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Things I know Now That I Wish I Knew Then

Hi Fitness Fans-

When it comes to losing weight I think we all have an “idea” of what to do, but there is also so much information out there that it can be frustrating for most of us to find what works and what does not. Training gadgets that claim to get rid of belly fat or fluffy arms. Diets that sound good, but aren’t necessarily the right way of going about it.

A determined woman on a mission is capable of doing better research than the FBI. So here is rundown of what I’ve learned over the years on my journey to fitness, I hope it helps save you time, & benefits you as much as it has me.

Kickstart your metabolism

Like most women over 40 I got busy in life and found myself gaining unwanted weight. After a lot of trial and error I discovered that if you go all day without eating your body goes into starvation mode. When you do finally eat, it often stores your body often stores what you have consumed. Well that explained a lot. Heck, as a professional horse trainer I’d work horses and instruct all day on couple cups of coffee. Too busy to eat, I didn’t get hungry much either because I was unintentionally shutting down my metabolism. Then I was starving at dinner so it was on like Donkey Kong! I said to myself, “Why isn’t this working? I’m not eating a whole lot of calories & I’m active all day? Why am I gaining weight? Ugh, this getting older crap sucks.” Lol! I thought, this weight gain was just, ‘normal’ as I was aging. That old, “Middle aged spread & belly bulge” thing your parents warned you about growing up. AAHH! It’s happening...

So naturally, I thought I was too over the hill to start working out and my metabolism too slow. Boy was I wrong! You see, our bodies are all designed for one main thing, survival. Once I learned how to unlock my metabolism the fluff really started to shed.

I began to eat small, healthy meals every 2 to 3 hours. Why? Losing weight is 80% diet, & you can’t outrun your fork. Eating more frequently along with moving more kickstarted my metabolism.

I took in small amounts of healthy fats, good proteins to help build lean muscle, & carbs eaten at the right times to help with energy, & brain function. I didn’t have to eat less; I just had to eat right. Feeding the lean muscle but starving the fat.

Protein shakes have their place & are great for in between meals, (especially if you’re on the run a lot), but real food is better. Chicken breast, white fish, & bison are my favourite protein sources. Bison is a fantastic red meat. It has 2 times the iron in it that beef has and way less fat! Not to mention it tastes great. I eat it a lot as a burger, or mixed with tomato sauce, yum! It’s delicious.

I found that salmon, tuna & steak all contain too much fat for me to eat them more than once a week. I was eating way too much of all of those which was inhibiting my fat loss. Eating starchy carbs on a regular basis at night also came to an end after learning the body will store them. No fair! Lol

I also didn't realize I was not drinking enough water. I now drink a gallon a day to stay hydrated. If you don't drink enough water, your body will store it - survival mode, again.

Cardio

I wish I would've known sooner that doing cardio in the morning before eating breakfast helps burn more fat! It's called 'fasted cardio' and it really works for me. It is particularly effective when you don't eat carbs the night before.

Interval training is great for burning calories as well. Getting your heart rate up for 30/40 seconds then coast for a minute. It's fun to machine hop too, I love to mix it up. For instance, get on the stairmaster for 10 minutes, then jump on the spin bike for 10. Walking uphill on the treadmill is great along with the elliptical. Battle ropes can also be a blast in addition to the rowing machine. Mixing all of these up keeps the body from getting used to one thing & can up the fun factor.

If you have a lot of joint pain consider swimming as well, it's a great form of cardio & full body workout.

Alcohol consumption can slow your progress

So we all like to have the occasional glass of wine, but too much alcohol can slow your metabolism and stifle your muscle growth. I know, what a bummer! But if you're trying to add some muscle tone it's something to keep in mind.

The skinny fat, & Cellulite.

When I originally lost the extra fat at age 42 I noticed something. I was getting that "skinny fat" thing, & had some cellulite that just wouldn't go away. Since I was older now I had lost some of my curves I had in my younger days. Hmmm... what to do about that? It didn't take long for me to realize I needed to fill back out with some lean muscle so I hit the weights! Best. Decision. Ever. That old saying is very true, "Muscle burns fat," is very true. Yes yes! It was the ONLY thing that truly got rid of my cellulite.

So ladies, don't be afraid to pick up some weights I promise you won't regret it.

Training & tips

* I learned a good trainer that cares about your progress is worth his or her weight in gold. Do a lot of research in finding one that works for you.

* Try not to do anything twisting or direct oblique work during training because it will thicken your waist. You don't want to lose your natural hour glass.

*Set some goals for yourself to stay motivated. For me it was a beach vacation, a reunion, wedding... Now it's the goal post of a competition in the distance.

*Be sure to eat good protein/carbs before and after you train.

*Invest in a good heart rate monitor so you can track your progress.

*Take before and after photos so you can see how far you've come.

*Set a food alarm that goes off every 2-3 hours to remind you to eat something, it's so important.

Try not to compare yourself to others

I know this can be hard, but try not to compare your chapter one to someone else's chapter twenty. Every single person at the gym once had a first day. Gaining some lean muscle tissue takes time, but that time is going to pass anyway so don't give up. It takes four weeks for you to notice your body changing. Eight weeks for your friends, & around twelve weeks for the rest of the world. Give it 12 weeks & keep going because your results are just around the corner!

Thank you for taking time to learn more about my fitness journey & I look forward to hearing from you!

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