

# 10 SECRET STEPS FOR THE LAST 10LBS



*A personal trainers steps to burning body fat and keeping it off!*

Many of us can relate to the feeling of fluctuating between 5-10 lbs a year, even 5 lbs in a month! Frustrating, isn't it? But WHY is it so difficult to lose the weight, and then it seems SO easy for the weight to creep back on?

I hear many people talk about going on low carb diets fearing that carbs are the reason for their weight gain... but what if you could lose those 5 -10 lbs and not have to resort to a carb free diet? When you live a lifestyle that's balanced and nutritious, you will have more energy, and not feel like you're restricting yourself from any food groups! You require all of the food groups in proper ratios for your body to burn fat efficiently. You will lose weight at a gradual and steady pace. Your goal is to turn these habits into a lifestyle. Also it is normal to weight a little more at night than you did in the morning. I'd suggest aiming for 0.5lbs to 1lb of weight loss per week! But here's something you need to know about those extra 2-3 lbs that creep up at the end of the day versus in the morning after weighing yourself:

Each gram of carb weights 3-4 lbs of WATER, that your body will eventually flush out, that's one of the many reasons why it is so important to drink a lot of water throughout the day.

The moment our body is dehydrated, it goes into survival mode and actually retains more water which in turn makes us weight more on the scale.

Drink more water regularly throughout the day, helping our bodies regular process to flush more water out of the body through peeing! Promise yourself no more fad diets, extreme dieting or quick fixes, because I hear it all too many times where people have dropped the weight they wanted very quickly but it comes back on just as quick and sometimes they weight even more than when they started. Here are our go to rules to follow that will help you boost your metabolism, increase thermogenesis which is your natural fat burning ability, and help you shed the last 10lbs, but keep it off as well! We also included a sample meal plan for reference.

## **Rule #1 Eat Breakfast**

Fuel your day with a nutritious breakfast, that will wake you up, get your digestive system working and reduce cravings for fast food later in the day.

## **Rule #2 Eat 5-6 Meals a Day**

3 meals and 2-3 snacks – this will boost your metabolism and keep your blood sugar levels steady all day long.

## **Rule #3 Eat Protein and Fiber in Every Meal and Snack**

Both nutrients help to keep you blood sugar levels steady, insulin levels low, and help keep you satiated and energetic.

## **Rule #4 Switch from High Glycemic Fruits to Low Glycemic Fruits**

For example, switch from Pineapples to Strawberries for a high fiber lower sugar alternative per serving.

## **Rule #5 Reduce your Sugar**

Include foods in your diet that contain sugar naturally: low fat dairy, vegetables, and fruit and completely avoid foods that have added sugar, like pasta sauce, condiments and flavored yogurt.

## **Rule #6 Have 12 cups of water a day**

This may sound like a challenge at first but it helps to hydrate your body and keeps your metabolism running quicker all day. Warm, hot or cold water, they are all beneficial.

## **Rule #7 Include natural thermogenics in your diet**

Caffeine, Green Tea, Ginger, Cayenne, and Cinnamon help to produce more heat in your body, lowers your blood sugar levels, and increases your body calorie burn.

## **Rule #8 Exercise**

Weights and Cardio work in sync with each other. Workout with weights for 30 minutes at least 3-5 days a week and complete cardio

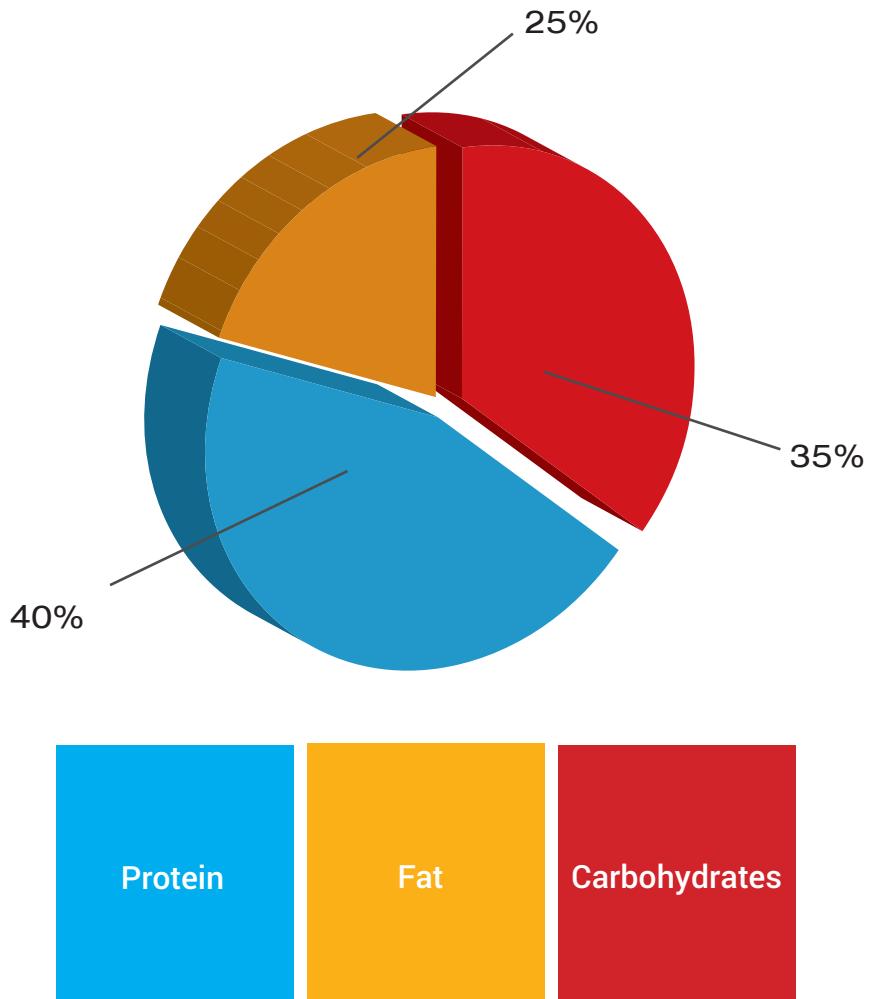
## **Rule #9 Plan and portion your meals the night before**

Save time throughout the week having to think of what to prepare and package for the day ahead. Also if you're hungry and healthy food is what's in front of you, you're more likely to eat it!

## **Rule #10 Get enough quality sleep**

Your lack of sleep and feeling tired will increase your cravings for foods that are more energy dense and higher in carbohydrates setting you up for opportunities to make poor food choices

## MACRONUTRIENTS RATIO FOR SUSTAINED WEIGHT LOSS



Apply these macronutrient percentages to your diet AT LEAST 6 days a week!

40% of your foods should come from protein sources  
35% of your foods should come from carbohydrate sources  
25% percent of your foods should come from fat sources

### Sample Meal Plan

Breakfast: Oatmeal with Eggs

Snack 1: Plain Fat Free Greek Yogurt with Strawberries

Lunch: Sweet Potatoes, Extra Lean Ground Turkey, Peppers

Snack 2: Tuna Lettuce Wraps with Avocado

Dinner: Peas, Chicken Breast, Zucchini

Snack 3: Plain Brown Rice Cakes with Peanut Butter

If you're unsure about how many calories you should be eating and have restrictions like gluten free, dairy free or vegan, let us help you create a customized meal and take the guessing work out of meal planning. Contact [info@luxfit.ca](mailto:info@luxfit.ca)