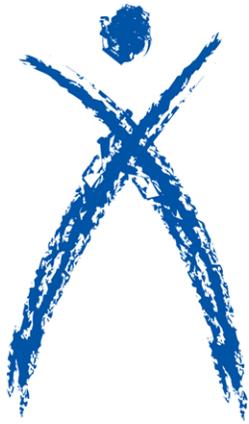


8 TIPS TO LOSE BODY FAT AND FEEL BETTER!



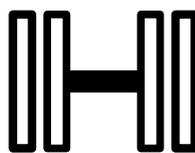
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8 TIPS TO LOSE BODY FAT AND FEEL BETTER!

1. PERFORM SOME STRENGTH TRAINING



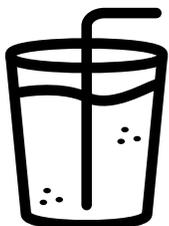
Focus on lifts such as **deadlifts, squats, presses, and lunges**. Find a good coach if you're new to strength training. In addition, adding some high intensity training for **4-7 minutes** at a time. An example of a high intensity workout could be a **5-minute workout of 5 squats, 5 lunges, 5 push-ups** or a **7-minute workout of 100 meter sprints and 10 push-ups**. Be sure to take short breaks between the workouts. Strength training and high intensity exercises increase muscle building and fat burning hormones that will torch body fat.

2. AVOID LOW INTENSITY/LONG DURATION CARDIO (LONG SLOW DISTANCES AKA LSD)



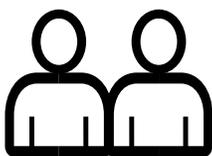
The 3-5 mile run isn't necessarily going to help you lose weight or body fat. **LSD** (Long Slow Distance training) can come in many forms, including running, biking, rowing, and even longer workouts. It could even be the reason you're struggling to lose those pesky last 10lbs. LSD or aerobic training can't compare to short intense intervals of training (anaerobic training). Steady-State aerobic training is discouraged because it can elevate cortisol levels, leading to inflammatory stress response that promotes muscle loss and fat storage. A 2012 study that compared the effect of aerobic exercise for 30 or 60 minutes a day, 6 days a week for 13 weeks and both groups lost the same amount of body fat (the 30-minute group actually lost slightly more at 4kg compared to 3.8kg in the 60 minute group). Researchers conclude that aerobic exercise is "a poor weight management" strategy. If you love to run, go for it; we just recommend that you include strength training and high intensity exercise in your routine as well.

3. NUTRITION



You knew this was coming. You can have the best workouts or coach in the world but without the proper nutrition regimen you can only get so far. It's a fairly simple prescription if you'd like to lose some fat and feel better. Base your diet on garden vegetables, especially greens, lean meats, nuts and seeds, little starch, and no sugar. That's about as simple as we can get. Many have observed that keeping your grocery cart to the perimeter of the grocery store while avoiding the aisles is a great way to protect your health. Food is perishable. Avoid the foods with a long shelf life!

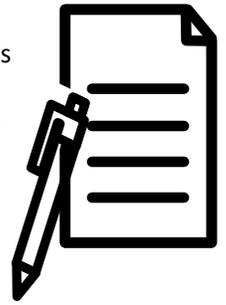
4. DON'T DO IT ALONE



One of the hardest parts about losing weight is trying to do it all on your own. Making major lifestyle changes without any social support is not only difficult, but often unsustainable. Having friends or family around you to encourage you, or even make changes along with you, can greatly increase your success in any major lifestyle change. You can share recipes, plan partner workouts, and encourage each other on your journey to better health. Accountability is key!

5. ADDRESS YOUR WHOLE LIFE, NOT JUST DIET & EXERCISE.

Did you know that there's a lot more to losing weight/building muscle and keeping it off than just diet and exercise? For example, sleep deprivation makes us hungrier, and the associated high levels of stress hormones cause us to eat more and store more fat, thus reducing our ability to lose weight and keep it off. A better ability to handle stress, and those who assume responsibility in life are more likely to keep weight off once they lose it. Focus on managing your daily stress using mind-body techniques like meditation or yoga. Plan ahead using shopping lists and meal plans to help you reduce the stress that comes along with starting a big lifestyle change.



6. AVOID LOW INTENSITY/LONG DURATION CARDIO

There is no magic formula for how much water you should drink! As a general guideline, some suggest about half your bodyweight in ounces a day. So if you weigh 120 pounds that would be 60 ounces of water. Again, this is a guideline and should be treated as such since this may not be accurate for every person. There are many factors that determine how much fluid a person should consume a day in order to stay well hydrated. (For example, individuals who are exercising, nursing, living at altitude or in hot temperatures may require more fluids to maintain proper hydration.)

But don't go crazy and start forcing yourself to drink excessive amounts of water. That can lead to extremely low sodium levels in the blood and cause a dangerous condition called hyponatremia. Fact is – most of us could benefit from drinking more water, just be sensible about it!



7. EAT HEALTHY FATS

Healthy fats will **NOT** make you fat. Please, please do not fear fats from **eggs, avocados, coconut oil, olive oil, nuts, fatty fish and grass-fed, organic meats**. It's all good! A high saturated fat intake has been shown to reduce what we call the bad cholesterol, small particle LDL, and raise what's called the good cholesterol, HDL. LDL and HDL are not cholesterol; they are transport lipoproteins, but the function of cholesterol and the way it works in the body, as well as what causes arterial plaque is misunderstood.



8. GET MORE SLEEP

We know it's tough to get 8+ hours of sleep per night as we are all busy and consumed with kids, school, and various responsibilities; but the benefits are well worth it! Lack of sleep increases the risk of obesity, because sleep deprivation can cause the body to produce less leptin, a hormone that reduces appetite. Lack of sleep can also cause the body to produce more ghrelin, a hunger-stimulating hormone. Try to have a set bed time and make your sleep a priority.



If you have any specific questions, please email or call us
crossfitstelecreek@gmail.com or 704-714-7775