



5

„HEALTHY HABITS“

to

BREAK

HEALTHY HABIT #1

GREEN JUICE FOR BREAKFAST

Green juice, a fat-free latte, a banana, a granola bar. Whatever. Pick your AM sugar poison.

Listen, these foods are NOT bad for you. But when you start your day with them, they are disastrous for your metabolism.

These foods are low in fat, fiber, and protein and high in sugar. So when you eat these foods first thing in the morning, it causes your blood sugar to skyrocket. This causes your body to release insulin, a fat-storing hormone.

You then experience a crash after the spike, which signals to your brain that you NEED more sugar to bring levels back up. So you grab the closest sugary or high carb snack and the "blood sugar roller coaster" continues throughout the day, keeping your body in fat storing mode.

Eating a breakfast with protein, healthy fat, and fiber is key to starting your day in fat burning mode and maintaining nice, steady blood sugar levels all day.

HEALTHY HABIT #2

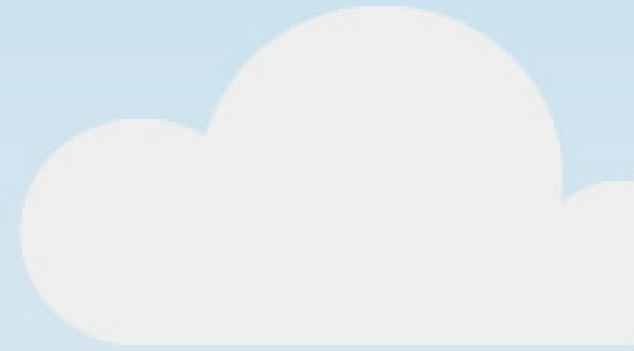
EAT EVERY 2-3 HOURS.

Not only is this not realistic for the majority of people, it's **TOTALLY** derailing your goals.

The more often we eat, the more blood sugar spikes we'll experience. More blood sugar spikes = more insulin = more fat storing.

In addition to this, eating every 2-3 hours causes us to have to think about food constantly. BORING. We have better things to do, and this mentality can cause major food anxiety.

Your meals should last you at least 4 hours. If they don't, you need to eat more!





HEALTHY HABIT #3

EAT LESS, LOSE MORE.

This is probably the most well-known weight loss advice of all time.

Unfortunately, it's fundamentally flawed and it's caused a lot more harm than good.

Undereating may give you results at first, but in the end, it just causes your body to hold on to more fat, making it more and more difficult to sustain weight loss.

And to add insult to injury, when you under eat you're more likely to lose muscle instead of pure fat. Every pound of muscle you lose will cause you to burn 50-150 fewer calories/day.

**You need to EAT to stoke your metabolism!
You must add fuel to fire to get it to burn,
right?**

**Instead of focusing on NOT eating, focus
on putting the right foods into your body
(see #4). Repair your metabolism and watch
it light up (aka - burn fat!)**

COUNT CALORIES TO STAY IN CHECK.

Counting calories backfires on weight loss efforts because it destroys the inherent trust you have in yourself to make the right choices for your body. It also doesn't take into account your individual needs, blood sugar response, and hormones.

Instead of focusing on calories, focus on **PHFF: Protein, Healthy Fat, and Fiber**. If you have each of those present at every meal, you'll keep your body in fat-burning mode. Plus, it's WAY easier than counting!

HEALTHY HABIT #5

GET UP EARLY TO WORKOUT.

DO NOT SACRIFICE YOUR SLEEP TO GET IN A WORKOUT.

I REPEAT.

DO NOT SACRIFICE YOUR SLEEP TO GET IN A WORKOUT.

I know this seems counterintuitive, but hopefully, you're understanding that eating less and exercising more isn't the key to weight loss at this point.

Sacrificing your sleep (getting less than 7 hours) for a workout will put your body in a state of inflammation and mess with your hunger hormones. Increased inflammation = lowered metabolism and active hunger hormones = a hangry YOU all day (even if you're not really hungry)!

The research in this area is growing and some studies even show that sleep is JUST AS important as nutrition when trying to lose weight.

If you're going to get less than 7 hours, skip it, and try to squeeze a workout in later in the day (even if you have to cut it short!).

OK, YOU GET IT. SO, WHAT'S NEXT?



BROWSE THE BLOG

So many healthy tips and tricks are on the blog. We're all about quick, easy and effective, and that's what you'll get. Plus, there are tons of EASY recipes to get you started.

LET'S WORK TOGETHER

Ready to get real? We're all different, and repairing a damaged metabolism can be tricky. Let me help you get results faster. I offer private and group coaching - check my site to get more info.

