

HOW TO LOSE FAT AND GET THE RESULTS YOU WANT



www.HelenLinFitness.com

Are you someone who has been working hard and not seeing results? Or are you someone who isn't sure where to start? There is so much weight loss information out there that it is hard to weed through it all on the internet – and what is the right info out there anyways?

Let me help you break it down....

Top 3 reasons why you are not seeing results:

1. You are underestimating your caloric intake.

Most people do not know what 4z of protein actually looks like or how many calories are in a small slice of cheese. Surprisingly, the things that you eat that seem small actually add up to a lot of calories. The only way to know for sure is by start tracking your food on an app like My Fitness Pal. This way, you can see what you are actually taking in each day. Even with tracking it's never 100% accurate but the best part of tracking is the habit of being more mindful and self-aware of what you put in your body.

2. You are not doing any resistance training.

Most people go to the gym to lose fat by doing a bunch of cardio. Yes, cardio can burn lots of calories in each workout, but the problem is we adapt to cardio extremely quickly. This means the first time you do cardio you may burn 200 calories, but as each week goes by and you keep doing that same cardio workout, you have to keep doing longer and longer cardio sessions to burn the same amount of calories. Enter resistance training. Doing an hour of resistance training vs. an hour of cardio: which burns more calories? Cardio. However, doing resistance training builds muscle and studies have proven that having muscle burns more calories at rest. This means if you have a good amount of muscle on you, you can burn MORE calories by just sitting there each day!

3. Your metabolism is not burning as many calories as it could.

Imagine this scenario- you are trying to lose weight and you start running everyday and cutting calories. At first you see some weight loss and you are excited! So you keep cutting calories and up the running from half hour to an hour... You keep seeing a drop....until it stops. You can't figure out why. You may even feel tired and worn down. Or maybe you stop feeling hungry. But you keep eating less and running more because you think, deficit must mean fat loss. But eventually you plateau. How can this be? The reason: metabolism is slowing down and your body is protecting you from starvation mode. Your body is smart- it is always trying to save energy if necessary. If it realizes you are working out more and expending more energy but eating less, it will hold onto that extra fat for stored energy. DIET MATTERS!

Now that you know- how do you change it?

5 STEPS TO GETTING TO WHAT YOU WANT:

1. **Eat whole, nutrient dense foods.** Track your foods on My Fitness Pal and start by just making sure you are eating as little as you can of heavily processed foods. Heavily processed foods are engineered to make you eat MORE of it. If you can't tell the origin source, then it's heavily processed. Eat enough protein, healthy carbs, good fats and vegetables to make sure your body has the nutrients it needs.
2. **Lift heavy 2-3 times a week.** Ladies, put down that 5 pound dumbbell and start lifting heavy with compound movements like deadlifts, bench press, barbell squats and overhead press. And no, you won't turn into the hulk.
3. **Eat enough for your body.** If you eat less than 1300 calories a day and are over 5'1, you are not eating enough calories for optimal health.
4. **Be patient!** Results are never as fast as you want it to be, no matter who you are. For some people it takes years to get to a lifestyle where you can eat healthy and enjoy lifting weights to see the benefit.
5. **Get a trainer.** Hire a professional to give you the right training programming and help you with accountability in food choices. Each person responds to training and diet differently - so having an experienced professional will point you in the right direction for the best course of action.

If you want specific strength training programming and nutritional guidelines, let me help you! Every person is different so I customize the workout based on your mobility, strength, fitness history and what you enjoy doing. For nutrition, I give specific macros to each client (it is NOT restrictive) but also help you find foods you enjoy eating as well. I also love helping clients practice intuitive eating so everyone can learn what works best for their body!

Reach out to me at HelenLinFitness@gmail.com for a free phone consultation.