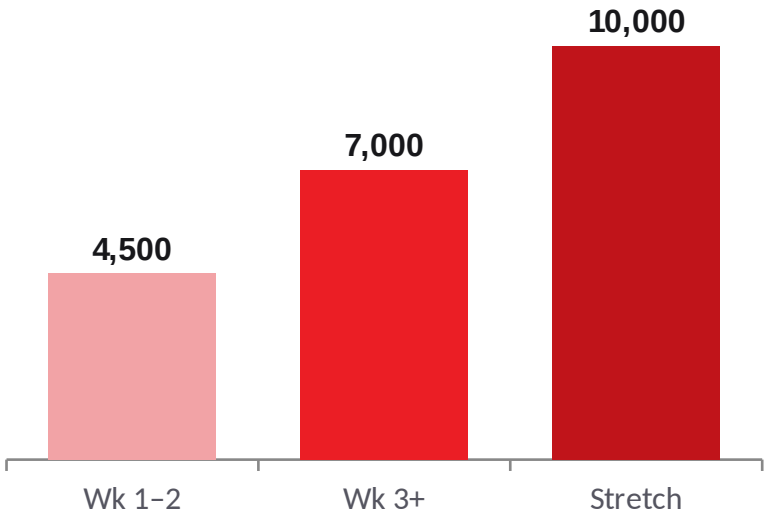
UPDATED 2026

The New Magic Number: 7,000

Forget "10,000 or bust." A landmark 2025 study of 160,000+ adults in The Lancet Public Health found ~7,000 steps a day delivers most of the benefit — including a 47% lower risk of early death — with benefits starting from just 4,000. Build up gradually:

1. **Weeks 1–2: 4–5,000 steps a day** Benefits already begin here.
2. **Weeks 3+: 7,000 steps a day** The evidence-based target.
3. **When ready: 8–10,000 a day** Bonus gains for heart health.

YOUR STEP PROGRESSION



Tip: three 10-minute walks after meals count — and blunt blood-sugar spikes.

BONUS · NEW FOR 2026

UPDATED 2026

The Three Amplifiers

The four steps create your deficit. These three multiply the results — the latest research says they matter far more than we once thought.

Sleep 7–9 Hours

Short sleep spikes hunger hormones and steers you toward junk food. Protecting sleep is a fat-loss strategy, not a luxury.

Start here: Set a consistent bedtime; screens off 30 min before.

Lift Twice a Week

In a calorie deficit, resistance training + protein preserves the muscle that keeps your metabolism up. Bodyweight counts.

Start here: 2 short full-body sessions: squats, pushes, pulls.

Manage Stress

Chronic stress raises cortisol and drives emotional eating — the silent diet-breaker.

Start here: Daily walk outside, prayer or meditation, or 5 slow breaths before meals.

Muscle is your metabolic engine. Losing weight without lifting can mean losing muscle — lift and eat protein so the weight you lose is fat.

PUTTING IT TOGETHER

A Day on the Plan

7:00 AM

Wake up

A full glass of water; morning light helps your sleep tonight.

10:00 AM

Open your window

Break the fast: bowl of fruit + protein (Greek yogurt or eggs).

1:00 PM

Balanced lunch

Protein, veg, healthy fat & whole grains — then a 10-min walk.

4:00 PM

Top up

More water; rack up steps toward your 7,000.

7:00 PM

Dinner

Another balanced plate — last bite by 8:00 PM.

10:00 PM

Lights out

Begin your 14-hour fast — and protect your 7–9 hours of sleep.

YOUR ROADMAP

Your First Four Weeks

Don't try to change everything at once. Layer in one habit each week — by week four, the full method is second nature.



WEEK 1

Fruit + Water

Fruit-first breakfast, ~2L water, and 4–5k steps a day.



WEEK 2

Protein Plates

Balanced meals with protein at each one; eat to 80% full.



WEEK 3

Window + 7k

Start your 10-hour eating window. Hit 7,000 steps.



WEEK 4

Amplify

Add 2 lifting sessions and a consistent bedtime. Lock it in.

Progress, not perfection. One better choice at a time is how lasting change is built.

MAKE IT STICK

Your Daily Non-Negotiables

Print this. Check the boxes every day. Consistency — not intensity — is what wins.

- [ ] Stay in a calorie deficit
- [ ] Keep eating inside your 10-hour window
- [ ] Start the day with a bowl of fruit
- [ ] Hit 7,000+ steps
- [ ] Protein at every meal — eat to 80% full
- [ ] Skip ultra-processed foods & sugary drinks
- [ ] Drink about 2 liters of water
- [ ] Protect 7–9 hours of sleep

Weekly: two strength sessions, one weigh-in at the same time of day, and progress photos. The scale moves slowly — trust the habits.

GO FURTHER

Ready to Go From Good to Great?

This guide is your foundation. When you're ready for personalized coaching, accountability, and a program built around you — WBG is here. We serve the DMV with:

Personal Training

1-on-1 coaching tailored to your goals.

Nutrition Coaching

Certified guidance that fits your life.

Group Fitness

HIIT, boxing, kickboxing, Pilates & more.

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You've Got This.

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Sources & disclaimer: Guidance in this 2026 edition reflects the 2025–2030 Dietary Guidelines for Americans, a 2025 Lancet Public Health analysis of daily step counts, and 2026 systematic reviews of intermittent fasting. This guide is educational only and is not medical advice. Consult your physician before starting any new diet, fasting, or exercise program — especially if pregnant or nursing, under 18, or managing a health condition.

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