



me first.

— coaching —

THE SECRETS TO EATING MORE WHILE

losing weight

WHAT'S WRONG?

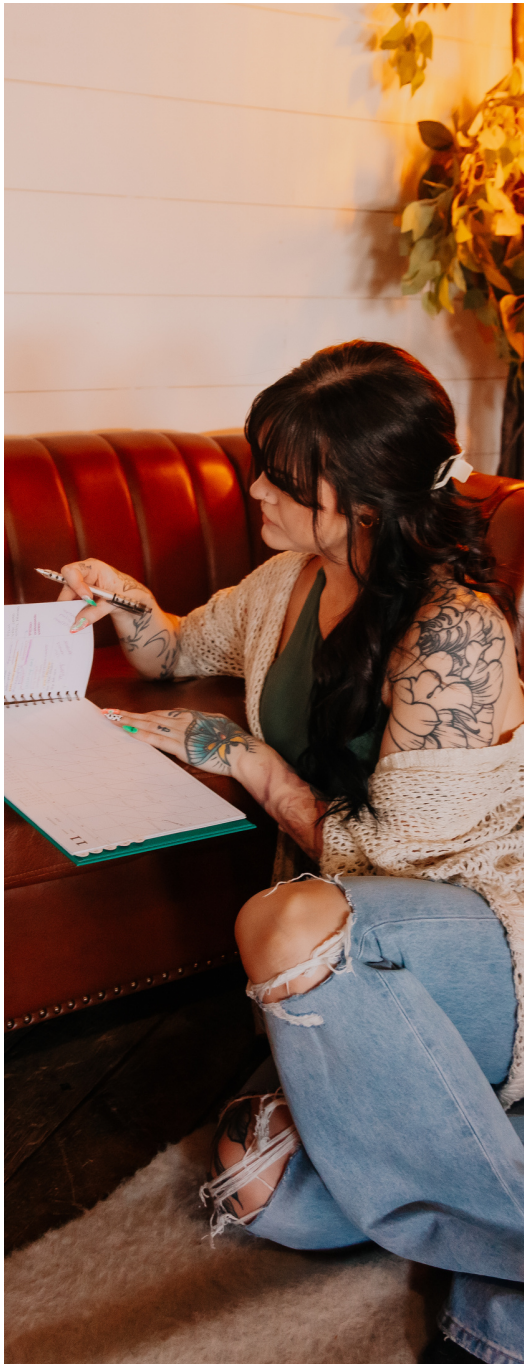
We have been told to lose weight we should eat 1200 calories and do 1+ hours of cardio per day, or at least as much as we can. We have also been told we need to be in the gym 5-7 days per week but if we lift weights, we will look like a man so we have to be careful!



WRONG! This MAY work at first but is not sustainable and will eventually shut your body down and make you feel like crap! So, if you are doing all the "right" things but not seeing the results you were promised, let me explain WHY it isn't working for you anymore!

FIRST, LET'S TALK ABOUT WHY

Low Calories Don't Work



Let's go over a real life example

A busy mom (full time student and part time job, plus mommy duties) who wants to lose weight but can't seem to make the scale budge! She is eating low calories (1,000-1,200 per day), eating healthy foods, and doing 1 hour of cardio each day, but still not seeing the weight come off!

She doesn't get to the gym as often as she would like, but she is active. She goes on walks/runs regularly with the kids and is constantly moving while doing "busy mom things" during her days. "Resting" isn't in her vocabulary!

Her Symptoms & Frustrations

- Fatigue
- Bloating
- Other Digestive Issues
- Headaches
- High Anxiety
- Bad sleep
- Weight won't drop (if anything its going up!!)

Sound Familiar?

Here is where we started...

First thing we do is figure up her BMR (Basal Metabolic Rate) which is how many calories your body burns during the day just to function (digestive system, reproductive systems, hormone production, CNS, brain function, etc)

Her BMR is 1448.5, which means her body burns 1448.5 calories to quite literally just keep her alive!

Next, we need to find what her maintenance calories are, using a specific math equation, we figured up that she needed 1992 calories each day to stay at maintenance. This means her body needs roughly 1992 calories each day just to function properly, while also adding in her current daily movement. So to function while feeling GOOD, she needs roughly 1992 calories.

So, let's recap, her body burns 1,448.5 calories just to keep her alive, plus the movement she is doing during the day is burning more calories than that, therefore she needs to be at 1,992 calories to maintain where she is now. So why is she not losing weight if she is only eating 1,000-1,200 calories a day?!

LET ME EXPLAIN!

If her body needs 1,448 calories just to function properly to keep her alive, what happens when her body isn't getting those calories? Plus, she is burning more by moving all day! (Remember, she is only eating 1,000-1,200 calories a day) Her body is going to feel "threatened" and start slowing or shutting down systems. Digestive system, nervous system, immune system, hormone production, etc. That is where a lot of these "symptoms" are actually coming from! This is when your body starts "holding" onto fat JUST IN CASE the threat is real! So many of us are scared to eat more food because we don't want to gain weight but your body NEEDS that food to function properly so it CAN lose the weight!



So we INCREASED calories and pulled out ALL cardio and worked on managing stress and sleep. She is in the gym only 3x per week and is eating more food than ever! And if you look, she is actually half a pound HEAVIER in the after picture!!!

Believe Me Yet?

Here is another example:



This is Rachel. She came to me feeling like she was doing all the right things. She used to be a coach herself! But she wasn't eating enough and was OVER training and causing so much stress and inflammation. We got her on a structured plan, pulled back on her training, and BOOM she finally started to see the results! She had been working so hard to get!

These images are only 1 month apart! AND she is only 1 pound lighter in the second image! YES only 1 pound! She is currently eating right over 2200 calories and bumping food up every week while still seeing results!

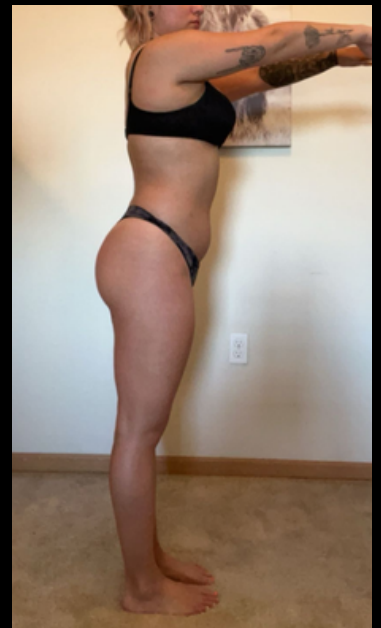


Still not convinced?



Meet Cheyenne. She came to me all over the place with her nutrition. Not tracking anything, felt like she was 60/40 with eating healthy. Worked out from time to time but nothing structured. She was ready to commit to her healthy but didn't know if she could make it work with her schedule. She was after all a full time student and working 2 part time jobs!

Again, one month apart, 2 and a half pounds down! She is on a structured plan, we have worked her food up from 1200 to above 1900 calories in that month and still seeing results each week!



How about one more?



This is Lorena. She is 60 years old and had a goal of losing 30lbs in 6 months. Lorena suffers from diverticulitis and was living off low calories and mostly salads. She was looking for flexibility in her meal plan and still wanted to go out with the girls and be social!

After 6 months, she is down 20 pounds! Lorena has taken multiple vacations during our time together while being off plan the entire vacation and STILL seeing progress!

We may not have hit the 30 pound mark BUT she is more than thrilled with the way she looks and feels. Her confidence has skyrocketed and she is shocked at how her digestion issues have disappeared! Watching that scale go down may be how most of us start setting goals, but once you start FEELING better and seeing your physique change, the scale no longer matters!



OK, SO LOW CALORIES IS A BAD IDEA.

What do we do then?

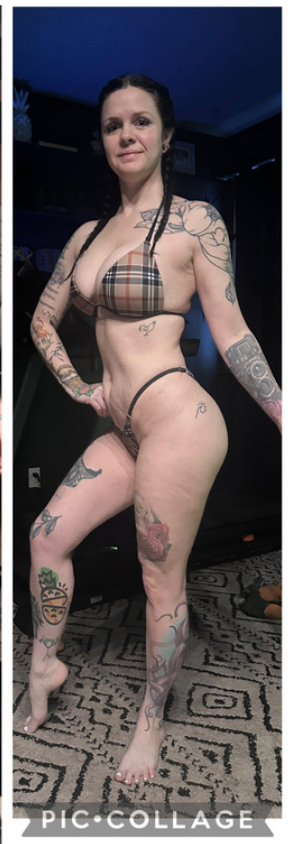
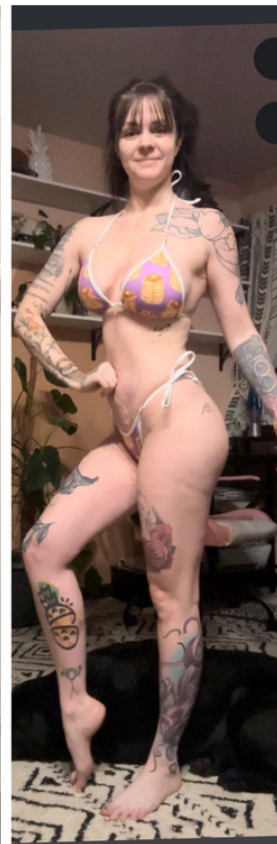
1. Start at maintenance

Lets put your food up to your maintenance calories and see how your body responds. This will tell us if we need to raise or lower your food and gives us a starting point.

2. Less cardio & Training

I know, I know, it sounds crazy lol but all that cardio you have been doing and training 7 days a week, is doing more harm than good. We need to pull back and give your body a rest so it can lose all that inflammation!

*Let me share
MY personal
experience*



MY PERSONAL EXPERIENCE

I've been there!

130LBS

I weigh 130lbs in all these images

First one: I was eating 1100 calories per day

doing one hour fasted cardio every morning plus cardio after workouts

training 5-6x per week



130LBS

last one: still weigh 130lbs

eating 3400 calories per day

zero cardio. yes, ZERO. just focusing on a daily step goal.

Training 4x per week

Better physique, more muscle, more energy.

WHAT SHOULD YOU FOCUS ON?

Prioritize & Prepare

01

Daily Movement

Try to get 10,000 steps per day. If that isn't possible at first, just start with 5k-6k, once you can do that consistently, set a higher goal and work up to that 10k. *NOTE: "steps" just means daily movement, go for walks, etc. Additional CARDIO does not count towards steps.

02

Protein Intake

An easy way to figure out how much protein you need is around 1g per pound of lean body weight. (150lbs = 150g protein daily) Try to get this from whole foods but if needed, use a protein powder as well.

03

Sleep & Recovery

Most people do not pay attention to this. But if you're not sleeping well and your body isn't recovered, all you are going to do is cause inflammation and other issues. Listen to your body. Get 8 hours of sleep and if you need to take a rest day from the gym, DO IT!

04

Whole Foods

Eating more whole foods will help with your body functions. Digestion, hormone production, sleep, etc. It will also ensure you get the nutrients your body needs!

05

Weightlifting

Stop being scared to lift heavy weights! Get into the weights section and lift heavy! I PROMISE you will not "look like a dude" lol it takes YEARS to develop that kind of muscle. Trust me I've been doing this for years and definitely don't look like a dude! And if that IS your goal, you need a specific type of training plan.

06

Supplements

This will vary from person to person, but you need to make sure you are getting the nutrients you need as well as aiding in digestion, sleep, stress, hormone production, etc. This is really where a coach comes in handy!

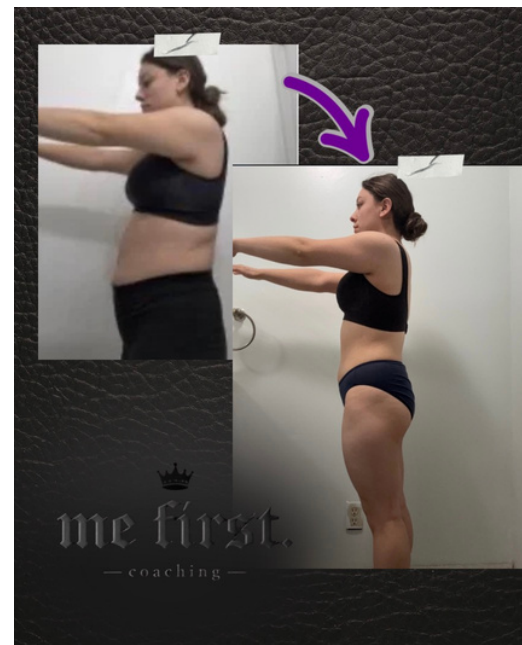
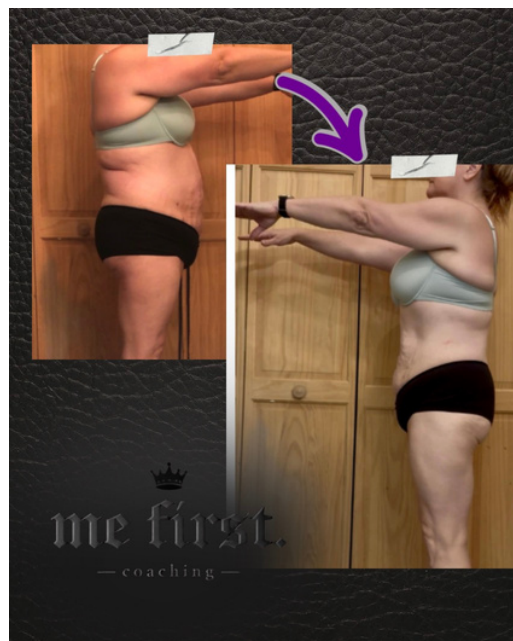
I KNOW IT IS SCARY

eat *MORE* food

The thought of eating MORE food and training LESS makes zero sense to our brains! I get it! But your body needs more food to be able to function properly, to allow you to lose weight. And you need to be careful about overtraining, otherwise you are just causing more inflammation and internal issues which ALSO don't allow you to lose weight.

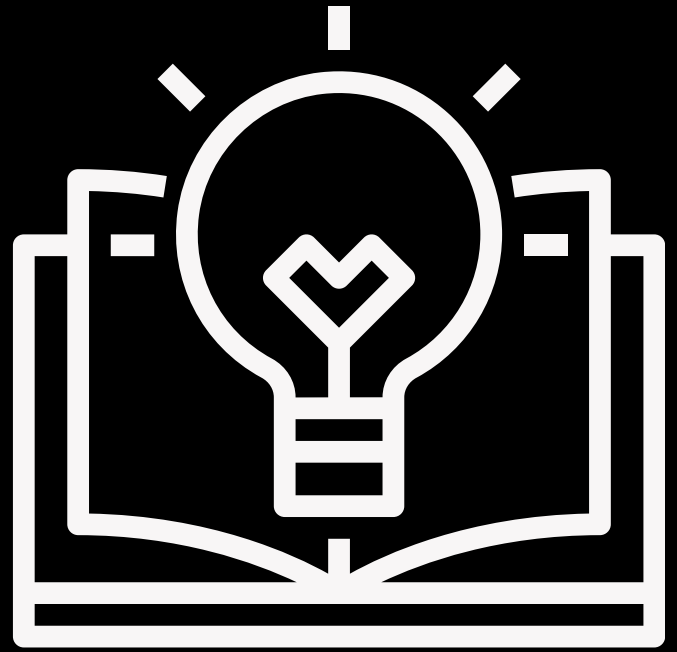
NOT SURE YOU CAN DO IT ON YOUR OWN?

Reach out and we will help get you started!



MY MISSION

My goal is to educate YOU on how you can live a balanced, healthy lifestyle. I make sure your programs fit into your schedule and social events, so you don't have to miss out on anything, while still getting the results you are looking for!



No restrictive meal plans either! Some of my clients have tacos or burgers programmed in! And if you have a Ninja Creami, you get ice cream! Who doesn't love that?! I also do not program extra cardio for my clients unless it is NEEDED down the road.

Still unsure if having a coach is right for you? No problem! Let's set up a zoom call and chat about your goals and what you are looking for in a coach. Let me explain the different ways I can help you reach your goals! And if it isn't a good fit, that is ok too!

