**Bonus Posts**

**Day**Hey everybody, it's THURSDAY evening! Please report on what your workout was, and if you hit your calorie/macro goal. If you are tracking macros, what ratios are YOU using?

For my first tip, I’d like to discuss diet/nutrition because I truly believe that weight loss is 80% diet and 20% exercise…

I know Jenelle suggested figuring out your calorie and macro goals at the start of this group... To dive a little deeper into that, I recommend you choose your caloric goal and macronutrient profile to suit your body type and goals, and then track both macros and calories. BTW, a “macronutrient” AKA “macro” is a protein, carb, or fat.

I know Jenelle suggested one website, and another one I recommend is<http://www.simplyshredded.com/layne-norton-the-most-effective-cutting-diet.html>. This calculator will work well for cals and macros for those of you who are at more of an intermediate level or who are hitting the weights pretty hard. Regardless of your calculations, never go under 1200-1300 calories bc your metabolism will plummet! Calories are not all created equal, and as you get leaner, if you track your macros you should find it easier to lose that "stubborn" fat.

I recommend the MFP (my fitness pal) app for tracking your daily intake. On MFP, if you go to “goals”, you can adjust your macro-goals and caloric-goals to fit what you’ve calculated/decided on. Track everything - it all counts - especially as you get leaner! Try to eat every ~3 hours to keep your metabolism going and to keep your blood sugar levels stable, which will deter you from binge-eating.

Stay active in this group to help you stay on track, and tag me with any questions you have for me!

**Day**

Hey all! Today my tip relates to lifting, which is very important when trying to lose fat…

Lift EFFECTIVELY! This means lifting ALL muscles with HEAVY weight consistently, until failure. If done correctly, lifting will ENTIRELY change your body for the better. \*\*Hopefully you already have a lifting plan set up through a Beach Body Program, such as ChaLean Extreme, Body Beast, or P90x. If not, here are my recommendations:

First, choose your split:

There are numerous ways to split up body parts, so make a schedule that works for you. Here are some examples.

-3 days/wk: lift total body (takes a bit longer: ~75 mins/workout)

-4 days/wk: alternate 2 days upper/2 days lower

-4 days/wk: back/bi, chest/tri, shoulders/abs, legs

-3 days/wk: Back/Bi, Chest/delt/Tri, Legs/abs

-3 days/wk: Back/chest, bi/tri/delt, legs/abs

-6 days/wk: bi, tri, back, chest, delts/abs, legs

Number of exercises:

-Choose four different exercises to focus on your large muscle groups (chest, back). Choose 2-3 different exercises to focus on your small muscle groups (tris, bis). Unless you are specifically trying to build them, you don't need to do as much with these small muscle groups because they are already working to assist your larger muscle groups.

Numbers of sets:

-Do 4-5 sets of the exercises you've chosen for your larger muscle groups. -Do 3-4 sets of the exercises you've chosen for your smaller muscle groups.

As for reps, I recommend the following:

-Month 1:

--wk 1: 20-25 reps

--wk 2: 15-20 reps w/ more weight than wk 1

--wk 3: 12-15 reps w/ more weight than wk 2

--wk 4: 8-12 reps w/ more weight thank wk 3

-Month 2:

--wk 1: 20-25 reps w/ higher weight than wk 1, mo. 1

--wk 2: 15-20 reps w/ higher weight than wk 2, mo. 1

--wk 3: 12-15 reps w/ higher weight than wk 3, mo. 1

--wk 4: 8-12 reps w/ higher weight than wk 4, mo. 1

I recommend continuing to cycle through your reps and always trying to increase your weight. As for number of sets, I always do at least 3 sets, sometimes up to 6 sets. Just make sure that you get a good 3 sets in with weight that feels heavy enough so by the last 5 reps or so, you are DEFINITELY struggling.

Most important exercises (make sure you are doing these at some point during the week if you have access to the equipment):

-Deadlifts, squats, lunges, chin-ups, dips, bench press (or pushups). These 6 exercises will work all of your major muscle groups, and the smaller accessory muscle groups will be working to assist.

Afraid of “bulking up”? Read more at my blog post here and have no fear:<http://favoritefitnessfinds.weebly.com/blog---new-posts/but-wont-lifting-weights-make-me-bulk-up-said-every-girl-that-irks-my-nerves>

\*\*The above is just a recommendation on how to formulate a lifting plan if you are not already following one through a Beach Body program, or if you're looking to switch it up a bit. There's more than one way to skin a cat and lifting is no exception - do what works for YOU!

Have a great evening and stay on track! Report in on how your day has gone so far with diet and exercise!

**DAY:**

Hey everybody, it's TUESDAY evening! Check in with your progress tonight! It's very motivating to see the numbers on the scale drop or see a few inches off of your body - let us know any progress you've made so far!

I'll focus the next few days of tips on macronutrients themselves. Today we'll take a look at protein: If we do not get enough from our diet, our health and body composition will suffer significantly. Consuming enough protein is very important whether you're looking to gain muscle or to maintain your muscle while cutting fat. Studies show that protein has a "thermogenic" effect on the body, meaning it burns calories to digest it, improving metabolism.

There are many different opinions out there on how much protein we really do need. For most of us in this group, I don't recommend going by what food nutrition labels state for daily protein requirements because the government made those guidelines based on sedentary individuals (0.36 grams of protein per pound). Using this formula, the average man and women should eat 56 grams and 46 grams of protein per day, respectively.

We are not sedentary individuals! We need more protein to rebuild and repair our muscle tissue from all of our intense cardio and lifting workouts. Based on all the research and recommendations from top experts, I recommend consuming between 1 and 1.5 grams of protein per pound of body weight (unless you have a medical disorder which prevents you from doing so, as a few here have mentioned).

Remember to aim for low-fat and low-carb sources of protein. Here are some examples (low for low-fat, low-sodium, and no-sugar added whenever choosing varieties of food):

--lean deli meats (watch the sodium), chicken breast, 98% lean Jenni-O lean beef/turkey

--Soy protein: Smartlife refrigerated balogna, original boca burgers

--Soyless, meatless, protein: Quorn ground beef or cubed chicken (frozen section)

--Dairy: PLAIN nonfat greek yogurt, Kroger Carbmaster "yogurt", fat free cheese (feta is great), unsweetened almond milk (cow's milk has a lot of sugar)

--Egg whites, egg beaters (carton or freshly separated)

--Seafood: salmon, hallibut, scallops, shrimp, tuna

--edamame, nuts, beans, tofu (watch the carbs)

\*\*In addition to sharing your progress tonight, share with use your favorite sources of protein! Have a great night and tag me with any questions

**Day:**

Hey all, it’s THURSDAY night! Continuing on with looking closer at macronutrients, let’s talk carbs tonight…

Carbohydrates are your body's primary energy source; they can be either simple or complex based on their chemical makeup and how your body processes them.

Complex carbohydrates, such as 100% whole wheat bread and sweet potatoes, contain longer chains of sugar molecules; these usually take more time for the body to break down and use. This means they give you more energy without a spike in blood sugar – Yay!

Simple carbohydrates, such as white bread, candy, sugary-yogurt, and white pasta require very little energy to break down inside the body and enter the blood stream fairly quickly – as sugar (glucose). This spikes your blood sugar, which leads to the release of insulin from the pancreas. The insulin transports the sugar (glucose) from the blood into muscle tissue (stored in the form of glycogen). When the muscle tissue glycogen levels are full, excess glucose “spills over” and is stored in our fat cells – which leads to fat GAIN – boo!

This is why it is important to choose complex carbohydrates over simple carbs as well as control our overall carb intake when aiming to lose fat.

As a general guideline, carbs in your diet should come:

\*MOSTLY from dark green leafy veggies: aim to limit your intake of starchy veggies (corn, peas, potatoes, winter squash).

\*SOME from (100%) whole wheat/grains: make sure “100% whole wheat” is the 1st ingredient & the label does NOT say "enriched" flour

\*MINIMALLY from fruit: yes, fruit has good nutrients for overall health, but the body views fruit as simple sugars. Therefore, I recommend limiting fruit to 3 or fewer servings/day if looking to lose fat.

---As a side note, here are some good fruit choices when deciding which fruits to choose: Blueberries and other berries have fewer calories and (natural) sugars than other fruits, red apples have been shown to help stabilize blood sugar levels, and grapefruit has been shown to keep caffeine in your system longer!

\*\*Even-more minimally from other simple carbs such as sweets, cakes, cookies, etc.

How many carbs to aim for (if counting macronutrients?) After calculating your protein (1-1.5g/lb) and fat (20-30% of cals) requirements, your “left over” calories should come from carbs; so it ranges from your body type, weight, and goals. Again, I recommend this website for calculating your macros: [http://www.simplyshredded.com/layne-norton-the-most-effective-cutting-diet.html](http://l.facebook.com/l.php?u=http%3A%2F%2Fwww.simplyshredded.com%2Flayne-norton-the-most-effective-cutting-diet.html&h=KAQHJCH8F&enc=AZPR0KZHO_vV6WMzLliLGrImn8P-_ZC4ExYQyVfazmiPKIZyxReXyQtowWu9a-iD0HBVbTi7L-vEq4_Oxrw_UJC1rXRq3xKCnTo1dQMohLxIkJXgDwKMAsRUntnyIQBUeksL3HVWFciK49OV0kuGrrgX&s=1).

In the spirit of discussing carbs tonight, after posting on your progress today, post a picture of your favorite “carb meal”, or tell us your favorite complex-carb finds/recipes!

My favorite “carb find" is Shiritake noodles: 20 cals, 3 g carbs, 2 g fiber, no cholesterol – they are my pasta replacement – angel hair is great!

**Day:**

Hey everybody, it's [DAY OF THE WEEK] evening! I'll continue with our macronutrient discussion, talking FAT tonight

Eat (healthy) fat to lose fat! Many people think that in order to lose weight, they need to keep their fat intake at a minimum. In reality, making 20-30% of daily caloric intake come from fat will actually help you reach your weight-loss goals as well as support your overall health.

You need to consume “new” fat to burn your “old” fat; dietary fat helps break down existing fat by activating fat-burning pathways through the liver. Fat is hard to digest so it keeps you full and it’s needed in order for our bodies to absorb various vitamins and nutrients. Monounsaturated fats help stabilize blood sugar levels and make you feel fuller-longer, while omega-3s can boost serotonin levels in the brain and make you feel satisfied. Studies show fat increases protein concentration in muscle cells and that omega-3s stimulate muscle protein synthesis.

Not all fat is created equal:

--Trans-fats (bad!): partially hydrogenated oil –French fries, potato chips, fried chicken/fish, pie crust, margarine sticks, shortening, non-dairy creamers, cake mix/frosting, Asian crunchy noodles, doughnuts

--Saturated fats (less bad, but still bad!): raise LDL (bad) cholesterol levels, causing plaque to build up in arteries. Should be limited to <10% of your daily caloric intake. Found in fatty red meats, cream, butter, whole/2% milk, ice cream, cheese…

--Polyunsaturated fats (PUFAs - GOOD): These are your omega-6 & omega-3 essential fatty acids, which your body can’t produce: unrefined flaxseed oil, wild Alaskan sockeye salmon, walnuts, wild rice, flaxseed, chia seeds, unrefined canola oil, (or supplements)

--Monounsaturated fats (MUFAs – GOOD): Extra virgin olive oil (EVOO), macadamia nut oil, avocado oil, almonds, avocados, sesame seeds, hazelnuts, avocados.

\*\*So tonight, along with your progress/how you did today, tell us your favorite "healthy-fat-finds"! To start, mine is Earth Balance Crunchy Coconut Peanut spread! It's all natural, vegan, zero trans-fat, and contains healthy organic extra virgin coconut oil. DELISH!

**Day:**

It's [DAY OF THE WEEK] night everybody! Hope you had a great day!

I'll change it up a bit tonight and discuss an exercise-related topic... Let's take a closer look at HIIT training:

HIIT involves alternating bursts of higher vs lower intensity intervals to challenge the cardiovascular system. Studies show HIIT aids in fat loss by increasing your metabolism/calories burned over the following 24 hours, burns more calories overall than steady-state cardio, and depletes your carbohydrate stores, sending you into fat-burning mode. Additionally, because HIIT sessions are higher-intensity, they are performed for a shorter duration than steady-state cardio sessions, allowing you to safely maintain muscle. (I do believe steady-state cardio has its place in an overall balanced workout regime, as it is less-stressful to the neuromuscular system, and still burns calories/fat while improving the cardiovascular system).

There are endless ways to perform HIIT - Turbo Fire being one of them, as well as the treadmill, stair master, ect. Whatever mode of exercise you choose, you want to make sure you are working at a very high intensity during your work periods! Depending on what work- to rest-length ratio you choose to use for your HIIT, you will work 1 (or more) of your body’s 3 energy systems.

(I won’t go into that now but have much more detailed info on my blog posts if you’re interested: <http://favoritefitnessfinds.weebly.com/blog---new-posts/a-closer-look-at-interval-training> and[http://favoritefitnessfinds.weebly.com/cardio---for-fat-loss.html](http://l.facebook.com/l.php?u=http%3A%2F%2Ffavoritefitnessfinds.weebly.com%2Fcardio---for-fat-loss.html&h=iAQG5Rbj1&enc=AZOMj5_rnhe3SvOO2CJ2aKVSZaCG5mzoN1tfnlkpzcthHj0hP6K7OlRc2iwo99cy28zQyAMVNPaYrQDD3jWwdtZFDyPaEIlscTxK5kRCX7HcVk2yDODvcZevmGQOoSRbpvrtUkhiwzTYMjlWI5PpLMTF&s=1)).

Multiple Beach Body Programs incorporate forms of interval training (Insanity, T25, Turbo Fire, P90 to name a few). If you are looking to switch it up one day with your HIIT, I’ll give you a few examples of my favorite HIIT workouts:

1.) Begin with a 3-5 minute warm-up

2.) Perform your HIIT session (examples below):

a. 20 seconds on, 10 seconds off: perform 8x (“Tabata” method). Then 60 seconds on, 75 seconds off: perform 5x (“Little” Method).

b. 15 seconds on, 45 seconds off/minimally-active or inactive recovery: perform 15x (ATP-CP energy system / fast-twitch muscle fibers)

c. 30 seconds on, 1 min active recovery: perform 10x (glycolytic system / adapting to lactic acid)

d. 1 min on, 2 mins active recovery: perform 6x (glycolytic system / adapting to lactic acid)

3.) If you are truly working at your max intensity during your work periods, then you will only be able to sustain it for a short period of time. \*\*If your goal is to burn fat, I recommend performing 15-30 mins of low-intensity steady-state cardio immediately after the above HIIT session (bc you’ve depleted your carb stores and will now be burning fat – yay!)\*\*

4.) Allow yourself at least 5 mins for cooling down and stretching!!

\*\*Side note:\*\* You should never perform HIIT on an empty stomach. I would recommend a small serving of carbs and protein – such as Shakeology - to ensure you aren’t burning through muscle and to keep blood-sugar from plummeting.

Tonight, post a pic of your workout or tell us what YOU like to do for your HIIT! New to HIIT? Tag me with your questions! I'll discuss LISS (HIIT's friendly-counterpart), in my next tip

**Day:**

It's [DAY OF THE WEEK] night everybody! How'd you do today with sticking to your nutrition and workout plan?

Tonight I'll touch on "LISS", light intensity steady-state cardio - HIIT’s partner in crime.

A combination of both HIIT and LISS is great for fat-loss. The idea of LISS is that your heart rate stays low (120 bpm or less), so you stay in the “fat burning zone”. Yes, you burn less calories overall, but LISS is less stressful on your neuromuscular system, allowing it to recover from your “stressful” (HIIT & lifting) workouts. Additionally, you can’t “HIIT” 5-6 days/wk continuously because it will likely lead to injury or over-working your body.

True LISS involves performing cardio at a very low intensity for 30 (up to 60) mins with the heart rate staying under 120 bpm; if possible, it’s best to do this 1st thing in the morning on an empty stomach, so you are just burning fat. \*If you don’t have time in the morning, a second option would be to perform LISS right after you lift (with the idea that you already burned through any carbs you consumed when you lifted).

An alternative form of LISS (a bit more intense), would be just performing steady-state cardio at 60-80% of your max HR for 30-60 mins. This does not need to be on an empty stomach bc at a higher heart rate, you will be burning carbs.

Again, I know you are following an awesome BB program already, but if you get injured and need another way to modify your activity while still working towards your goals, incorporating some LISS may really help you stay on track! If you’re curious, I have more info on LISS here:[http://favoritefitnessfinds.weebly.com/blog---new-posts/liss-hiits-parter-in-crime](http://l.facebook.com/l.php?u=http%3A%2F%2Ffavoritefitnessfinds.weebly.com%2Fblog---new-posts%2Fliss-hiits-parter-in-crime&h=sAQEHYkiy&enc=AZMHn1IKi1ja1Pr0h9U9PIK8myhuJ8usi8vy5kFbhIYPlucjrbG69tjPoXYScJOG3vRecYXlX5x1du-0whbzVvlf5hWqJKEpycsFaIFC1CfvuE5UJFBa0uiBoiJfgPLsVHsad1_p41UMLu_-1SSnRtV-&s=1).

**Day:**

Happy [DAY OF THE WEEK] everybody!! Let's chat REST, RECOVERY, and STRETCHING tonight. As I intro'd before, I work as a full-time Physical Therapist so my next few days of tips will come from my "PT-mindset"

\*\*Rest and recovery:

Make sure you take 1 (inactive or active) recovery day per week. Even if you don’t physically feel tired, it gives your neuromuscular system a break from the “stress” of cardio and lifting.

I enjoy doing slow-flow hot yoga on my rest day, as it forces me to stretch and alleviates my stress. You may prefer a deep tissue massage, a bath, or just a day to lay on the couch – do what feels like “recovery” for you!

\*\*Stretching:

Stretch consistently before and after workouts. Before working out, dynamic stretching will improve blood flow and warm up your muscles for the work out. But if you have specific areas of injury, make sure you spend some extra time on those areas with some static stretching too.

After your workout, your muscles are warm and pumped with blood – this is a great time to spend additional time really stretching deeply into muscles with static stretches.

If you are like most people, you probably don’t enjoy stretching. If you will only have time for a few stretches, the most commonly tight and most important areas to stretch would be: hip flexors, hamstrings, calves, chest.

Stretching consistently is critical to avoid injury and maintain muscle-balance; I will discuss injuries in my next post!

\*\*\*Post tonight on what you like to do for your active (or inactive) recovery day. Are you a slow-flow hot yoga fan like me? Or do you prefer a spa or massage day?

**Day:**

Happy [DAY OF THE WEEK] friends!! Tonight I'll talk injuries; My 2nd of 3 tips coming from my "Physical therapy-mindset"... In regards to injuries, never work THROUGH pain.

Ice, NSAIDs (such as Ibuprofen), ~3 days of rest, and gentle pain-free stretching should do the trick for most \*MILD\* injuries. In general, numbness/tingling usually indicates nerve involvement, pinpointing 1 specific dull/achey spot in the tibia or femur could indicate a stress fracture, and inflammation/throbbing could be a strain (“pulled” muscle). If pain persists for more than 1 week (and you’ve tried what I’ve suggested above), definitely consult a PT or MD. If indicated, an outpatient PT can perform modalities (ultrasound, Estim) or techniques (trigger point massage, kinesiotape) that you may otherwise not have access to.

It’s hard to get specific with a short post via the internet, but here’s just a brief overview of causes/treatments for a few common injuries:

1.) Shoulder impingement: Often due to poor posture, poor upper back strength, and lifting too-heavy of weight improperly overhead… Stretch your chest, use good posture, strengthen your upper back/mid traps, don’t shrug your shoulders when lifting.

2.) Lateral (outer) knee pain: often due to tight IT band pulling on patella. Grab a foam roller! Lie on your side and foam roll from the top of the hip down through the knee, staying on the outer side of your leg. Move very slowly, and stop at painful points to allow the muscles/tissue to relax and loosen up. I’m not gonna lie, this is very painful and may bruise the first few times you do it! Try to do this 2-3x/wk - more if you have outer hip or knee pain – and supplement with additional glute, hamstring, and piriformis stretches. (youtube has many videos of this if you need visuals).

3.) Low back pain: often due to weak “TAs” (transversus abdominis, the deep abdominal muscles) and poor posture. Rather than doing extremely strenuous leg lifts and sit ups, focus on smaller movement in which you are truly activating your TAs. Tuck your tail-bone under slightly (think “Turbo ugly butt!”), keep breathing, and hold your TA contraction while slowly performing gentle crunches. Progress from there.

4.) Plantar fasciitis: I will save this for my next post bc it goes along with choosing the right shoes (which is next)!

\*\*\*Post tonight on how the holiday weekend is going for you so far, and any healthy recipes/substitutions you plan to take to Labor Day Parties. Planning ahead and packing healthy meals are KEY for parties and get-togethers. There's no shame in being "the healthy one" at the party; be an inspiration to those around you.

**Day:**

Happy [DAY OF THE WEEK]! Today I'll do my last "PT-mindset" post: Choosing the right shoe… and plantar fasciitis, a common problem!

Running shoes are built differently for your gait pattern, based on how your foot is shaped and how it contacts the ground. Some people need a show with little support, some are neutral, those with a more flat foot need stability, and super flat feed need more of a motion control or even an orthotic.

Your podiatrist or PT should be able to tell you what shoe you would benefit from, or the staff at a reputable running shop in your area can watch you walk and recommend a shoe. I know Nike's are stylish but not a great shoe in terms of support. Especially if you suffer from pain anywhere from the foot up through the hip, you will benefit from getting fitted for a shoe. Brands such as Mizuno, Brooks, and Saucony are make multiple styles to support different types of feet and gait patterns.

The right shoe can make all the difference when you have an injury or pain in the foot, knee, hip, or back!

Plantar fasciitis is a very common foot injury in those that exercise. The plantar fascia is a broad thick band of tissue running from the heel to the forefoot. Through overuse the fascia can become overstretched, inflamed, and microtears can occur. It’s especially common in those with flat feet or those who overpronate because the fascia is overstretching with every step the person takes (again why proper footwear is required!)

As discussed in my previous post, one should apply the “RICE” principle and get fitted for proper-fitting shoes and/or orthotics. I recommend trying to correct the problem with supportive shoes (such as stability or motion control) before looking into orthotics though. If the problem persists, take more time off, try a night-splint, and see a PT for further stretching/modalities.

\*\*Post tonight on your nutrition/exercise progress as well as your favorite tried and true WORKOUT SHOES! Include what type of foot/gait pattern you have if you found a specific shoe that works for your foot

**Day:**

It's [DAY OF THE WEEK] night friends! I'll step away from the PT-related topics tonight and jump back to nutrition. First, I'll discuss which oils are best to use in the kitchen... Next, I'll discuss coconut oil a bit further as I know a few of you mentioned it previously.

\*\*Which oils are best to use in the kitchen?

-First opt for organic, unrefined, cold-processed oils. Next, consider the smoke-point of the oil. All oils have a “smoke point” at which they burn, lose nutritional value, lose flavor, and possibly transform into trans fats (partially hydrogenated oils!)

-Oils with low smoke points are good for dipping, salads, or for adding to already-cooked foods. Examples: flaxseed, canola, and EVOO (all unrefined).

-Oils with moderate smoke points are good for cooking at low-moderate temperatures. Examples: virgin coconut, unrefined macadamia nut, and cold/expeller pressed canola oil.

-Oils with higher smoke points are good for cooking at higher temperatures. Examples: Extra-light olive oil and unrefined avocado oil.

\*Oils to avoid (due to a poor omega-6 to omega-3 ratio): sunflower, corn, soybean, cottonseed oil.

\*\*What's the coconut oil-hype, you ask?

-UNREFINED/virgin coconut oil is high in GOOD/BENEFICIAL saturated fat. It’s composed of 66% medium-chain fatty acids (MCTs), which act like carbs, rather than fats, in the body. They are sent to the liver & immediately converted to energy, SPEEDING UP your metabolism, rather than being stored as fat. For example, use this to substitute for butter or shortening in baking.

\*\*I have more information on healthy fats and oils on my blog post here:[http://favoritefitnessfinds.weebly.com/blog---new-posts/archives/08-2014](http://l.facebook.com/l.php?u=http%3A%2F%2Ffavoritefitnessfinds.weebly.com%2Fblog---new-posts%2Farchives%2F08-2014&h=qAQHce3F6&enc=AZPL0VDW0dlUa8iYvzAvwzrRAULIYgMwcC2GdDYXQM_PByiHtbw_kBcEmz5Q7YeDeCqyo8mhjH7TFKOYiasn42UGvxsB0B17Zc14gR5g2-XRPUDrq3JpZuCSUG930zt6mTgJMvFYnr27E0BaG9yCWBfw&s=1)

\*\*\*Post tonight on how you like to use your coconut oil or what brand you prefer. I love Trader Joes & Nutiva - I add one tbsp. to my chicken/broccoli at night for healthy fat and a hint of delicious coconut flavor! ...Additionally, post on today's progress with workouts and nutrition!

**Day:**

It's [DAY OF THE WEEK] night! How is your weekend going?? Tonight I figured I'd discuss some fiber details - soluble vs. insoluble Fiber...

Insoluble fiber absorbs water, keeps you full, and helps clear the digestive tract. The insoluble fiber we ingest, the less time food sits in the intestines; meaning less time for the body to absorb starch and sugars. Additionally, insoluble fiber is only partially digested, so not all of the calories are taken up by the body.

Soluble fiber dissolves in water; it binds to the “bad” LDL cholesterol and helps us eliminate it through the digestive tract. Both types of fiber have no effect on blood glucose levels directly and actually slow the release of sugar from other foods into our blood stream; this means it helps maintain steady blood sugar levels.

I would recommend at least getting 35 grams of fiber in per day (FDA recommends at least 20). After all, as discussed above it can assist with fat loss! For example, dark green leafy vegetables and 100% whole wheat bread/wraps are great sources of fiber. If looking to increase your fiber intake, I recommend doing so slowly (just a few grams per day). By increasing slowly, you will allow the intestines to adjust and avoid side effects. Make sure you are also drinking enough water, as I mentioned insoluble fiber absorbs water!

\*\*In addition to posting your nutrition/workout progress, tell us your go-to fiber sources. Mine are my spinach smoothies, faux-cauliflower-potatoes, wheat bran, and Kashi Go Lean! My faux-cauliflower-potatoes and spinach smoothie recipes are here:[http://favoritefitnessfinds.weebly.com/recipes.html](http://l.facebook.com/l.php?u=http%3A%2F%2Ffavoritefitnessfinds.weebly.com%2Frecipes.html&h=JAQH6_X62&enc=AZMmzFGh8JKcpUmYVc0dsKFwCks9yKbd2ae-IWJ5ORkAAc8v8LJ0yhwd6AJgfZUhN3_KDJt3JTXpQGgy8YPd7EYpFzuZGmv_BDfvsEsB2Z5Z2r0ViRU-L3ZGKkkg2OQ9BcpcMU_iecdgofS9oVvq-VqR&s=1)

**Day:**

Hey all happy [DAY OF THE WEEK]!

Wanted to give you a more motivational post as our FatZap group is almost over but your healthy lifestyle is not!

Sometimes you have a “weak” moment, when you want to cave and give in to the delicious treat. Don’t do it! There are so many different tips and tricks out there for staying on track.

Here are a few of my favorites:

-When you have a craving but are “out of calories”, drink tea/coffee with stevia.

-Brush your teeth, or even floss!

-if it’s late at night and you’re craving a treat, just go to bed!

-Have your spouse keep you accountable/on track

-track everything in My Fitness Pal

-Try repeating to yourself “nothing tastes as good as healthy feels”

-Look at your progress pictures for motivation to stay strong (did I mention you should take progress pics in your swimsuit every week?)

-Go to the grocery store with a specific list so you are not tempted to buy junk food. I made a list here: [http://favoritefitnessfinds.weebly.com/food-finds](http://l.facebook.com/l.php?u=http%3A%2F%2Ffavoritefitnessfinds.weebly.com%2Ffood-finds&h=zAQHcNydS&enc=AZPIR-G_GEkEtU5zHhwK0Cl1McdejJbFsSau_bNfHwCEAkVSixfK8ztIKuoxU0QHSHbMJvEesSxV-MMH4MV_FASBiOilbXX2sEOEJ9FbxZmS-0prG7__NK0rP961pfQJGJVXbnP16mbBFOY219MbHJFj&s=1)

\*\*I've posted my pic with my accountability partner (hubby), who definitely helps me stay on track. Post a pic with yours, and share any tips/tricks you have for fighting cravings and staying on track!

**Day:**

**Day:**

**Day:**

**LAST DAY:**

YOU DID IT!!! You finished the 3-week Challenge!!! How did your last day go?? Be sure to FINISH STRONG!!!

But… that FLEW by in my opinion!! [Elisabeth Knose](https://www.facebook.com/lizzy.mayers) and I \*\*\*really\*\*\* enjoy doing these and hope you enjoyed it as well!! Helping others in fitness and just being a part of a group of people who are all on the same path.. it's not just cool, it's our PASSION!

This was one of my favorite groups!! Everyone was SO supportive and did SO well. We are pumped to hear about your results and what you got out of this.

Please take your weight, measurements and pics FIRST THING (after you pee ) tomorrow morning. You do NOT have to share with us, but if you want to be eligible for a prize, please at least share the CHANGES in measurements and a pic helps too! Winning is based on results (% of body weight lost and inches) and group participation

Thank you AGAIN and please let YOUR coach know if you have interest in becoming a Beachbody Coach. We teach you all this stuff and I just recorded a webinar today on what it all entails.

Have a GREAT night everyone!!!