



Cheryl Wahl RHN
NORTH SHORE NUTRITION



Lost 43 lbs
Lost 11 inches



Lost 19 lbs
Lost 15 inches

5 Secrets to Fat Loss

Presented by Cheryl Wahl RHN

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Disclaimer

You don't need me or anyone else's help to achieve your goals. All of the experts will tell you to do the same stuff. You can probably generate a list of 10 things you need to do to achieve your weight loss goals right now.

Be accountable to yourself. Have compassion for yourself. Always ask yourself “How's that working for you?”



Agenda

1. Eat real food often and enjoy it
2. Drink water
3. Create an “after burn effect” when you workout
4. How’s that working for you?
5. Plan, prepare and execute
“You got to be careful if you don't know where you're going, because you might not get there.”

Yogi Berra, baseball catcher



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Eat Real Food Often

What is real food? Here are some examples that are NOT real food:





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Eat Real Food Often

Real Food: Consuming food in its most natural state – or as close to it as possible to it.

AKA: Clean eating or whole foods

It is NOT a diet; it's a lifestyle approach to food and food preparation leading to health, well-being and a lean physique.



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Real Food Examples



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Foundation Foods

- Fruits and Vegetables: Keep cravings to a minimum by consuming a fruit or vegetable EVERY time you eat either a meal or snack. Fruits and vegetables are known as complex carbohydrates.
- Whole Grains: Also complex carbohydrates and contain all 3 parts of the grain. Whole grains take longer to digest and keep insulin levels stable, keeping your body fat down.
- Lean Protein: Including a lean protein with all of your meals helps to boost your metabolism. The best choices include eggs and egg whites, lean cuts of skinless chicken and turkey breasts, lean beef, tuna and salmon (fresh not farmed).



Foundation Foods

- Healthy Fats: Unsaturated fats like olive oil, nuts and seeds, avocado and coconut oil help to stabilize blood sugar, keep you fuller for a longer period of time and help to reduce certain types of heart disease.
- Dairy: Organic unprocessed cheese and milk preferably low fat and portion controlled when consuming full fat cheese
- Water: Fresh water helps to flush out all the toxins and keeps your elimination system running smoothly. Drink plenty of fresh water daily to reduce hunger and improve energy.



Eating for Fat Loss

- Eat breakfast within 1 hour of waking up (BREAK – FAST)
- Eat every 2-4 hours
- Stop eating 2 hours before bed
- Consume higher glycemic carbs after a workout or earlier in the day
- Eat slowly – chew your food until its mush
- Avoid eating in front of the TV or computer



Importance of Water





Water, Water, Water

- Drink 8 – 8oz/250mL glasses of water throughout the day
- Have 1 cup of water upon waking with lemon juice
- Consume water every 15 minutes while exercising and replace lost water post exercise
- Drink in between meals and sip water throughout meals



Water, Water, Water

- Consume green tea instead of coffee
- AVOID beverages with calories and diet beverages
- Flavour water with herbal tea or fruit pieces
- Drink water through a straw
- Carry a water bottle with you always for easy access
- Set a water alarm to remind you to drink



After Burn

“After burn” is the state of heightened metabolism that takes place after a really good workout when certain variables take place during the workout session. In fact it’s scientifically proven that you can go into after burn and torch more calories for as much as 18 hours after a workout.



Burning Calories at Rest

- Your body will burn more calories at rest if you carry more muscle
- According to Tony Leyland, a kinesiology professor at Canada's Simon Fraser University, a pound of muscle typically burns 30 to 50 calories a day at rest, while a pound of fat burns only 3 calories a day.
- Example: Increasing lean body mass by 2lbs = approx 100 EXTRA calories burned per day doing nothing!
That's an EXTRA 700 calories per week!



Burning Calories at Rest

- Resistance training and high intensity interval training accelerates the rate at which you burn fat after completing the particular workout
- Altering body composition (decreasing fat mass while increasing lean mass) is vital to fat loss and weight maintenance
- Lean muscle mass is metabolically active meaning the more lean mass you have the more calories you burn at rest



RT and HIIT

The debate between what type of exercise is better for fat loss rages on...studies have shown that heavy resistance training coupled with intermittent aerobic activity is best for fat loss

- Heavy resistance training + high intensity interval training = FAT LOSS and After Burn = Positive body composition change and improved health



The Science

- Elliot et al. (1988) investigated the difference in EPOC (after burn) between aerobic cycling (40 minutes at 80% heart rate max), circuit training (4 sets, 8 exercises, 15 reps at 50% 1RM) and heavy resistance training (3 sets, 8 exercises, 3-8 reps at 80-90% 1RM).
- Heavy resistance training produced the greatest EPOC (after burn) (10.6 liters, 53 calories) compared with circuit training (10.2 liters, 51 calories) and cycling (6.7 liters, 33.5 calories).
- In a similar study by Gilette et al. (1994), resistance training (5 sets, 10 exercises, 8-12 reps at 70% 1RM) elicited a significantly greater EPOC (after burn) response when compared to aerobic exercise (50% VO₂ max for 60 minutes).



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How's that working for you?

Doing the same thing over and over again and expecting the a different result is the definition of insanity!

- Want it now mentality
- Quick fix
- Magic pills and potions
- Extreme diets

How is what you are doing now working for you?



How's that working for you?

- Asking yourself how your current eating habits or workout routine (or lack there of) is working for you forces you to think about your actions and behavior choices
- “I want to lose weight but don't have time to exercise” How is that working for you?
- “I never eat breakfast” How is that working for you? How do you feel during the day?



How's that working for you?

- “I reward myself with a ‘treat’ when I’ve had a couple good dieting days” How is that working for you?
- “I don’t have time to plan or prepare food ahead of time” How’s that working for you?
- “I’ve tried every kind of diet out there” How did they work for you?

Actions and behaviors are a choice. Make sure your actions and behaviors are working for you instead of against you!



Plan Your Meals

“Show me your schedule and I can tell what your priorities are” Robin Sharma

- Schedule time every week to plan your meals and snacks
- Factor in dinners out, parties, busy nights and cheats
- Surprise parties are rare...you always know ahead of time what your social events consist of



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Meal Planning and Preparation

- Allocate 1-2 hours pre week for meal planning and preparation
- Sunday and Wednesday's are great days – Sunday gets you to Wednesday and Wednesday gets you to Sunday
- Cook in large batches and freeze in single or double serving sizes
- Cook foods you like and enjoy eating!



Tips

- Hard boil eggs in large batches
- Portion out nuts/seeds into baggies and keep in the fridge
- Cut up veggies immediately after shopping
- Make soups, chili's or slow cooker 1 pot wonders and freeze in individual servings
- Make enough for lunch leftovers
- Always use spices and lots of flavour



Execute

- What are your goals?
- What actions do you need to take or stop doing to achieve your goals?
- Are your goals realistic?
- What is the timeline?
- What is your step by step plan to achieve your goals?
- Who is your support system?



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