10 Easy Steps To Fat Loss

WELCOME!

A pound of body fat equals to around 3,500 calories. If you are able to keep a calorie deficit of around 500 calories a day, you would lose approximately one pound per week.

Summary:

1.) Remove junk food and sweets from your kitchen

2.) Eat 5 times a day (breakfast, snack, lunch, snack, dinner)

3.) Eat natural & protein rich foods

4.) Drink 1 gallon of ice cold water daily

5.) Minimize cheese

6.) Avoid eating out

7.) Avoid alcohol

8.) Post workout protein intake

9.) Keep a fitness journal

10.) Sleep 8 hours

1). Remove Junk Food and Sweets From Your Kitchen

You don't want to have tempting "junk" foods in the house. Relying on willpower is not an effective fat loss strategy. Therefore, as not to tempt yourself, you may want to consider removing foods such as cookies, chips, ice cream, sodas, sugary cereals, etc. from your home (basically the sugary and refined packaged foods).

2). Eat 5 Times a Day

Eat breakfast within one hour of waking up (eggs, lean proteins, unsweetened greek yogurt, fruit), lunch & dinner (lean meat/poultry/fish & vegetables), and two snacks each day (fruits, nuts, etc).

3). Eat Natural & Protein Rich Foods

Try to only eat natural, whole foods (such as eggs, vegetables, fish and lean meats) which help with a number of different factors:

- Lower blood sugar causes your body to produce less insulin, which is your body's fat storage hormone.
- Stabilized blood sugar helps to moderate hunger, helping with lower calorie eating.

You lose fat when your body's producing less insulin and you're eating fewer calories.

4). Drink 1 Gallon of Ice Cold Water Daily

Drinking water speeds the fat loss process in a variety of different ways:
- Your body burn approximately 123 calories per gallon of cold water, just to bring it to body temperature.
- Drinking water helps your liver metabolize fat more effectively, which aids your fat loss effort.
- Drinking lots of water keeps you feeling full and less hungry.

5). Minimize Cheese

Cheese is a nutrient-rich food you can include in a weight-loss diet, but it's high in calories so you'll need to limit the amount you eat. The protein in cheese may even help you lose weight by making you feel full and satisfied. Limit portions to 1 ounce and buy low-fat or fat-free brands to keep the calories and fat within your daily goals.

6). Avoid Alcohol

When the body is focused on processing alcohol, it is not able to properly break down foods containing carbohydrates and fat. Therefore, these calories are converted into body fat and are carried away for permanent storage on your body.

7). Avoid Eating Out

On average, Americans eat out about five times a week, according to the National Restaurant Association. Because those meals are generally higher in calories and fat than what we make at home, they can create a recipe for weight gain. However, we do recognize that sometimes you may be forced to eat in a restaurant. In those occasions, we recommend a serving of lean meat and a generous serving of low starch vegetables. Drink ice cold water instead of sodas, juice or wine.

8). Post Workout Protein Intake

After your Steady-Pace® workout, take in 15-20 grams of protein within 30 minutes of your workout. Research shows that, for people who strength train, muscle development will be limited if not enough protein is consumed.

9). Keep a Fitness Journal

Keeping a food journal can help you lose weight and stay on track. You may track: the foods you eat, the number of glasses of water per day, minutes of exercise, calories, grams of proteins, carbs, and so on. A great tool you can use for tracking is myfitnesspal.com. You can download the app on your smartphone as well.

10). Sleep 8 Hours

Research shows that getting enough sleep helps people lose fat and stay lean.