

Keys to effective weight loss/ fat loss.

First and foremost you need a plan and you need to know your motivation. This plan should incorporate both exercise and nutrition components. Remember 80% nutrition and 20% exercise.

- What are you going to be eating?
- How many times a day are you going to eat?
- How much should I eat?
- How often do I need to work out?

1. To answer the first question you want to make sure to have enough protein throughout the day. Stick to whole foods such as eggs, fish, chicken, lean steaks.

Carbs such as potatoes, rice, wheat breads, and healthy options of cereal, like oatmeal. Stay away from as much added sugar as possible. Healthy fats such as avocados and nuts.

Easy on the seasoning we need salt to survive but don't over season your foods. Always get in your fruits and vegetables and drink plenty of water. Sometimes dehydration can be confusing. We think we are hungry but we are actually thirsty.

2. Meal timing is not that important. Unless you're bodybuilding then it might matter a little more. To get good weight loss and fat loss we recommend starting with at least 3 healthy nutritious meals a day. It is better to eat up to 6 small meals a day. For starting out maybe have 3 to 4 meals a day. It's hard enough to change our eating habits so 3 healthy meals a day is a good start to this process.

3. The amount of food that you need to eat will be determined by current weight, height, age and activity level. Also depends on your goals. This will determine your calorie range. So for a quick answer everyone will have a different calorie range and we can't just throw a

random number out there for everyone to use. Just a reminder you have to be in a calorie deficit to lose fat/weight. The key to success is by weighing out and measuring out your food. **WE DO NOT KNOW HOW MUCH FOOD TO EAT AND EVERY BITE COUNTS.** You can still over indulge in healthy food.

Weighing out your food and measuring is an important part to learning correct serving sizes. Most of the food you will weigh out after the cooking process. Some foods like oatmeal should be weighed out dry or use a measuring cup before cooking.

4. According to the American Heart Association it is recommended to get at least 150 minutes per week of moderate intensity exercise. Some examples of moderate intensity exercise can include brisk walking, casual biking or water aerobics. It is also recommended to add in muscle strengthening activity at least twice a week such as resistance training or weights. Strength training increases bone density and muscle mass and can help improve balance and flexibility which can reduce the risk of bone fractures and injury. It is important to start out slow if you haven't been active recently. **Always consult with your doctor before starting any kind of exercise or nutrition program.**