

Top 10 Tips for Fat Loss and Increased Energy

1. Sleep and rest: this can be very difficult to change in extremely busy schedules. The best way is on week nights turning off the television 15-30 minutes before bed and stretching or reading or allowing the mind to calm down. Limiting sugar at night can also help. Try to allow over 7-8.5 hours actually in bed as often as possible.
2. Breakfast: start the day with protein and fibre. Have breakfast each and every morning, include protein (at least 20g) and fibre (at least 10g)!
3. Stabilizing blood sugar quick tips: protein and fibre stabilize blood sugar, incorporate a protein source in every meal, space meals 3-4 hours apart with no snacking in between (snacks or treats can be within meals), avoid going more than 4.5 hours without eating. Daytime meals may be split into two lunches at 11:00 and 2:30ish and will help prevent feeling lethargic in the afternoons
4. Nutrition: eat whole, low or non-processed foods as much as possible. The complete nutrients from these foods will help keep you healthy, energized, prevent cravings and make you feel satisfied.
5. Hydration: 2 L of water a day! Thirst is often mistaken for hunger, often drinking a glass of water can cure cravings! Many times we are dehydrated. All of our organs function better with enough water. You can try drinking 250 ml every 90-120minutes at work.
6. Planning to preserve our willpower: plan meals, workouts, etc. as often as possible. Planning a walk with a friend at lunch helps improve energy, and actually takes less willpower to go if it is planned.
7. Exercise: quality can be better than quantity. Challenge your muscles, your heart and your endurance once a week! One strength workout, one interval workout and one endurance workout will reap amazing benefits! Remember to eat a carbohydrate/protein meal within 45 minutes to keep metabolism up.
8. Stretch and release: stretching relieves sore or aching muscles, releases tension, helps muscles heal, prevents injury and postural problems and energizes us. Remember to exhale and relax while stretching to tension, not pain.
9. Stress management techniques: practice yoga, progressive relaxation, deep breathing or another method of stress release. Uncontrolled eating is often a stress response, or coping mechanism. Until we have another method in place to help us, our bad habits will always take over in periods of high stress.
10. Goal setting: focus on positives not negatives: how to incorporate more water, and veggies, how to feel better, how to add a stretch into the day. Try to avoid saying; "Don't eat this, don't do that". Write down one goal, work on it until it is mastered and it is a natural part of life. Only set a goal that can be done for the foreseeable future. When it is mastered, it is no longer a goal, but a normal part of life, a habit and another can be added. Remember it is okay to take time and enjoy the process! The goal is to feel great without deprivation!

GOOD LUCK - YOU CAN MAKE THIS HAPPEN! "I want to, I can, I will!"