

7 THINGS YOU NEED TO DO TO GET THE BODY YOU DESIRE

1) Check in on your metabolism (especially if you are over 30) – NutrEval – Genova; Organic Acids Testing – Great Plains Labs; Assess food sensitivities – Genova, US Biotek; Assess your genetics – Pathway Fit by Pathway Genomics

3) Track everything that you eat and drink – get an app for that or go old school and use paper – track for one week before going to step two to know where you are and where you need to be. Don't cheat on this as you're only cheating yourself!!

- My Fitness Pal

- Lose It

3) Dial in your macros – fat, protein and carbs – using Jay Kim's guide (download it for all the details at hackyour.fitness.com or grab his book for more details!)

Info below is from Jay Kim's Hack Your Fitness:

Calculate your BMR with the following formula:

Men BMR = $66 + (13.7 \times \text{weight in kilos}) + (5 \times \text{height in cm}) - (6.8 \times \text{age in years})$

Women BMR = $665 + (9.6 \times \text{weight in kilos}) + (1.8 \times \text{height in cm}) - (4.7 \times \text{age in years})$

Then, calculate your Maintenance Calories with the following formula:

MC = BMR * (1.2) and subtract 500 calories for weight loss if you intend to lose weight.

(*Start with 1.2 as we grossly overestimate the amount of daily activity we participate in.)

Calculate your protein, fat and carb needs:

1.0 gram per lb of body weight = protein gram needs daily

Figure out your daily protein grams needed

Figure out how many calories to consume daily in protein.

Next, take that caloric amount and subtract it from your BMR. Then allocate the rest of your calories: 40% of them to fat and 60% to carbohydrates. Divide the calories by formulas below to get daily grams of fat and carbs.

1 gram of protein = 4 calories.

1 gram of carbohydrates = 4 calories.

1 gram of fat = 9 calories.

4) Get your routine dialed in –

- Start with food: you need to meal plan and prep meals – there are websites you can order meal plans
- There are meal planning apps like Paprika Mealboard and Pepperplate that can be life savers!
- Not interested in cooking? Check out Blue Apron or Sunbasket – they will deliver you healthy meals – all you have to do is cook them up.
- Set timing for meals
- Plan out your days – check out my routine planner and guide as the more planned out your days are the less stressful they are which means less stress eating and making bad choices when you get in a food pinch!

5) Get real about your relationship with food

- are you a stress eater?
- do you stuff down emotions with food?
- do you eat because you are bored?
- do you eat too much, too frequent, too many sweets or chips out of a habit you created?
- what food habits do you need to quit or modify?
- Check out Elicia Miller at eliciamiller.com – get to the bottom of your gut issues and your relationship with food
- Martha Beck's 4 Day Win – how to set new habits and get to the bottom of the ones that are not serving you well

6) Stop thinking about eating healthy or “clean” as a diet – it's a lifestyle – being fit is a lifestyle embrace it and cut out the diet talk

7) Stop the excessive cardio – grab some weights and learn how to use them

- Already using weights? Great get going with them 3 days a week. Have a functional movement assessment done so you are sure you are lifting properly.
- Track your workouts and how much you are lifting so that you can increase weight slowly and get stronger.
- Legs – strong legs = longevity = more fat burn – don't ignore your legs
- Checkout startingstrength.com - to learn more about weight lifting and techniques