

FOUR STEPS TO FAT LOSS

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Tired of spending hours on the treadmill and starving yourself with little to nothing to show for it? It's time to take a new approach to your fat loss goals!

OUR FOUR STEP PLAN WILL HAVE YOU FEELING BETTER, LOOKING YOUR BEST AND:

- Improve your sleep
- Increase your energy
- Improve your relationship with food
- Help you break free from the yo-yo dieting cycle
- Give you a clear understanding of what works for YOUR BODY

HERE'S OUR PLAN

- STEP 1: Assess the Damage
- STEP 2: Recharge your Metabolism
- STEP 3: Fat Loss Acceleration
- STEP 4: Lifestyle Integration

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BEFORE WE DIVE IN, LET'S GET A BETTER UNDERSTANDING OF WHY DIETS DON'T WORK:



Weight loss is a 75 BILLION DOLLAR a year industry in the US. People with try anything and everything to lose weight. If you're reading this I am betting you've tried some diet before.

Keto, Fasting, Low Carb, Whole 30, High Carb, Mediterranean - the list goes on and on.

Whatever the "diet plan" is it usually revolves around some form of Restriction.

They are based on what you can and can not have, often giving you the sense that particular foods are "making you fat". The trouble is most of us enjoy particular foods, when we are forced to cut something out for an extended period of time we crave it more. Eventually when we give into those cravings all hell breaks loose with a binge!

AND AFTER THE BINGE...



Well, the fact that we have "ruined" our day usually leads to an all or nothing response. I screwed up so let's let loose with dinner, drinks and desserts. Then the guilt hits....I'll get back on track tomorrow.

Why do we constantly follow the latest and greatest fads but are never willing to just follow a sustainable plan. Rules and Restictions are easy to follow.

The problem with these diets and "dieting mentality" is we set ourselves up for huge metabolic problems in the future. When the fad diet ends and you start eating noormal again? Progress disapeers and billion dollar industry wins!

What if we stopped lying to ourselves and realized that all foods should be able to fit into our lives. If only more people understood how the human body worked we'd be able to live a balanced and sustainable life without deprivation.

That's why you are here. You are ready for something that works and works for life!

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SO WHAT WORKS?

Our four-step program will help you improve your relationship with food, finally lose the weight and keep it off forever....

STEP 1: ASSESS THE DAMAGE

All the fad diets above probably worked for a while until they didn't. They either weren't sustainable, realistic or effective. That is why you are here. You know what you have tried in the past and now you will know why they didn't achieve long term results

STEP 2: RECHARGE YOUR METABOLISM

This is where we help you understand how to feed and fuel your body so that your metabolism can increase! Your metabolism is extremely adaptable and after a long period of und-eating, your metabolism slows down and focuses on keeping you alive, while dropping body fat gets bumped to the bottom of the food chain.

STEP 3:FAT LOSS ACCELERATION

This is where the magic happens. Once you've taken the time to restore your metabolism to it's full potential, it's time to dive into the fat loss accelerator by making a few small changes that lead to amazing progress.

STEP 4: LIFESTYLE INTEGRATION

The most important part. This is why fat loss is a billion dollar industry. No one does the post-progress work. What do you do after you drop the fat? How do you make lifelong progress? This is where we teach you to have your cake and eat it too, for the rest of your life!

STEP 1: ASSESS THE DAMAGE

Start off downloading a food-tracking app. At Stoked Metabolic Coaching we are big fans of MyFitnessPal but you've got plenty of options out there available to you.

Over the next week track everything you eat. Don't change a thing, eat the foods you've been eating for years. You want an accurate picture of what your body is taking in, don't change anything just because you are tracking now.

Now that you've got a solid seven days of tracking under your belt it's time to break out the calculator! Determine your weekly averages for calories. After that get your weekly averages for protein, fat and carbs.

Total amount of calories are incredibly important for fat loss but having the right ration of protein, fats and carbs will ultimately have a huge effect on your body composition(How much muscle versus how much fat you have, body composition will determine how you truly look no matter what the scale says).

If you are intaking less than 1,200 calories daily and you aren't loosing weight that is a major red flag. That means your body is going through metabolic adaptation aka a slow metabolism.

Now is the time to fix that....

STEP 2: METABOLIC RESTORATION

How do you repair a broken metabolism and get it running full speed again?

The first step is to start fueling and feeding your body properly. That means eating enough food to keep you alive and match it with your activity levels. Once you start eating again you'll have more energy, improve performance in the gym, sleep better and you should even find yourself in a better mood! Let's be honest we've all been hangry before.

SO HOW MUCH SHOULD YOU BE EATING?

Hopefully you didn't put that calculator away. You'll need your: age, weight and height for this one. Make sure to use your weight in kilograms and height in centimeters....and if you don't know, that's what Google is for!

Once you've got all of your information plug it into the equations below in order to find out your Basal Metabolic Rate(BMR). This is the number of calories your body needs every day to function and not do anything else - literally sitting on your butt staying alive calories!

BMR CALCULATOR

MEN:

(10 x weight in KG) + (6.25 x height in centimeters) - (5 x Age) + 5

WOMEN:

(10 x weight in KG) + (6.25 x height in centimeters) - (5 x Age) - 161

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YAY! You now know your TDEE(total daily energy expenditure), that is the total amount of calories you need to eat each day to maintain your weight, keep your metabolism burning and feel your best!

Now it's time to compare our numbers - we've got our daily average from before and our TDEE, let's see how they compare!

Is your TDEE at 2600 and your daily intake at 1000? That might be why you feel your "metabolism is broken."

It's time to start slowly working your calories up to a healthy level, we do this by increasing intake by 200-250 calories to start. Over the next several days, your goal is to consume those extra calories daily until you go from feeling full to feeling hungry. That's our sign it's time for another increase.

Continue following this pattern until you reach your new goal intake(your TDEE). Now you are on the road to repairing your metabolism. Eating your maintenance calories for a while(Weeks to Months) will give your metabolism the opportunity to do its job - regulate your weight!



STEP 3: FAT LOSS ACCELERATOR

Now that we've got your metabolism working and your body fueled you are primed for fat loss. Most people want to restrict food, increase cardio and start putting in useless rules.....

DON'T DO IT!

The only thing you need to do now is take your maintenance calories and subtract 10-20% from it. Nothing else!

Don't starve yourself. Remember you are a grown adult and not a toddler, it's time to eat like an adult!

Focus on the small calorie change and work on strategies that will increase lean muscle mass and help you shed body fat.

Shift the focus from Cardio Bunny to Strength Training and focus on eating enough protein.

Why strength train? Weight lifting triggers your body to build lean strong muscle. It burns fat during and after you workout. Cardio may seem like the right option but it's not as effective at shedding body fat.



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I'm not bashing cardio, it improves conditioning and is heart healthy but it's awful for building and maintaining lean muscle mass AND it slows down your metabolism(enter adaptation, that first mile was hard until it's not anymore.)



If you are new to weight training and don't know where to start don't worry about that we can guide you along the way. Reach out to us below and we'll get you going.

The next step is to eat enough protein. The big question though is, how much do I need?

You want to consume .8-1.2g per pound of body weight. If you have a lot of weight to lose shoot for 1g per pound.

Back to those averages from before. If you were eating 50g of protein a day and realize your body needs 150g don't add 100g per day to make up for the difference!

Aim to slowly increase your protein every few days until you are closer to your goal amount.

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While you increase the protein, you'll need to reduce carb and fat intake so your overall calories still give you a 10-20% deficit.

Once you've got the ball rolling here the next focus should be on consistency. That is where true progress lies. Not a shot, pill, fast, or grocery list. Consistency breeds results.

If you don't see any changes in weight, measurements or composition after 3-4 weeks in a 10-20% deficit(and your consistency is on point!) then it's time to drop your calories another 200-250 for the next 3-4 weeks and see where you end up.



IMPORTANT NOTE:

The scale isn't the only way to measure your progress. Increasing your protein you may see your body getting smaller but your weight remaining the same. That is because you are trading muscle for fat. If your pants are getting looser and your weight is the same, it's working!

STEP 4: LIFESTYLE INTEGRATION

This is quite possibly the most important step. What do you do once you've hit your goal? You lost weight, bought new clothes, feel great and everyone wants to know what you've been doing!

Now it's time to reassess your BMR and TDEE.

Go back to those equations above and plug all of your new happy numbers in.

Take your new TDEE calories and SLOWLY start increasing your intake back to that calorie leve. This will train your body to take in more calories while maintaining your current fat loss. , we don't want you to live restricted forever! Once you get there, you are ready live a happy and healthy life where you keep the weight off for good!

Once you get back to that level do you need to track forever? NOPE! By now you should have a good idea of how to fuel your body and how much food you need daily. Rely on your good habits and start eating intuitively!

Eat when you are hungry, stop before you are full. Save room for the foods you enjoy in moderation.

You now have a tool that will allow you to incorporate any foods and if you ever feel like you are "falling off track", you can check back in with MyFitnessPal and your numbers above!

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MEET COACH TOM

FOUNDER OF
STOKED METABOLIC
COACHING

With over 15 Years in the Fitness and Nutrition space I've seen it all. Fad diets, Cleanses, Fat Burners and all sorts of other garbage with one goal - to keep you in the yo-yo world of "dieting".

My goal is for you to ditch the dieting lifestyle, learn how to eat to fuel your body and ultimately have you feel your best every single day.....you deservie it!



THANK YOU FOR READING!

We hope this guide helps kickstart your journey to a healthier life! If you ever need more guidance reach out at the link below!

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