

# **4 Steps To Lasting Fat Loss**

# Your Body Talks.

# Learn How To Listen!

02

## Physical Symptoms:

- digestive upset
- pain/inflammation
- illness
- injury
- fatigue/exhaustion
- health outcomes (bloodwork)
- chest pain/palpitations
- skin/hair/nail changes
- period disruption

## Psychological Symptoms:

- depression
- anxiety
- irritability
- general malaise/disinterest
- resentment
- overwhelm
- brain fog/forgetfulness
- low libido

# Task: Body Scan

03

**Sometimes we get so caught up in our stress that we fail to recognize the signs/symptoms our body is sending.**

Doing a daily body scan is a good way to release tension and increase awareness of bodily cues, from head to toe.

The goal of a body scan is not to relieve the symptom completely, but to recognize it, accept it, and learn from it so as to better manage it moving forward.

**Let's do a quick body scan together!**

# Tuning In To Hunger + Fullness Cues:

04

The **MOST** important component of fat loss is energy balance.

- eating more energy than your body needs = **GAIN**
- eating less energy than your body needs = **LOSE**
- eating the same amount of energy your body needs = **MAINTAIN**

And the best part is, the body has built in hunger and fullness cues that we can use to gauge energy balance.

# Tuning In To Hunger + Fullness Cues:

05

**When your body needs energy (calories), you experience HUNGER:**

- Empty stomach
- Belly growling
- Headache
- Light-headed feeling
- Grumpiness
- Lack of energy
- Shakiness/weakness

# Tuning In To Hunger + Fullness Cues:

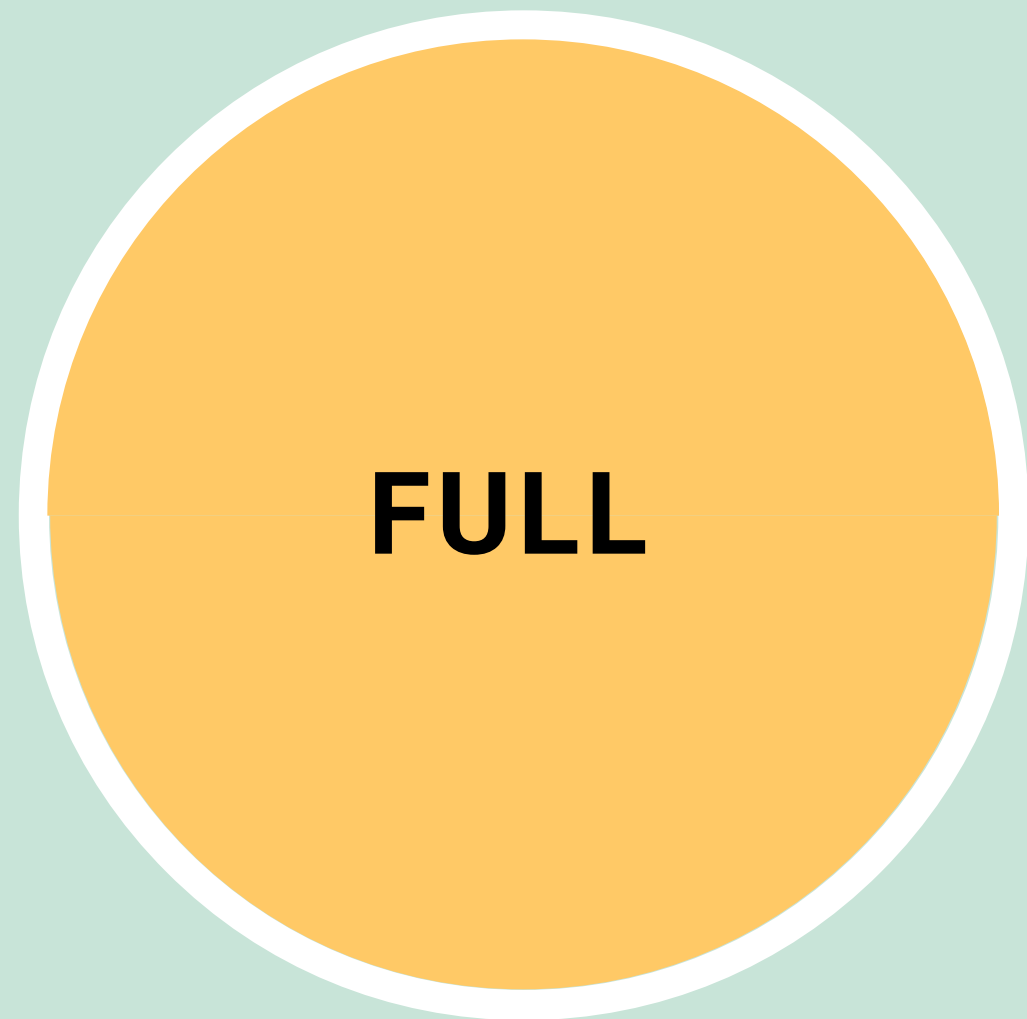
06

**When your body doesn't need energy, you experience FULLNESS:**

- Tight belly
- Pressure and/or discomfort in your stomach
- Beginning to feel sluggish
- No longer enjoying the food
- Absence of hunger signals

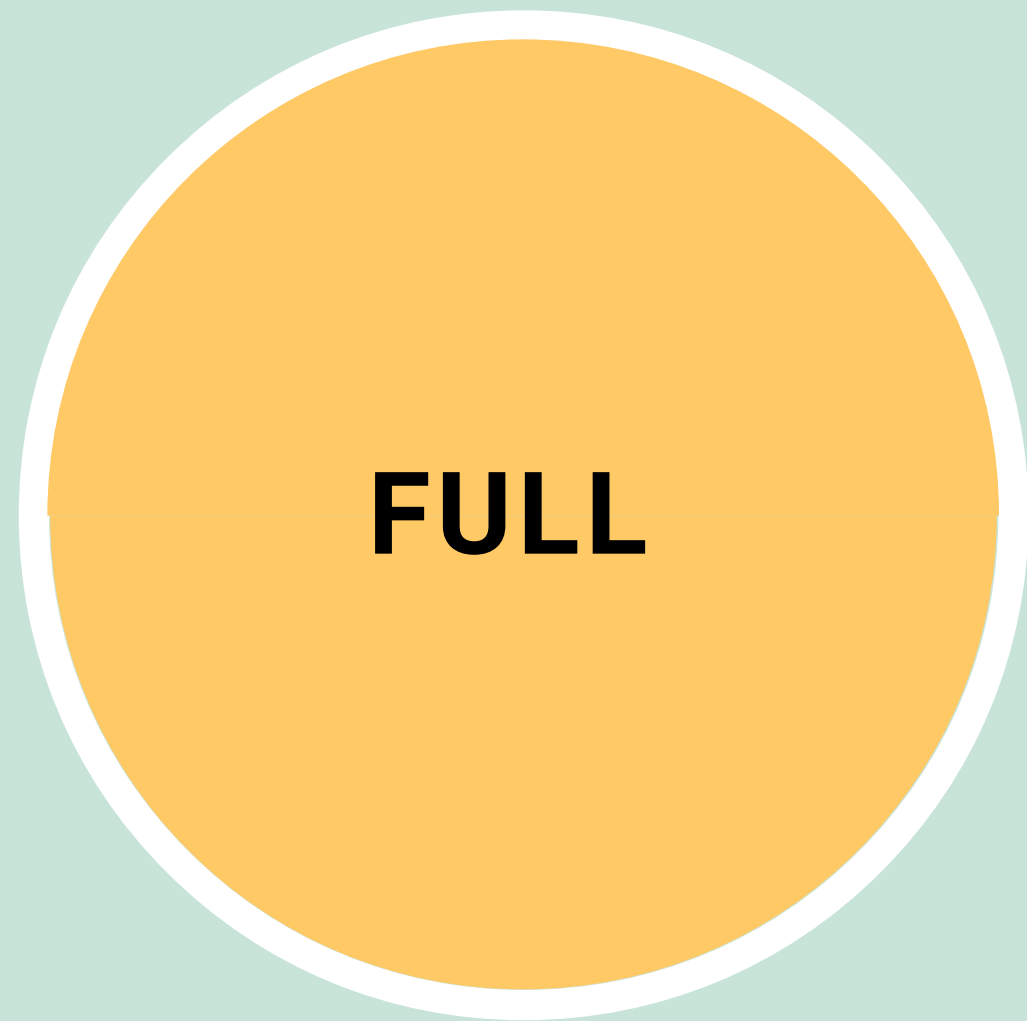
# Fat Loss: Eating Less Than You Expend

07



# Fat Loss: Eating Less Than You Expend

08



resulting in  
a caloric  
deficit



# Tuning In To Hunger + Fullness Cues:

Learn to identify SATISFIED, vs. FULL or STUFFED

- Absence of hunger signals
- Comfortable belly
- Could eat more but don't feel the need to
- Having enough energy to perform daily functions while still feeling comfortable enough to go for a walk/move

# Task: Hunger Scale

10

**Rate your hunger on a scale of 1-10:**

- 1 - Not at all hungry/overly full
- 2 - Not hungry/full
- 3 - Not hungry
- 4 - Not hungry
- 5 - Neutral
- 6 - Beginning signs of hunger
- 7 - Hungry
- 8 - Hungry
- 9 - Very hungry
- 10- Extremely hungry/Ravenous

# Task: Hunger Scale

11

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- 7 - **Hungry**
- 8 - **Hungry**
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The goal is to avoid reaching the extremes, while becoming more proficient at listening to what your body is telling you; when it needs food, when it doesn't, etc.



### **Your Action Steps:**

1. Complete a daily body scan and identify the signs/signals your body is sending.
2. Rate your hunger on a scale of 1-10 before and after each meal to become more in tune with your hunger and fullness cues.

# **Open Discussion!**