

YOUR GET FIT STARTER GUIDE

LOSING BELLY FAT

#1. Eat Plenty of Soluble Fiber

Soluble fiber absorbs water and forms a gel that helps slow down food as it passes through your digestive system. This type of fiber promotes weight loss by helping you feel full, so you naturally eat less. Good sources include flaxseeds, shirataki noodles, Brussels sprouts, avocados, legumes, and blackberries.

2. Avoid Foods That Contain Trans Fats

Trans fats are created by pumping hydrogen into unsaturated fats, such as soybean oil. They are found in some margarines and spreads and also often added to packaged foods. Trans fats have been linked to inflammation, heart disease, insulin resistance, and abdominal fat gain.

3. Don't Drink Too Much Alcohol

Alcohol can have health benefits in small amounts, but it's seriously harmful if you drink too much. Research suggests that too much alcohol can also make you gain belly fat.

4. Eat a High Protein Diet

Protein is an extremely important nutrient for weight control. High protein intake increases the release of the fullness hormone PYY, which decreases appetite and promotes fullness. Protein also raises your metabolic rate and helps you retain muscle mass during weight loss.

5. Reduce Your Stress Levels

Stress can make you gain belly fat by triggering the adrenal glands to produce cortisol, also known as the stress hormone. High cortisol levels increase appetite and drive abdominal fat storage.

6. Don't Eat a Lot of Sugary Foods

Sugar contains fructose, which has been linked to several chronic diseases when consumed in excess. These include heart disease, type 2 diabetes, obesity, and fatty liver disease. Observational studies show a relationship between high sugar intake and increased abdominal fat.

7. Do Aerobic Exercise (Cardio)

Aerobic exercise is an effective way to improve your health and burn calories. Studies also show that it's one of the most effective forms of exercise for reducing belly fat. However, results are mixed as to whether moderate or high-intensity exercise is more beneficial.

8. Cut Back on Carbs

Especially refined carbs. Reducing your carb intake can be very beneficial for losing fat, including abdominal fat. Diets with under 50 grams of carbs per day cause belly fat loss in people who are overweight, those at risk for type 2 diabetes, and women with polycystic ovary syndrome (PCOS).

9. Perform Resistance Training (Lift Weights)

Resistance training, also known as weight lifting or strength training, is important for preserving and gaining muscle mass. Based on studies involving people with prediabetes, type 2 diabetes, and fatty liver disease, resistance training may also be beneficial for belly fat loss.

10. Avoid Sugar-Sweetened Beverages

Sugar-sweetened beverages are loaded with liquid fructose, which can make you gain belly fat. Studies show that sugary drinks lead to increased fat in the liver. Sugar-sweetened beverages are even worse than high-sugar foods.

11. Get Plenty of Restful Sleep

Sleep is important for many aspects of your health, including weight. Studies show that people who don't get enough sleep tend to gain more weight, which may include belly fat.

12. Track Your Food Intake and Exercise

Many things can help you lose weight and belly fat, but consuming fewer calories than your body needs for weight maintenance is key. Keeping a food diary or using an online food tracker or app can help you monitor your calorie intake.

13. Eat Fatty Fish Every Week

Fatty fish are incredibly healthy. They are rich in quality protein and omega-3 fats that protect you from disease. Some evidence suggests that these omega-3 fats may also help reduce visceral fat.

14. Stop Drinking Fruit Juice

Although fruit juice provides vitamins and minerals, it's just as high in sugar as soda and other sweetened beverages. Drinking large amounts may carry the same risk for abdominal fat gain.

15. Add Apple Cider Vinegar to Your Diet

Drinking apple cider vinegar has impressive health benefits, including lowering blood sugar levels. It contains acetic acid, which has been shown to reduce abdominal fat storage.

16. Eat Probiotic Foods or Take a Probiotic Supplement

Probiotics are bacteria found in some foods and supplements. They have many health benefits, including improving gut health and enhancing immune function. Researchers have found that different types of bacteria play a role in weight regulation and that having the right balance can help with weight loss, including the loss of belly fat.

17. Try Intermittent Fasting

Intermittent fasting has recently become very popular for weight loss. It's an eating pattern that cycles between periods of eating and periods of fasting. One popular method involves 24-hour fasts once or twice a week. Another consists of fasting every day for 16 hours and eating all your food within an 8-hour period.

18. Drink Green Tea

Green tea is an exceptionally healthy beverage. It contains caffeine and the antioxidant epigallocatechin gallate (EGCG), both of which appear to boost metabolism. EGCG is a catechin, which several studies suggest may be effective in losing belly fat.

Implementing these tips can help you achieve your weight loss goals and improve your overall health. Remember, consistency and a holistic approach are key to long-term success.

**EATING BY THE PERFECT PLATE GUIDELINE, Is
The Easiest Way for many To Stay On A
Healthy/balanced Diet.**



I HIGHLY RECOMMEND using this plate & app to not complicate the sometimes-confusing nutrient MACRO breakdown.

[We offer plates like this]

Some days will be higher and other days lower in calories, but ***by the end of the week is what matters for total calories.***

The Apps I recommend: Nutritionix FOR KEEPING TRACK



To Check Quality/Healthiness Of Foods:

10 BENEFITS OF WALKING EVERY DAY



10 great reasons to start a daily walking routine

- 1 Walking is great for your heart
- 2 It helps you burn calories
- 3 It helps you get to and maintain a healthy weight
- 4 It helps joint pain
- 5 Walking strengthens bones and muscles
- 6 It improves balance and coordination
- 7 Walking encourages other forms of exercise
- 8 It gets you outside in the sunshine and fresh air
- 9 Walking can boost your energy
- 10 It can relieve stress and anxiety

For more info on the benefits of walking visit:
planningcalmfromchaos.com

STANDARDIZE YOUR MEALS

NO WHITE FLOUR/RICE OR PROCESSED FOOD *INCLUDING DELI MEATS.*

NO soda, sweet tea, fried food, or junk food.

IF NEEDING TO LOSE A LOSE OF WEIGHT: NO carbs for breakfast, wait a few hours or do so at lunch. If you train in the a.m., then *afterwards* is a good time for your first allowed amount..

BE SURE SUGAR IS NOT LISTED IN THE FIRST 3 ITEMS ON ANY FOOD LABEL; keeping intake under 10mg. per serving at every chance.

How I make PROTEIN SHAKES: I use unsweetened **almond milk** [*I prefer vanilla flavor*], and **vanilla protein** I like van. so I can add fruit and keep the flavor right for me. unless you want the chocolate] whey protein.

Add 1-2 bananas, and/or strawberries.

Make 1-2 week supply; I put it in screw-on top plastic containers & freeze.

PROTEIN BAR options: ask me

WEEKLY Weight Loss Goal DAILY calories to reduce or burn through activity:

<u>to Lose</u>	<u>Reduce or Burn per day</u>
1/2	250
1 lb	500
1.5	750
2	1,000

TRIGGERS and FACTORS

When trying to lose weight, it's important to be aware of various things that can impact your progress. Here are some key considerations:

TRIGGERS TO WATCH OUT FOR:

1. Emotional Eating:

Trigger: Stress, boredom, sadness, or anxiety.

Strategy: Identify emotional triggers and find alternative coping mechanisms like exercise, meditation, or hobbies.

2. Environmental Cues:

Trigger: Seeing or smelling food, social events, or eating out.

Strategy: Keep healthy snacks available, plan meals in advance, and choose restaurants with healthy options.

3. Hunger and Cravings:

Trigger: Skipping meals, restrictive dieting, or high-sugar foods.

Strategy: Eat balanced meals with protein, fiber, and healthy fats to stay full longer and avoid extreme hunger.

4. Social Pressure:

Trigger: Friends or family encouraging you to eat more or indulge.

Strategy: Communicate your goals to your social circle and seek support from those who understand your objectives.

THE HARMFUL EFFECTS OF SUGAR

1. Sugar Makes Your Organs Fat

- Fructose in added sugars causes your liver to store fat, potentially leading to nonalcoholic fatty liver disease.

2. Sugar Hammers Your Heart

- Sugar's impact on heart disease and diabetes is significant. Keep sugar intake within American Heart Association recommendations: 5 tsp for women, 9 tsp for men, 3 tsp for children. A soda can contain up to 12 grams of sugar.

3. Sugar Creates Tense Blood Vessels

- Excess insulin from added sugars causes artery walls to tense, increasing the risk of high blood pressure, stroke, and heart attack. Avoid processed "whole grain" products that cause glucose spikes similar to white flour and high-fructose corn syrup.

4. Sugar Promotes Cholesterol Chaos

- High sugar intake raises bad cholesterol and triglycerides while lowering good cholesterol. This may trigger the liver to produce more bad cholesterol and impair its clearance from the body.

5. It Leads to Type 3 Diabetes *[still being debated]*

- High sugar diets are linked to insulin resistance in the brain, potentially contributing to Alzheimer's disease, referred to as "type 3 diabetes."

6. Sugar Turns You into a Junkie

- Sugar triggers the release of pleasure-inducing chemicals, leading to addiction and withdrawal symptoms. Reducing sugar can adjust taste buds within a week.

9. Sugar Turns Your Smile Upside Down

- High sugar intake is linked to a higher risk of depression. Gradually reduce sugar to develop a healthier relationship with sweets.

10. Sugar Wrecks Your Face

- Sugar attaches to proteins, forming harmful molecules that damage collagen and elastin, leading to wrinkles and saggy skin. AGEs from sugar also promote sun damage.

Sugar Smart Tips

- Replace high-sugar foods with healthier options.
- Gradually reduce sugar intake to curb cravings.
- Incorporate physical activity to reduce sugar cravings.

BEHAVIORAL STRATEGIES:

1 Set Realistic Goals:

- Establish achievable weight loss targets and track your progress regularly.

2. Plan and Prepare Meals:

- Plan your meals and snacks ahead of time to avoid unhealthy choices when you're hungry.

3. Keep a Food Diary:

- Track your food intake, emotions, and hunger levels to identify patterns and make adjustments.

4. Find Support:

- Join a weight loss group or find a buddy to support and motivate you.

5. Celebrate Non-Scale Victories:

- Focus on improvements in energy levels, fitness, and clothing fit rather than just the number on the scale.

❖ By being aware of these triggers and factors, you can develop strategies to stay on track with your weight loss goals and make lasting, healthy changes to your lifestyle.

“A SLIP IS NOT ALL THAT UNUSUAL”

- ❖ A slip doesn't mean failure or loss of control. It's normal to feel guilty, but this is part of the Abstinence Violation Effect. Don't let guilt lead to further splurging. Instead, see the slip as a learning experience. Analyze what led to the slip and consider better coping strategies for the future. Remember, one slip doesn't mean relapse.
- ❖ A slip doesn't mean you're a failure or lack willpower. Even trainers cheat occasionally. A few slips don't equate to complete failure. For instance, a 500-calorie indulgence doesn't ruin your diet. Allow yourself a cheat meal every few weeks to prevent "starvation mode" and push through weight loss plateaus, but don't overdo it.
- ❖ If resisting cheating is tough, schedule a cheat meal every 3-4 weeks. This helps reduce anxiety and keeps you focused on your health goals. Treat each slip as an isolated event that can be managed with better coping strategies in the future.