




## Fat Loss & Lifestyle Change Tips





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Are you ready to shed some fat and inches? Are you ready to take back your life? You're in the right place! A combination of strong emotional fitness, intelligent nutrition, and regular exercise is the best way to melt fat and inches off of your body and keep them off. It's not necessary to conquer each one all at once. I recommend flexing your emotional fitness muscles first in order to create a positive mindset that will result in making the healthy choices the easy choices. Next, conquer your nutrition putting the highest quality foods you can afford into your body at the right macros (protein, fat, carbohydrates). Lastly, the integration of exercise and physical activity that doesn't cause undo discomfort that you enjoy will be the ultimate triple whammy for making maximum progress toward reshaping not only your body, but your lifestyle in general.





There are several small, easy, and seemingly effortless ways to start making the necessary shifts to drop fat and inches from your body. This guide will take you through some of the most effective strategies that you can start implementing right now. These simple and helpful tips will give you a good boost in the right direction toward your fat loss and lifestyle change goals.





## Meal Strategies

It's entirely possible to eat plenty of food without gaining weight. I'll be the first one to admit that I love to eat. I'm very crafty about what I plug into my CarbManager tracking app to ensure I get enough to eat without feeling deprived or hungry at the end of my meals.


-  Track what you eat. People who keep a record of what they eat typically lose twice as much fat as those who don't.
-  Pre-program all of your foods for the day ahead of time. Ensure that your foods are within your macros and enough to fill you up.




CarbManager App


-  Consuming canned tuna or canned chicken is a great way to add lean protein and keep you full longer than consuming carbohydrates.
-  Measure and weigh your foods to ensure accurate consumption. It's a pain at first, but you'll become an expert in no time with estimating portion size. Depending on the size of your hand a serving size of 4 ounces protein will just about fill your palm. One cup of food is about the size of a clenched fist. A teaspoon of oil is about the size of the tip of your thumb. I strongly recommend actually getting out your food scale, measuring cups, and measuring spoons, however.




 Get a quality multi-vitamin to supplement your nutrition to ensure you're getting 100% of as many vitamins and minerals as possible. In addition to the multi-vitamin, I recommend collagen, biotin, and magnesium. Take a detailed look at your CarbManager to see what vitamins and minerals you might be lacking at the end of the day.

 Drink 8 to 16 ounces of water prior to beginning to eat your meal. This will help fill your stomach and avoid overindulging.



 As often as you can, eat with other people. Research studies show that eating with someone else results in more talking and eating at a slower rate which results in less eating overall.

 Eat slower. Eating slowly results in fewer calories being consumed and greater satiety. It takes about 15 minutes for your brain to register that your stomach is full.





Use chopsticks to slow the rate of eating.



Stop eating when your stomach is about 80% full. This is an excellent tactic to prevent overeating.





Avoid distractions such as television, phones, reading, etc while eating. Distractions make it easier to lose focus on how much you've actually eaten and get in the way of the stomach triggering the brain that it's reaching maximum capacity.

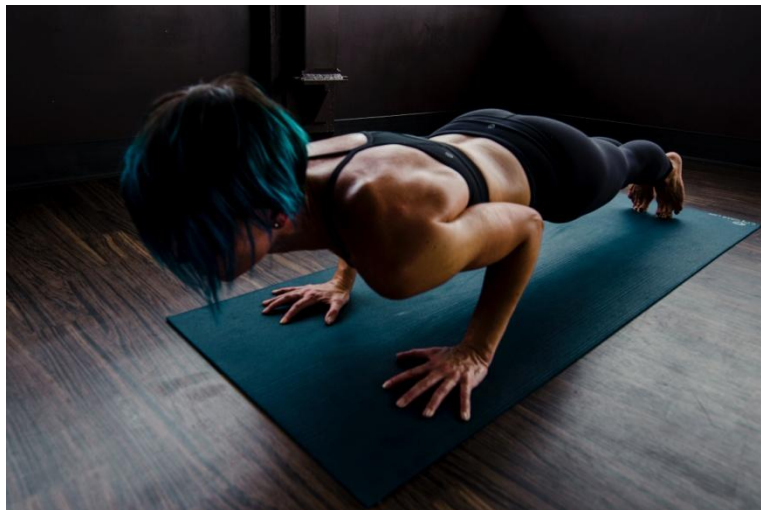


Keep recreational screen time to less than two hours per day. Research studies are showing that those who engage in more than two hours of screen time per day are eating several hundred more calories per day than their less than two hour counterparts. This alone can equate to a weight gain of approximately 14 pounds per year or more.




 Boost your fiber intake. Women need a minimum of 25g and men need a minimum of 35g of fiber per day. Fiber helps keep your bowel movements regular, fill you up fast, and help keep you feeling fuller for a longer period of time. Eat plenty of fiber rich foods and vegetables. If you are having trouble consistently hitting your fiber goal you may want to consider a sugar free fiber supplement.


 Aim for slow and steady fat loss for the best strategy for long term lifestyle change. If you're shedding more lean mass than fat mass, you're eating at too high of a caloric deficit. Your body is fine tuned for survival and it will ultimately become reluctant to pull from fat stores after time meaning it will use the energy from your lean tissue to fuel itself. You want a high volume of lean mass on your body because it burns more calories at rest which raises your basal metabolic rate. You're able to eat more food each day. Your body will appear toned, cut, and strong.




## Snack Strategies


Ultimately, it's best to resist the urge to snack as much as possible, however, when first starting out and while working up to being fat adapted it may be necessary from time to time. Snacking causes spikes in insulin and glucose each time you eat. The goal of a Low Carb/Keto approach is to keep insulin and glucose levels as low as possible. The longer you go between meals the deeper state of ketosis you'll be able to achieve due to lower levels of insulin and glucose with increased ketones.

 Listen to your body with intuitive eating. Snack only when you are truly hungry. Make an effort to distract yourself with a short walk, drinking a glass of water, listening to music, calling a friend or reading to determine if the hunger is real. Snacking is generally done out of stress, habit or boredom. Take a few moments to identify the feelings that come up when you have the urge to snack. Use a journal if that resonates with you. You can identify patterns a lot faster with this approach. Find alternative ways to meet the needs of the emotions that you are feeling that have nothing to do with food.

 If you aren't at a point where you can avoid snacking it's best to carry a small plastic box with a snap on lid similar to a tackle box that you can fill the sections with different finger foods such as pepperoni, olives, cheese, pickles, cheese whisps, bacon, nuts, cut-up low carb vegetables, etc. If you're going to snack, snack smart.




 Opt for a Low Carb/Keto smoothie or protein shake that will give you good quality protein and fat rather than consuming empty calories.


 Use green tea without additives to your advantage. Green tea has flavor, but not carbohydrates or calories. This can be a great way to fill your stomach without adding calories. It is also a very powerful anti-oxidant with many benefits. One of the best benefits as it relates to fat and inch loss is the metabolism boosting effect it has. For the best benefit aim for 300mg which is about



3 cups per day. Depending on your age, height, weight, and activity level you might be able to see a burn of about 80 calories a day.





 Portion out your snacks. Put the serving size of whatever you're looking to eat in a small container and stop eating once it's gone. Do not go back for seconds.

 Avoid night time nibbling. The evening is the most common time for consuming snacks. The detriment is that the evening is also when most of us need the least energy. If you must nibble at night, keep it to 100 calories or less for best results and least damage to your health and wellness goals.





## Conquering Cravings


Cravings can be hard to ignore. Sometimes they are subtle and easily dismissed. Sometimes they are intense and need immediate attention. Sometimes they are a force of habits that need to be broken. In some cases, cravings can be the body telling you it needs certain vitamins and minerals to avoid deficiency. The key is to decode the cravings and find the best possible solution for nutrition that fits into your desired lifestyle change.


-  When a craving occurs redirect your focus to going for a walk, brushing your teeth, calling a friend, meditating, drinking a glass of water, listening to music or reading a book.
-  Follow an 80/20 principle meaning eat and move your body according to your goals 80% of the time while allowing yourself to be human and indulge 20% of the time. Utilizing this strategy can help keep you from feeling deprived resulting in damaging binge eating at a later date and time. Allow yourself to enjoy an occasional treat or non Low Carb/Keto item from time to time if you are in a place where it will not completely derail your success or put you on a slippery slope to backsliding. Many indulgences can be just a random bite or two. Try to keep them at less than 200 calories and within your macros as much as humanly possible and keep your portion sizes in check.

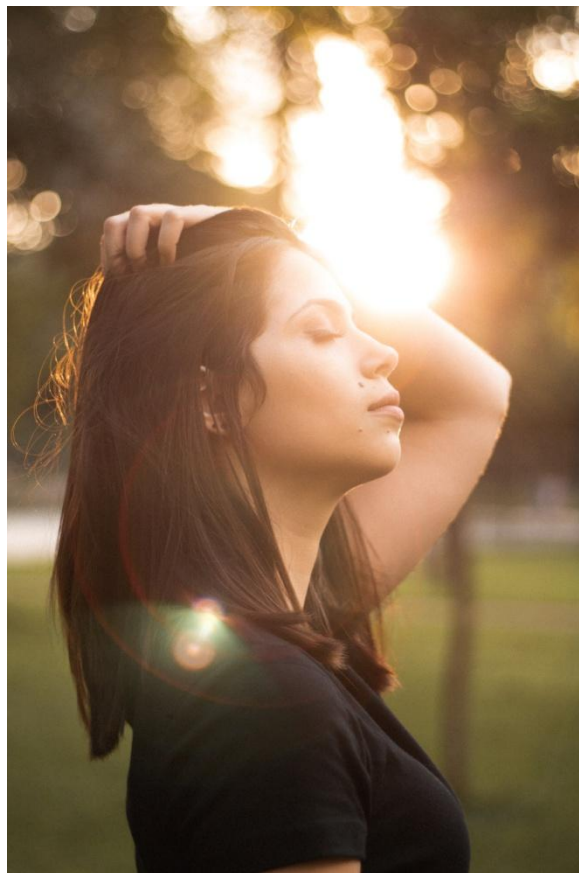



-  When cravings are strong and you suspect the food may not be necessary, call for back up. Get in touch with a family member or friend to help you steer clear of deviating from your nutrition plan. Use these people from your support team and check in with them several times a month to brainstorm ways to overcome challenges, celebrate your victories, and discuss your progress.
-  Transfer your food and snacks to a plate or another container besides the one it came packaged in. Eating from the package often results in overconsumption of the food. Once your plate or container is empty it's time to be done.




 Utilize deep breathing to your advantage. Take a few slow, deep breaths before eating. The relaxed state you'll be in will help you to eat slower. Eating slow means eating less and feeling more satisfied.

 If you must have alcohol, choose the lowest carbohydrate option you can with the highest percentage of alcohol in it. This will enable you to stay true to your Low Carb/Keto nutrition strategy and lifestyle. You'll also be able to obtain the "buzz" you're after with less volume consumed because the alcohol content is higher.




 Stop consuming regular soda. Switch to green tea, seltzer, carbonated water or “diet” versions that contain sugar alcohol. Avoid aspartame at all costs. Research studies have shown that aspartame increases hunger hormones triggering you to eat even when you are not hungry.


 Shop on a full stomach to best adhere to your pre-planned grocery list. Shop only once or twice per week only purchasing the amount of food necessary for your meal plan for the week. The reality is that the more you buy, the more you eat.

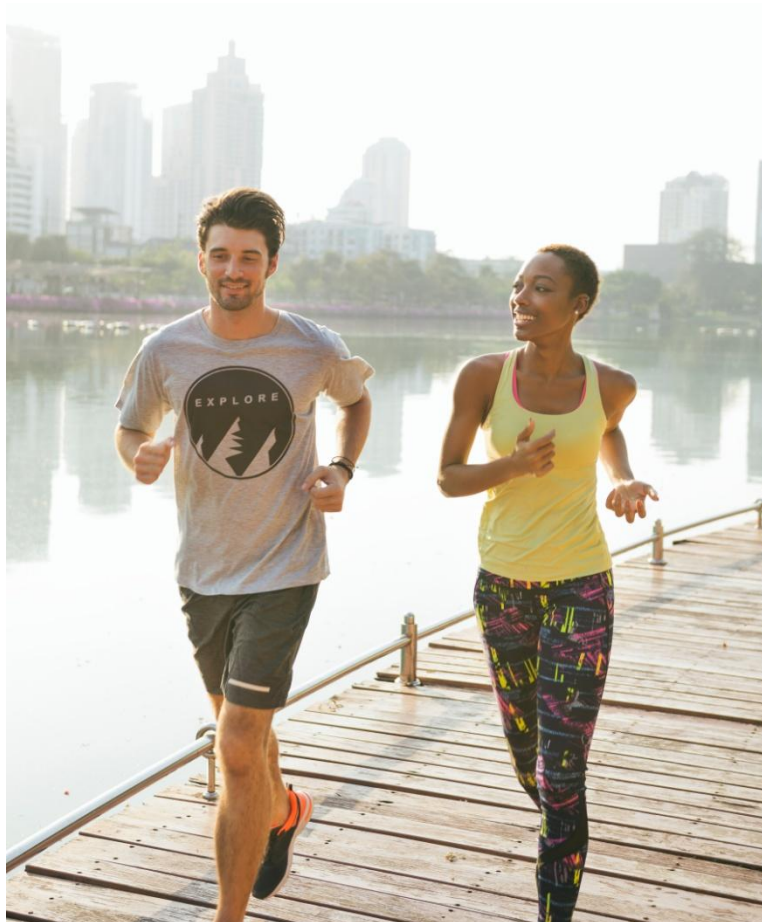



## Psychological Strategies


The mind is the most critical tool in your efforts to lose fat and inches, as well as, make the lifestyle changes you're looking to achieve. When you feel better, you do better. Doing the "innercise" and healing necessary to reprogram your brain to be more positive than negative is of utmost importance.

 Laughter is a surefire way to reduce stress. Research studies are showing that stress is linked to weight gain. Reducing your stress levels is easier when good company and laughter is involved. Deep, belly roll laughter is also a great ab workout!

 Team up with a spouse, partner, family member or friend. People are more likely to be successful when they are working with someone than going it alone. Even more so is when you team up with someone of the opposite sex because each gender has unique strengths to bring to the table and ultimately reinforce weight loss efforts for both of you.





 Start where you are with what you know and what you have. Small changes can make a big difference. Tackling small tasks and goals will build confidence, momentum, and consistency.

 Set aside some time for yourself to do a deep strategy session for a specific, measurable, attainable, relevant, and time bound goal with strong emotion around it. Think about your goal


as often as you can throughout the day. Think about it before you go to bed at night and upon waking. See yourself as if the goal has already been achieved. Feel the feelings as if you've already achieved it.




 Reward yourself at regular intervals. Establish rewards that don't have anything to do with food or other triggers that got you into trouble with your health, waistline or lifestyle in the first place. Rewards don't have to cost money. What they do need though, is to be meaningful to you. Things that you wouldn't otherwise do for yourself or buy for yourself in order to create the pull necessary to achieve them. Create a list of potential rewards and pair them up with various milestones along your journey.


 Use a means to measure progress that's not a body weight scale. Find a tight piece of clothing that you'd like to fit into. A rough guide for women for ideal body weight is whatever weight makes your waistline circumference 35 inches or less. It takes about 5 pounds of fat loss for a woman to lose 1 inch in the waistline. For men, it takes about 10 pounds of fat loss to reduce the size of their waistline by 1 inch.




 Change one behavior at a time. Start with your mind. Clear out any negative gremlins lurking. Change negative thoughts to positive thoughts as soon as possible. When you feel better you do better. Next, get proper macros for your nutrition and stay compliant at least 80% of the time. Finally, add exercise into your lifestyle change as tolerated.


 Find a support system for accountability. Ensure they're people that will lovingly call you out if you're not on track.



 Think of three things you are grateful for before going to sleep and upon waking. Spend some time throughout the day in appreciation of what you've already achieved and you'll attract more success.

 Don't be afraid to struggle or derail from your plan. Sometimes things happen that are out of your control. When things don't go according to plan or you take a few steps backward simply get up and back on track as soon as possible. Dissect the situation for the lessons to be learned and use them to avoid being in the same predicament again.



 Use a certain pair of jeans, shirt or swimsuit as a guide to let you know if you're gaining or losing outside of where you'd like to be. If the item is too tight, it's time to crack down and get serious about cutting back. Many people stay within three to five pounds of their target weight.




Be selective about what words you allow in your mental chatter and out of your mouth. Vowing, pledging or committing to living a healthier lifestyle is much more effective and successful than “trying”.







## Exercise Strategies


While exercise is not required to have success in getting rid of fat and inches from your body it certainly speeds up the process. I recommend getting your emotional fitness in check first. Second, get your nutrition dialed in and become fat adapted. You'll be able to exercise longer and more intensely after your body makes the switch to burning fat for fuel.

 Schedule regular exercise into your calendar even if it's only a 15 minute time block. You can gradually increase that time to 60 minutes. In fact, exercise doesn't necessarily need to be done in one 60 minute session. It can be broken up into several smaller ones. Make a commitment to yourself to log some minutes each day. Exercise boosts mood and will help you keep your head in the game working toward your goals.

 Go on YouTube or Google for free workouts you can do from the comfort of your own home with or without equipment. If the workout gets to be too tough, simply pause it, regain your energy, and restart.



 If you struggle with exercise, post sticky notes around the house, car or office for reminders. Change up the colors and locations from time to time so you don't start to overlook them.

 Don't over think when and what you'll do for exercise. The best time to get started is now. Research studies show that exercising as early as possible has benefits in that it's done, your heart rate is elevated for several hours afterward, and you're less likely to indulge in foods or choices that are not for your highest good because you've already put in the work. Honestly though, the best time to exercise is when you're most likely to do it and be able to be consistent.





Use stairs to your advantage at home or in the office. A simple hack to get more burn in your day is to use a bathroom that's up one level to incorporate stair climbing into your day.




Park as far away from your destination as possible to take advantage of extra steps and calorie burn.




 Exercising early in the day boosts your metabolism resulting in more calories burned throughout the day. You may find that you actually have more energy than usual. You're more likely to get it in without skipping due to changes in schedule, mood or energy.


 Engage in physical activity that you enjoy. Choose activities that get you excited and that you look forward to doing. Incorporate friends, family, kids or teams for added fun and consistency.




 It's not necessary to sweat it out and kill yourself exercising. Find simple movement strategies that are realistic for your current physical condition.


 Biking is an interesting and effective way to get outdoors, burn calories, and engage with nature. Find super cool trails near you on [railstotrails.org](http://railstotrails.org). Depending on the terrain and how fast you're going it's possible to burn approximately 400 calories per hour.




 Keep a pair of walking shoes in your car and/or at the office. Grab a friend or go it solo on your breaks and lunch to log some steps.


 Any movement is better than no movement. An estimated 70% of Americans don't get enough exercise. The most common excuses are lack of motivation and lack of time.




 The gym isn't the only place to get a good burn. Brisk walking for as little as 30 minutes per day shows a positive impact on physical and mental health.


 Aim for 60 minutes of physical activity per day. If this is difficult to do all at once, it is alright to start with just 5 minutes here and there in an effort to work up to the 60 minutes total.




 Making punching motions such as jabs, cross, hook, and uppercut works the muscles in your arms and abs. You can incorporate this while sitting, standing, or out for a walk. To add intensity and take advantage of building lean mass in your arms you can hold light dumbbells or soup cans.


 Interval training can be a great way to add intensity to your workout. Some examples include 30 second speed walking followed by 30 seconds of regular pace walking repeating until you're out of time or energy. The same can be done with running, swimming, biking, etc. The idea is to go all out at your highest intensity for short bursts of time followed by short active rest periods. The amount of time can be increased or decreased depending on your fitness level. To level up, you can make your high intensity bursts longer and your active rest periods shorter to burn more calories.




 The addition of strength training at least twice per week will build lean mass, help burn fat off your body, increase your metabolism, increase strength, and help shed inches off your body.


 Utilize a fitness tracking app on your phone or one of several wearables such as Apple iWatch, FitBit, Polar, Garmin, Samsung, and many more. Join in on challenges to keep your fitness exciting and stay engaged.



 Mapmywalk.com is a resource if you like to map your walks or runs, measure distances, and share your route with friends.

 Statistics show that you're more likely to stick with an exercise program if you are with someone else. Time flies when you have company and you tend to push yourself harder when you're working out with a friend.



 Unfortunately, metabolism slows as we age. We can stay ahead of the slow down by engaging in more exercise and the addition of strength training.

The strategy for fat loss and lifestyle change is different for everyone as there is not a one size fits all approach. The important factor in behavior change is to simply start. Love, respect, and honor yourself enough to do something different. Give yourself compassion and forgiveness for where you currently are mentally and physically. Start to incorporate small changes that are relatively easy to implement at first to gain immediate success and build confidence. Once a healthy habit is formed and you feel rock solid with it, move onto your next item for positive lifestyle change.

## Keto Made Simple Online Course Details



### A 4 Week Jump Start to Successful Low Carb Living

Key benefits of enrolling in this 4 week Keto Made Simple course include:

- Four 1 hour Zoom sessions with Melanie as your Coach to answer questions, provide feedback, and reinforce the lessons of the week.
- The opportunity to participate in weekly challenges to win awesome prizes
- Fundamental knowledge of how Keto works
- Digging deep and finding your motivation
- What to eat and what to avoid
- What exercises and heart rate ranges are most effective for fat loss should you choose to actually exercise
- Macros (Calories, Carbohydrates, Fat, and Protein) specifically for you
- Accountability, a safe environment to learn, and motivation
- Development of a rewards system that isn't centered around food
- Recipe sources and meal planning guidance
- How to bust through setbacks, plateaus, and stalls
- Full details on intermittent fasting, One Meal a Day (OMAD), and prolonged fasting
- How to successfully survive in maintenance mode once you're done losing the fat

**The next launch is October 21<sup>st</sup>, 2019. Early bird investment is just \$147.**

**Full details and a link to sign up for the course can be found here:**

<https://center-for-low-carb-living.teachable.com/p/keto-made-simple>

or

<https://www.centerforlcl.com/online-courses>