

A person wearing a yellow life vest and sunglasses is sitting on a blue and yellow SUP (Stand Up Paddleboard) on a calm lake. The person is holding a paddle with both hands raised in the air. The background features a range of mountains under a bright blue sky with scattered white clouds. The water in the foreground shows gentle ripples.

# HOW TO HAVE A SUCCESSFUL FAT LOSS PHASE

*CBF Coaching LLC*

# CREATE A PLAN

*First and foremost...*

## Ask Yourself This:

- 1. Am I mentally and physically ready to start a fat loss phase?*
- 2. Are there major life events happening creating extra stress on me right now that can interrupt my fat loss phase?*
- 3. Is my body in a good spot to start a fat loss phase? (not currently under-eating, has spent time at maintenance?)*

*then....*

## Make a plan!

- Figure out how much weight you want to lose*
- How long do you want to be / consistently can be in a fat loss phase for?*
- What is something you can stick to for a long period of time?*
- What's your back up plan for when things don't go your way?*

*then....*

## Find your WHY

- Why do you want to lose weight?*
  - Answer*
- Why?*
  - Answer*
- Why?*
- Repeat 3-5x until you find your deeper reason. A scale number won't keep you motivated*



# HOW TO START: STARTING W HABITS

*Before jumping right in and worrying about calories & carbs, focus on the basics. And then focusing on getting really good with the basics before worrying about macros*

## STRESS

Stress management is HUGEEEE. When someone is always stressed, it takes a toll on the body, making fat loss more difficult because being in a calorie deficit is also a stressor and our body can't tell the difference! If you were to rate your stress on a scale of 1-10 and find you are constantly rating above a 5, now might not be a good time to cut cals. Aim to get your stress levels at a 5 or lower through self care, breath work, meditation, letting the small things go, etc.. first.

## SLEEP

Sleep and stress go hand-in-hand. Poor quality / not enough sleep can keep that stress high and low stress can help you get better sleep. These 2 are your main priorities!! Aim to get 7-9 hours of good quality sleep. A few ways to help with this is setting a wake up time and calculating 8-9 hours before that to go to bed, not using your phone or watching TV within an hour before bed, following a sleep meditation, reading a few pages before bed, etc..

## WATER

Can't forget the thing that keeps us alive!! Water!!! A good rule of thumb for most people is to drink 1/2 of your body weight in oz. For most people, I like to have them shoot for a minimum of 65oz of water a day. Tips to drinking more: get a new fun large reusable bottle (preferably 30+oz), drink with a straw, set reminders on your phone to chugggg, set small goals to meet throughout the day adding up to your big goal.

## NEAT - NON EXERCISE ACTIVITY THERMOGENESIS

Activity that is not planned that helps burn calories during the day. A lot of people use steps as an indicator for NEAT. Other ways to get your NEATs up are: gardening, cleaning, parking farther away, taking the longer route, playing with your kids, dancing, running errands (good excuse to go shopping hehe)

# HOW TO START: WHEN READY TO DIVE INTO NUTRITION

## LOG YOUR FOOD

Whether you are tracking your food on an app or not, logging your food in some way shape or form is going to help you out the best, especially the first week. For 7-14 days, I recommend you logging your food as you normally would eat to give you a better idea of your starting range! Be honest hehe:) Under tracking or changing up how you typically eat this week will only be harmful, not helpful.

## MAKE CHANGES

After logging your food accurately & honestly for 7-14 days, take the average calorie intake (add up the days you tracked the most accurate & honestly & divide that number by the # of days you tracked). Calories will depend on the person, but a good rule of thumb for most women is if you are eating <1,600 cals you are likely in need of a reverse diet. If you are a little above 1,600 cals on average you have some wiggle room for a slight calorie deficit. If you are high above 1,600 cals you are more likely to be in a better spot for a fat loss phase.

## FOCUS ON PROTEIN & CALORIES FIRST

A good protein range for people to be in when in a fat loss phase is anywhere between 1.6-2.2g/kg of body weight. (BW in lbs divided by 2.2 = weight in kilograms. Ex:  $160/2.2 = 72.7\text{kg}$ ).

## CARBS & FATS CAN BE EVENLY DISTRIBUTED

If you're a beginner, focusing on calories and protein is enough in the beginning. Carbs and fats can be evenly distributed by preference unless otherwise recommended by your doctor for people with hormone issues.

(ex: 1700 & 120g protein ( $120 \times 4 = 480\text{cals}$ .  $1,700 - 480 = 1,220$  cals to split however you want w/ carbs & fats.)

- Protein = 4kcal per gram
- Carbs = 4kcal per gram
- Fats = 9kcal per gram

# FAT LOSS SUCCESS TIPS

## FIND SOMETHING REALISTIC

Cutting out your favorite food for good isn't realistic neither is going from 2,500 calories a day to 1,200. Find something realistic to YOU and your life and do that consistently.

## START SMALL

Cutting out 500-1000 calories right away can lead to the feeling of restriction, which then can lead to an over indulging weekend, then restriction on Monday, which leads to a toxic restrict / binge cycle. Start small, whether you are tracking calories or not. Starting small can create a consistent habit, leading to making a change over time. When you are consistently hitting 2-3 small attainable habits for a few weeks, add a new goal in.

## THINK MORE NOT LESS

It's not always all about taking away everything you love and eating boring plain food. Think about where you can ADD to your day? This may look like, adding more color to each meal, adding more whole not super processed foods to your day, adding protein to each meal & snack, adding more water to drink throughout the day, etc...

## NO SUCH THING AS A BAD DAY

There may be days where you are completely out of range for your goals, didn't hit one thing maybe! Even then, it's not a bad day. You're human! We aren't perfect, so expecting to be perfect all the time even with fitness / health goal is unrealistic. Just because you weren't pleased with how a day or weekend went, doesn't mean you need to punish yourself. Give yourself some grace, set an attainable goal to hit the next day and move forward:)

# SUBSTITUTION LIST

## THIS

## TO

## THAT

- ▶ Sour Cream
- ▶ Full Fat Dairy Products
- ▶ 80% Meat Products
- ▶ Regular Bacon
- ▶ White Bread
- ▶ White Pasta
- ▶ Granola Bars
- ▶ Chips
- ▶ Store Bought Bakery Products
- ▶ Thick Crust Pizza

- ▶ Non Fat Greek Yogurt
- ▶ Low Fat / Non Fat Dairy Products
- ▶ 90%+ Meat Products
- ▶ Turkey Bacon - no substrates
- ▶ Multigrain / Seeded Breads
- ▶ Whole Grain / Veggie Pastas
- ▶ Homemade Granola Bars / little ingredient bars
- ▶ Popcorn
- ▶ Homemade Bakery Foods
- ▶ Thin Crust Pizza

Substitutions can be helpful in a fat loss phase because you can enjoy something similar to what you love for more food & less calories. I'm not saying you can't have the original cause you can!

You'll just get more bang for your buck with the substitute for not much difference in taste

*Let's Connect!*



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