



6 strategies to help you with weight loss & keep it off!

June 2017

6 Strategies To Help You With Weight Loss & Keep It Off!

1. **Get your head right:** It's not a diet, it's a lifestyle change. You must give up on the concept of dieting; otherwise you may never lose weight permanently. You must adopt the mindset of lifelong "habits". A habit is a behaviour that you perform automatically without much conscious thought or effort. Once a habit is firmly established, good or bad it takes enormous strength to break it.
2. **Cheat meals:** New studies have come up with the zig zag method. The zig zag method works by having a cheat day every fourth day. Studies have shown that it takes three days for your metabolism to start slowing down as your body prepares for the starvation mode. That's when you have your cheat day; on the fourth day and shock your body. Therefore, by raising your calories, you spike your metabolism and the starvation mode never fully kicks in.
3. **Keep your muscle:** Muscle is your fat burning secret. The more muscle you have, the more calories you burn, even at rest.
4. **Use a small calorie deficit:** To lose body fat, you must be in a negative calorie balance (a calorie deficit). You can create a calorie deficit by increasing activity, by decreasing calories or with a combination of both.
5. **Use exercise to burn fat rather than diets to starve the fat:** You don't have to starve yourself. Instead, you could choose the right foods and make exercise part of your lifestyle.
6. **Eat more frequently and never skip meals:** Grazing is better than gorging. Aim to eat every three hours. Establish scheduled meal times and stick to them. By eating smaller portions more frequently you will be able to get leaner and stay that way.



Recipe of the month

Evie's Eats

Evie's Nourishing Chicken & Vegetable Soup (Serves 4 -6)

Ingredients:

- 1 whole free-range chicken
- 1/2 cup of basmati or brown rice
- 2 medium carrots sliced
- 2 celery sticks sliced
- 6-7 button mushrooms sliced
- Handful of beans chopped up
- 1 leek sliced
- 1 onion diced
- 2-3 cloves of crushed garlic
- 1 chili (optional)
- Salt and pepper to taste



Method:

1. Wash and take skin of chicken.
2. Place whole chicken in a big pot and top with water till chicken is well covered.
3. Place lid on chicken and cook on low heat for 1 hour.
4. Once chicken is cooked remove and place on a plate, leaving the juice still in pot.
5. In the pot add all the chopped-up vegetables and continue cooking for another 30 min.
6. Place rice in pot and cook for a further 10 -15min.
7. Once rice is cooked, shred and add some or all of the cooked chicken in the soup. (I like to leave some chicken aside as I add extra chicken on top of soup or have it next day with a salad).
8. Serve hot and enjoy!

Quote of the month

Only I can change my life. No one can do it for me!



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Take control your life, be happy! – rock on!

Till next month... *Evie*