

Go for it!

## The top 5 ways to lose weight before the New Year & beyond!

1. **Avoid sugary soft drinks aka soda, juices.** The most important part is to cut back on sugars and starches (carbs). These are the foods that stimulate secretion of insulin the most. If you didn't know already, insulin is the main fat storage hormone in the body. When insulin goes down, fat has an easier time getting out of the fat stores and the body starts burning fats instead of carbs. Another benefit of lowering insulin is that your kidneys shed excess sodium and water out of your body, which reduces bloat and unnecessary water weight. It is not uncommon to lose to 5-10 or more pounds in the first week of eating this way, both body fat and water weight.
2. **Weigh yourself daily!** This keeps you accountable to what's causing weight gain or loss. Numbers don't lie.
3. **Keep your protein intake moderate (men no more than 5oz per meal/ women no more that 4oz per meal) try to eat the meat earlier in the day.** Stopping meat intake 8 hours before bed will cause the body to digest more efficiently before bedtime. This way your digestive system can relax while your at rest for a better night's sleep. Don't be afraid to load your plate with these low-carb vegetables. You can eat massive amounts of them without going over 20-50 net carbs per day.

## **Low Carb vegetables:**

- Broccoli
- Cauliflower
- Spinach
- Kale
- Brussels Sprouts
- Bell peppers
- Cabbage
- Avocado
- Lettuce
- Cucumber

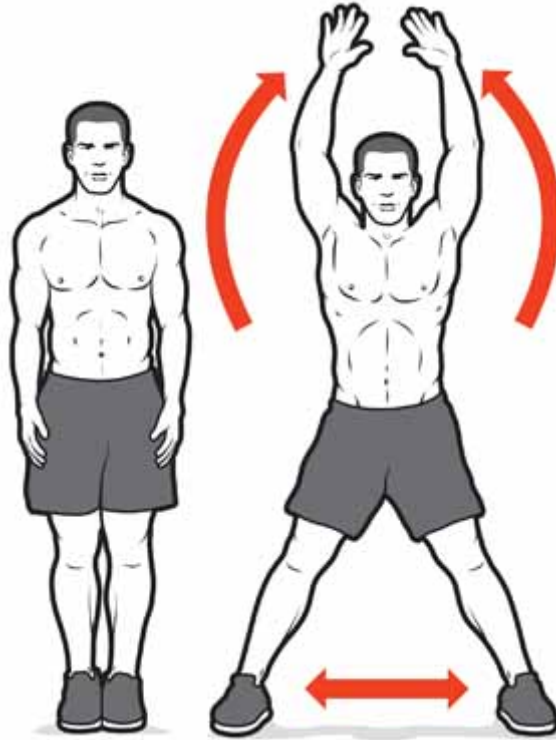
#### **4. Eat food the sun shines on to grow above or under the ground.**

Avoid processed foods at all cost. Base most of your diet on whole “Sun” foods. They are healthier, more filling, much less likely to cause overeating. Also, eat slowly. Eating fast causes weight gain over time. Eating slowly makes you feel fuller and boosts weight reducing hormones.

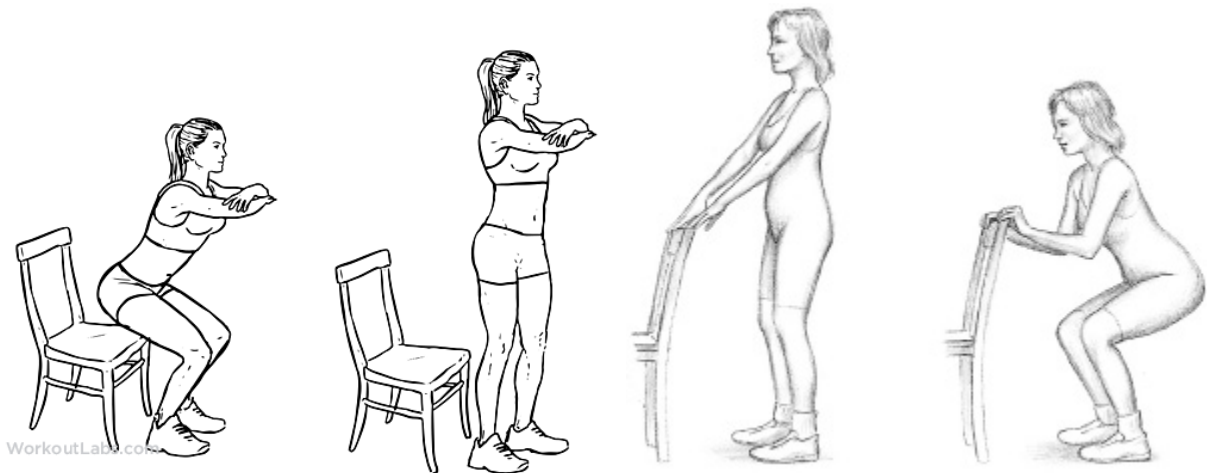
**A LITTLE  
PROGRESS  
EACH DAY  
ADDS UP TO  
BIG  
RESULTS**

5. **Get active at home or at the gym.** Here are a few exercises to get you started at home.

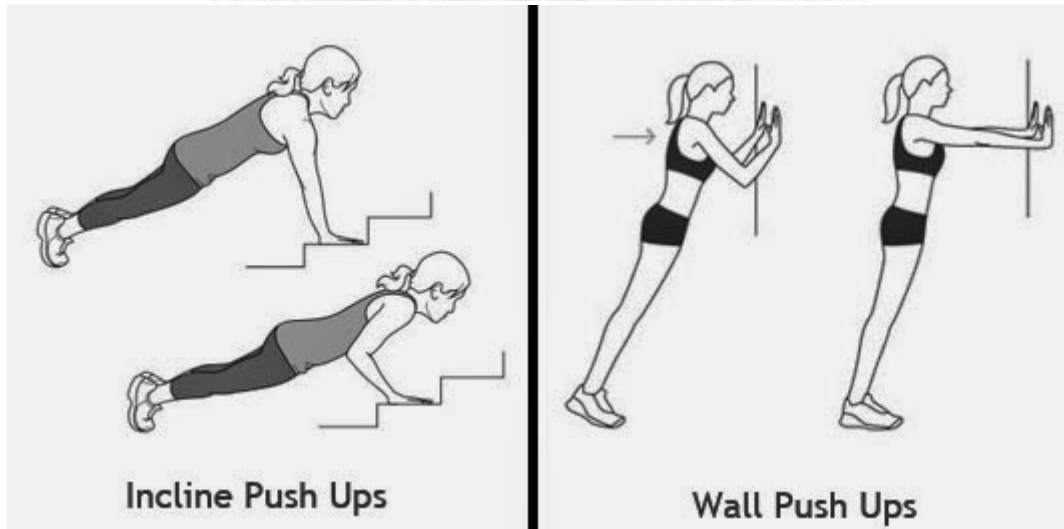
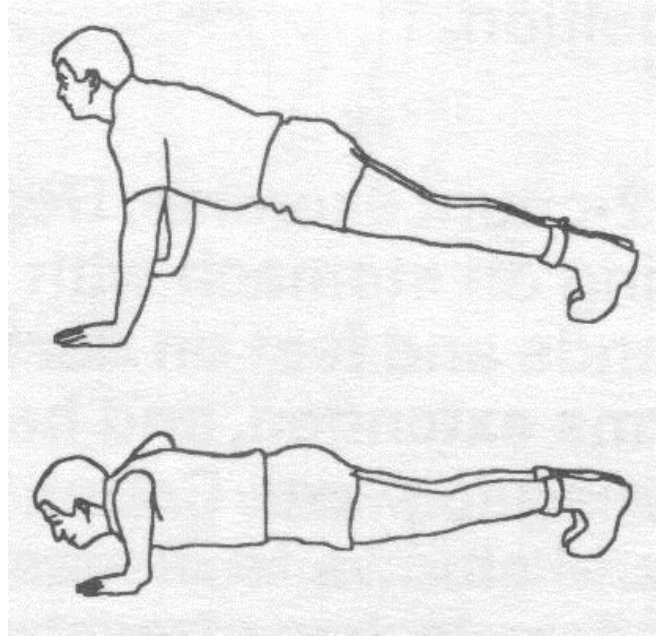
- Jumping Jacks (great warm up or use between exercises for interval training) for at least 60 secs or your best. Day one start with one set and work your way up on all recommended exercises.



- Chair squats or body weight squats (great for toning and lean muscle building) for at least 60 secs or your best.



- Floor push-ups, chair push-ups (great for arm toning, chest, shoulders, triceps and upper back) do at least for at least 60 secs or your best.



Take the first step on your journey!