

Fat Loss with VIBRANCE: Principles of Fat Loss

1) Your Scale is Not to be Trusted!



"Don't step on it... it makes you cry."

Scales measure absolute weight – not what percentage of that weight is fat vs. water or muscle. So you say you have a scale that measures these things? It is a rough estimate, and I'm sure you've noticed that your body fat percentage can fluctuate wildly over a couple of days or even hours!

This is because Bioelectrical Impedance Scales estimate your fat percentage based on a mathematical formula derived from your body density. Because bone and muscle have greater density than fat and water, the electrical current that flows up your lower body only can determine what percentage is dense

tissue and what is not. This means factors such as dehydration lead to incredibly skewed results!

Anyone who has been attached to the scale can tell you that it is a fickle slave driver – PMS, a salty meal, drinking extra water on a hot day – all of these can add to sudden 'weight gain' due to water retention that will deter and discourage you! Instead of focusing on the scale as a measurement of progress, focus on true measurement – use a measuring tape and photos as a means of assessing your progress. Get your fat tested by scheduling an appointment with a personal trainer for a caliper test (most gyms will do this for free if you listen to their sales spiel) or find a university or sports performance center to get a Bod Pod or hydrostatic weighing – the optimal means of measuring fat loss!

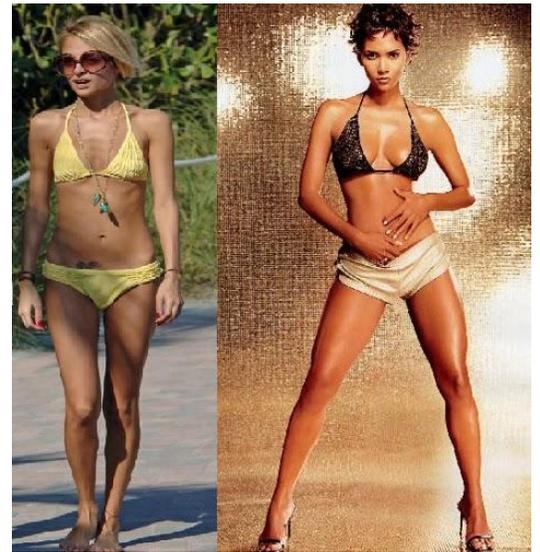
I recommend using the tape measure and photos every two weeks to measure progress. If you cannot bear to remove the scale in your home, weigh no more than once per week on the same day, in the morning and unclothed for most accurate results. Like all numbers on a scale, take it with a grain of salt and look for trends over time – don't get caught up in the moment and let it determine your value, success, and mood on that day!



2) Don't Count Calories, Investigate Insulin!

Calorie counting is a very limited way of creating a potential fat loss environment within the body. Counting calories is tedious, inaccurate, and creates a dysfunctional relationship with food by limiting the value of food to a number. A person can consume 1500 calories per day of highly nutritious foods or 1500 calories per day of processed, refined, toxic foods. If their metabolism is healthy and strong, they

may lose weight on both diets, but the end result will be very different. A healthy diet designed for fat loss will build immunity, retain muscle mass, keep skin healthy and more likely to retain elasticity as large amounts of weight are lost. This person will emerge looking fitter, with clearer skin and a great abundance of energy. The person on the processed food diet is more likely to become sick, lose significant muscle mass, damage her metabolism and end up pale, with sagging skin and a 'skinny fat' appearance. It is far better for progress to focus on choosing foods which create a hormonal environment beneficial for fat release.



The most important hormone to consider for fat loss is insulin. Insulin is a storage hormone, released in the presence of carbohydrate and, to a lesser extent, protein. When insulin levels are high, the body is receiving a message that there is nutrition available for energy, so it shuts off fat as a potential fuel source. Repeating dieting and menopause makes our body more sensitive to the effects of insulin, so we may find that the diet that worked before no longer works because it is producing too great an insulin response. By being mindful and moderate with carbohydrate choices, and choosing carbohydrates that are mostly water and fiber based, we can satisfy our needs for this nutrient without holding onto fat. See "Think Lean and Green" below for the top fat loss foods that must be a part of your daily diet!

3) PHAT Exercise will SSHOC your System (and that's a good thing)!

Exercise is a crucial part of any fat loss plan. It is the chisel which allows toned thighs and arms and a more toned belly to emerge at the end of your fat loss journey. In exercising for fat loss, just like with food, you want to steer away from focusing on calories and instead think about creating a hormonally fat-burning situation. The most efficient form of exercise for fat loss is PHAT – Progressive, High Intensity, Accelerated and Tough.

- **Progressive** – as you get stronger, faster, and fitter, up the ante so that the workout continues to SSHOC your system into shedding fat!
- **High Intensity** – keep the intensity high so you SSHOC your system!
- **Accelerated** – your workout needn't be more than 30 minutes; and if you are working hard enough, it won't be possible for it to be any more than that!
- **Tough** – as I like to tell my clients, "If you don't hate me at least once during our time together, I'm not working you hard enough!" You want your muscles and lungs to burn!



This style of activity, balanced with long duration, very low intensity cardio based exercise (like leisurely walking), will keep your body burning fat day in and day out. Your weight workouts should SSHOC your system:

- **Sweaty** – this signifies that your body is producing high amounts of heat and needs to cool down. That heat is the furnace of your metabolism kicking into gear!
- **Shaky muscles** – push your muscles to the point of being shaky and weakened from exertion. This signals the release of metabolism boosting hormones that keep your metabolism elevated for up to 24 hours after your workout!
- **Hard to finish each set** – You are SSHOCing the system if you are struggling to complete your sets within 30 minutes. The more you have to put down the weights and catch your breath, the more metabolically fired up your system will be.
- **Out of Breath** – breathlessness is a sign of high intensity and adds a cardio component to your weight training that burns extra calories in the session and pushes the body to burn more after you finish to recover and establish homeostasis.
- **Complete, full body movements** – By using compound movements – for example a lunge



coupled with a bicep curl - you engage more muscle groups in each movement. This is not only a more efficient use of time; it causes your body to work harder and forces you to engage your core in each movement to stabilize the body. The more muscle mass worked, the stronger the potential metabolic response!

A SSHOCing workout will increase fat burning hormones Hgh and Testosterone, and will keep your body working overtime long after the workout ends to rebalance itself. This means an extended metabolic boost and caloric burn – even when sleeping! Ladies – no need to worry about looking like a body builder. You do not produce enough testosterone to lose your feminine appearance! Competitive female bodybuilders spend 2 or more hours in the gym every day to overcome their genetics. Other benefits to these workouts: stronger bones, greater aerobic capacity and more time for the things that give you joy!

4) Think Lean and Green

The best foods for fat loss are lean and green! Lean protein such as egg whites, chicken and poultry, pork tenderloin, lean beef, fish and seafood and protein powders to supplement. Protein is a more “complicated” molecule than carbohydrate, so it takes your body extra energy to digest it – so much so that it can burn up to 30% of the calories from that protein in the process! This also means that protein leaves us satisfied for longer due to its slower digestion rate. It does not cause insulin to spike like carbohydrate does *and* it contains amino acids which are precursors to dopamine – so protein foods tend to leave us feeling more alert, energized and motivated – all very important when trying to keep a fat loss mindset and resist the candy dish at work!

Green foods – green veggies and other non-starchy vegetables (onions, peppers, carrots, etc) are also great fat loss foods. They contain more fiber and water than starch, and the carbohydrate from fiber is largely undigested. Veggies provide a lot of volume and potent nutrition without causing insulin levels to get too high. Most of your plate should be made up of veggies, with 25-30% coming from lean protein and just enough starchy carbohydrates (potatoes, yams, grains, beans, fruits) to satisfy cravings without causing insulin to stall fat loss. How much is enough? For most people, 5-10 bites per meal works well. This is where the testing ground and experimentation comes into play. Your metabolism and your body's response to carbohydrate are uniquely yours – you may need more or less to come into your unique fat loss formula!



5) Adjust for YOU!



At the end of the day, no diet plan works if it is not sustainable for you. To truly win the fat loss game, you have to find a way of eating that you can maintain for the rest of your life. Factors that ***MUST*** be taken into consideration: your food triggers, your lifestyle, your personality, your preferences, and what you need to stay balanced and satisfied. By approaching your fat loss journey as one of discovery and exploration, you open yourself up to possibility and develop a solution-oriented mindset, which is always more successful and productive than a pass/fail one. You have never failed a diet – diets have failed YOU. Step off the rollercoaster of deprivation, judgment, and pass/fail thinking and embrace the journey of discovering an enjoyable, sustainable way of eating that works for you!