

Brainb4Body.com
smart weight loss



These 'standards' allowed my to 1/2 my body fat % and **FINALLY** ditch my flabby hips, thighs and butt... for good.

Fat Elimination Standards:

Feeding Frequency 4 – 6 meals per day.

People who are able to maintain their goal body and health tend to eat fairly similar foods on a day to day basis. Not boringly, exactly the same - they do have a **basic blueprint of what works when** and they make little adjustments to cater to their daily taste preferences and what's seasonal/available to them. Here are some ideal fat loss fuel ideas: <http://www.brainb4body.com/fat-loss-fuel-to-choose-your-curves/>

Avoid refined/simple carbs (& even complex carbs at dinner - UNless I've just trained weights)

Cutting refined carbs and also limiting simple and starchy carbs is a great tip for increased fat loss and energy levels, however I also recommend you: **Double Your Fibrous Veggies.**

Here's Why: Whenever you reduce something it's important to ensure you don't feel deprived. I want you to still enjoy appetizing, satisfying

meals so amp up the volume with your fibrous veggies. Veggies have a low caloric density (you can eat lots for few calories) and are also fibre rich which will keep you feeling fuller longer. Aim for a rainbow of colours as **the micronutrients this will give you actually fight cravings.**



FEEDING FREQUENCY 4 – 6



AVOID REFINED/SIMPLE CARBS



DOUBLE FIBROUS VEGGIES.

Having a body that is fit and healthy means Freedom to me. Freedom is Everything.

Train at a set time and LOVE what I do.

A non-negotiable appointment with yourself alleviates the "will I?" "won't I" excuse. **Rather than basing training on how you 'feel' base it on the schedule that is propelling you towards your goal.**

One you commit to the routine the people close to you will begin to respect that these times are non-negotiable too.

One of the things that helps me LOVE my training, is that I see it as 'me time'. I appreciate that I have the time and physical ability to train. Here's to training with gratitude not grudging!

Eat natural, nourishing, non-fake food and drink.

The easiest way to lose weight is to swap the vast majority of the processed food you eat for natural, satisfying, one ingredient food. Start with fibrous veg to keep you feeling full and enjoy large quantities.

YOU NEVER NEED TO EVEN MEASURE THESE FREE FIBROUS VEGGIES.

Amp up your veg base with your fav lean protein and also some good fats to satisfy you.

For more info on building your best meal: <http://www.brainb4body.com/how-to-dump-measuring-to-naturally-lose-weight/>

Lift weights 4 times per week.

Your non-surgical way to put curves in all the right places.

Yes, by building sexy lean muscle AND also because after an intense weights session **your metabolism will stay elevated burning more fat for an extended period of time** after you finish training in addition to the energy consumed during the actual session.

Here are some of my fav work outs:

<http://www.brainb4body.com/exercisesathelpwithweightloss>

Include a cheat morning and rest day every week.

Not only does the cherished cheat day reset your emotional focus because you know you can count on it each week - it also **resets your metabolism for maximal fat burning.**

Either eat your cheat meal out or buy only the quantity that your intend to consume in that one sitting.

SOME MOVES



SPLIT SQUAT



ONE ARM DB ROW



WALK OUT



HOOP CHIN UP



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Multi-task cardio for time effectiveness (audio while walking the long way to the gym)

Would your body and career benefit from more exercise and more professional development? Generally I'm a fan of focus rather than multi-tasking however this is an ideal solution to the common excuse 'not enough time'. Where ever you can work walking into your regular routine, just do it. **It's helpful to see this as time with a mentor (via audio book or podcast) that you actually look forward to.** (there's been many a time when a new podcast I'm excited to hear helps get me out the door to 'get my walk on at stupid o'clock!')

Include heaps of veggies with lunch and dinner (& generally breakfast too)

If you expect your body to look after you, you need to look after it and it deserves the best possible fuel you can find it. Build that rainbow! **Our minds will actually judge a meal as much by it's appearance as by it's taste.** Subsequently, it's vital to build your meal to something both substantial and appealing to your stomachs' 'eye'.

Never be swayed by peer pressure / social inconvenience **The sad fact is to be fit and lean is now highly UN-normal. So getting (and keeping!) your best body means resisting ordinary behaviour.**

Find some 'go to' meals/snacks that aren't detrimental to your health goal and are easy to grab in any situation. Before You Need Them! Next time you're tempted, remember exactly how you felt after the last unplanned crap-o-la food you ate... and how long did you feel that way? Sometimes all it takes is to be a little more intentional.

IS THE EASY CHOICE WORTH THE WAY YOU FEEL FOR HOURS AFTER?

Awake at 4.30am and walk 5-6 days per week

Here are 3 benefits that you will enjoy immediately; 1) A feeling of satisfaction that the very first decision you make each day is to keep your word to yourself and prioritize your health.

2) Your food choices through-out the day will be better. It just seems to happen that way.

No exercise = "Let's start the whole 'health kick' fresh tomorrow." :(
Exercise first thing = "Yes, I can do this and my body deserves proper fuel!" :)

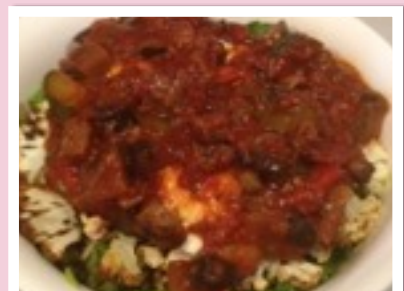
3) Avoid the after-work exhaustion or unexpected schedule interruption that sabotages your best exercising intentions.



BEST BREAKIE



LOVELY LUNCH



DINNER



Having a body that is fit and healthy means Freedom to me. Freedom is Everything.

Travel by foot wherever possible.

Our bodies were built to move *not* for our sedentary lifestyle and it's excessively abundant food supply. To counter a decrease in 'normal' daily activity and see the results for work in the gym it's essential to Just Move More. In addition, the mind – body connection is a proven fact. Changing your physiology to change your emotions and in turn change your long-term results is partly about understanding **moving more will make you want to move more!**

Include lean protein with every meal.

In addition to being muscle fuel (!) protein also has the **Highest Thermic Effect of all food (up to 30%)**. That's the amount of energy your body uses to metabolize food. A general rule is the more natural the food is, the harder your body will work to process it - and that's a good thing.

Accordingly fake, processed, sugary and fatty foods elicit the lowest thermic effect at around 3%.

Organize my meals (always prepare multiple meals at a time)

Food is around 80% of body redesign. (if you break it down 5

meals a day, 7 days a week - that's 35 meals. Let's compare that to how many times you exercise?)

Food Is IT.

So how much time are you putting into planning your best meals this week?

Perhaps a 60-90 minute block on the weekend and again mid-week.

When you make time to ensure your body gets the fuel that allows it to function most effectively you will be more efficient at getting the important things done and less likely to get overwhelmed by the unimportant stuff.

FOOD IS AROUND 80% OF BODY REDESIGN.

Never start making excuses because where would I stop.

Step #1 to permanent fat loss: take full responsibility for your condition. "I caused this and only I can fix it." No excuses. No blame.

A willingness to accept 100% Responsibility = 100% Control.

Some days will be easier than others.

HOWEVER, whatever in the past has been an excuse to skip an exercise session or resort to food that does not support your ultimate physique, health and performance is not even an option. **Out plan and out think those old excuses!**

- 1. Think of how congruent achieving this goal is with your values.**
- 2. Evaluate what needs to be done today AND ONLY TODAY. (Jot some time beside each task if it helps)**
- 3. Ask yourself if there's any value in delaying? (I doubt it - how long have you already delayed).**
- 4. Reflect on how achieving your goal will make you feel. Remember you are only ever one good meal or one work-out away from 'being back on track.'**



Now you may be thinking - "How Do I Implement this?" The actions are simple enough, however taking them consistently is certainly not easy!

Mindset is the magic that will guarantee your success. You won't 'get' or won't 'get to keep' THAT BODY if you don't first lock and load the thoughts and beliefs that will support your ongoing fat loss success. **Where to start? My 30 Day Body Transformation:**



MEALS ON MASS



LEAN PROTEIN!