

7 SECRETS TO...

FAT LOSS AFTER 40

**The proper way to lose 10-15
pounds in 6 weeks**



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Fat Loss

The Proper Way to Lose 10-15 Pounds in 6 Weeks

Losing fat can be a daunting task. There is a ton of conflicting information and it can be hard to navigate. Fortunately, we have made it much simpler. Following just a couple of these tips can be all you need to do to lose that 10-20 pounds. Just commit to ONE tip for a week, and then work in more as you go!

TEAM FIT HOWELL



1. CHEW YOUR FOOD!

Why it's important: We are supposed to chew our food... a lot. Taking a few extra bites can improve your digestion and also allow your body to feel fuller quicker!

How to get it done: The average commercial is 30-60 seconds. Try to chew for an entire commercial to practice.

What you'll feel: You'll feel less stuffed after meals and in turn you'll have more energy.



2. USE SMALLER UTENSILS

Why it's important: When dieting, it feels like there is never enough food. Using smaller utensils can make a small meal look and feel a lot larger than it actually is.

How to get it done: Use the same utensils a 4-year-old would use. That's right, go out and get a solid set of utensils with your favorite superhero on it and soon you could be looking like one!

What you'll feel: You will start to feel your body get full off of much less food. Since it will take longer to completely eat your meal, you will naturally start to feel full from the food. Normally we eat so fast that the food barely has time to digest before we are already done.



3. DRINK A GLASS OF WATER BEFORE EATING

Why it's important: Hydration is one thing that makes our body perform and feel it's best. If we do not drink enough water it can leave us feeling tired and hungry. Water can be a huge help when trying to lose fat.

How to get it done: While preparing your food, pour a glass of water and drink it before you have a bite of food. You may even find that you aren't hungry after drinking it. Many times, feelings of hunger can actually come from just being dehydrated.

What you'll feel: You will not only feel full but you might even get a kick of energy. It's amazing to realize how important water is to your body functioning at its best.



4. EAT PROTEIN AT EVERY MEAL

Why it's important: High protein diets have been found to be the most effective diets when trying to lose fat. This is because the protein helps the body recover after exercise, which means more muscle to help burn fat. Plus, protein is one of the most satiating nutrients. On top of that, it is actually the hardest nutrient to turn into fat!

How to get it done: Make sure to have at least a palm size portion of meat, fish, or eggs at each meal. One strategy that is sure to help would be to prepare meat to eat ahead of time. It's much easier to reach for a grass-fed beef patty when it only takes a minute or 2 in the microwave. Add in a veggie and that's a meal in less than 5 minutes!

What you'll feel: When protein is added into your diet you will feel much fuller. It takes a while to digest so it will fill you up and provide consistent energy for hours. After a week or 2 of making this change your pants might start to feel a little bit loose!

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5. 10 MINUTE WALK AFTER EVERY MEAL

Why it's important: When we eat the first move is usually to sit down. This is terrible for digestion. When we stop moving our body slows down. And if that food is just sitting there, it will lead to that mid-afternoon grogginess.

How to get it done: It is as simple as the title says. Just walk. As soon as you take your last bite, head outside, or even to the stairs and just take a lap. It doesn't necessarily have to be for 10 minutes. But just moving will help you fight off the post lunch sleepiness.

What you'll feel: You will feel much more energized through the second half of your day. You will feel more productive and focused which will help you perform better in the office and back at home with your family.



6. EAT DINNER AT THE TABLE - NO SCREEN

Why it's important: Screens take away our attention from what is right in front of us. This could be our family, our work, and even our food. When you eat at a table without a screen it allows you to be present. When you are present you not only give your family more attention, you also give your body the ability to realize how much food you are actually eating.

How to get it done: Let your family know ahead of time that there will be no screens. This will lessen the shock when you present this new option. When the meal starts, put everyone's phone in a temporary storage space so there will be no texting or answering emails under the table. When this is in place you consciously eat and finish your food. After that you can even put a reward system in place, not just for the kids, but also for yourself. Reward your new habit with some small reward, like a square of dark chocolate, or watch a show you have been putting off.

What you'll feel: You will feel a greater connection with the people at the table, as well as feeling full from less food.

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7. PREPARE 1 MEAL A DAY ON SUNDAY (7 MEALS)

Why it's important: Terrible food choices are all around us. Advertising agencies spend crazy amounts of money to try to get the public to eat their food. When you are hungry and your brain is telling you that you need food now, it is easy to make a poor decision. However, if there is a fresh meal you have already spent money on, and have spent time cooking, it will make the decision process that much easier.

How to get it done: On Sunday, clear your schedule as best as possible and go food shopping. Before you get to the store, make the list. This will keep you from grazing the aisles where there will be temptation. After you stick to your list - get the food cooked it as soon as possible. It's similar to doing the laundry. If you wash but don't fold, the clothes will sit there all week and get wrinkled. Same goes for food. It will sit there all week and spoil. After the food is cooked, put it into individual containers so that in the morning all you have to do is take it out of the fridge and head to work.

What you'll feel: You will feel better and healthier from making a better food choice.

BONUS TIP!

Get a **FREE 1-1** **Personal Training** **Session**

We would love you get started on your journey back to health. At Team Howell Fitness, we have helped hundreds of clients lose weight, drop body fat, get stronger and move better!

For a **FREE 1-1** Personal Training Session with one of our coaches, drop us an email or give us a call and we'll help you get started on the right path! Teamhowell_fitness@yahoo.com or call 507-450-4981 or 507-312-4010

