

# **4 Steps To Lasting Fat Loss**

# Diet Freedom + Living Lean Long-Term

Carrying excess body fat can lead to:

- decreased mobility
- poor emotional health and self-esteem
- increased risk of organ failure
- poor circulatory health
- increased risk of heart disease, stroke, and cancer
- increased risk of stress fractures
- decreased sexual and reproductive health

Losing body fat can be a wonderful thing IF done the right way!

# Option 1: Diet Culture

03

**This looks like:**

- Aggressive calorie restriction
- Excessive exercise
- Rigid tracking, weighing, measuring
- Surgery/supplements

**These approaches, while seemingly "sexy" have a 90-95% failure rate as most people gain all the weight they lost back within one year.**

# Option 2: Sustainable Nutrition Strategy

## This looks like:

- Building a strong foundation of nourishment
- Conservative calorie restriction
- Moderate exercise, geared towards the individual
- Habits and data collection the individual feels confident continuing
- Mindset work

# Periodized Nutrition

05

Means oscillating between periods of:

**Maintenance:** working on mindset and habits without the intent of changing body composition

**Fat Loss:** working on mindset and habits in addition to adhering to a safe caloric deficit with the intent of reducing body fat

**Reverse Diet:** gradually building calories back up to a "new" maintenance

**Lean Mass Gain:** working on mindset and habits in addition to adhering to a safe caloric surplus with the intent of gaining muscle

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**the body cannot be  
in a fat loss phase  
24/7 365**

# Signs It's Time To Take A Diet Break:

- Compliance is consistently low
- Energy is crashing
- Hunger is higher than usual
- Mood and libido are lower than usual
- Workout performance is declining

# Your Body Is Amazing!

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And while the benefits of fat loss can be amazing too, you only get to reap those benefits if:

- your approach is **safe and health-focused**
- your approach is **sustainable** (something you can stick with)
- you learn how to **listen to your body** and **adjust your nutrition strategy so that it supports and adds to your life and your health** rather than takes away from your life and your health health



# How Can You Do It?

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- **Recognize WHY your goal is important to you** and how reaching it will enhance/improve your life
- **Learn how to turn failure into feedback**
- **Focus on building habit consistency** before complexity
- **Surround yourself with a strong support system**
  - Having an idea or goal: 10% likely to complete the goal
  - Consciously deciding that you will do it: 25%
  - Deciding when you will do it: 40%
  - Planning how to do it: 50%
  - Committing to someone that you will do it: 65%
  - Having a specific accountability appointment with someone you've committed to: 95%





### **Your Action Steps:**

1. Decide which approach to living lean is best for you
2. Assess where you are in right now in your periodized nutrition strategy
3. Recruit support and accountability!!!

# **Open Discussion!**