

STOKED METABOLIC COACHING PYRAMID OF FAT LOSS

THE HEIRARCHY OF FAT LOSS

Everyone has an idea about what they need to do to lose fat. The issue is no one knows where to start! Start at the bottom -that is your Foundation! As you continue work your way up the pyramid for **SUSTAINED LONG TERM FAT LOSS!**

CARDIO

CARDIO IS NOT NECESSARY FOR FAT LOSS. Yes it can help, but the caloric burn received from it does not make it essential for fatloss. Instead use it for overall cardiovascular health and mental benefits.



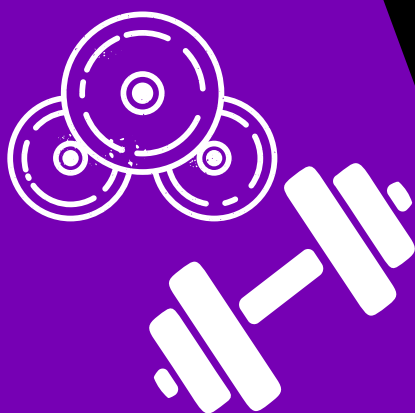
SLEEP

Your body needs sleep to recover. Quality sleep also regulates hormone levels reducing hunger throughout the day. Recharge for at least 7 hours per day.



WEIGHT LIFTING

Adding muscle increases your metabolic rate. More muscle, more calories burned. Aim For 3 to 5 strength training sessions per week.



PROTEIN INTAKE

Protein rebuilds muscles and an optimal protein intake will keep you strong. Aim for .8 -1.2g per pound of body weight.



CALORIE DEFICIT

The most essential factor in weight loss. Calories in versus calories out. Start by determining your TDEE and make cuts from their adjusting during your fat loss cycle.

