Jenelle Challenge Group Posts

**2 days before:**

Hey Fit Friends!!!

I'm just getting people into the group today.

I’m SO excited to see who digs deep and gets RESULTS! I will be your support & accountability!

1) Take measurements & weight .. you don't have to share this, but please write it down somewhere if you want to be eligible for a prize at the end. The winner will be the person with the best transformation (%of body weight and inches) and support and participation to the group!

2) Take pictures from the front, side and back in a bathing suit or bra top & shorts (you don't need to show pics to us, but should you choose to, for accountability purposes, the group is "secret" and can't be seen by others. I will not be allowing any male participants in this group, fyi).

3) Remove ALL trigger foods from accessibility (hide or pitch!! Do it!!!)

4) Plan what days/times you will workout and STICK TO IT or find a way to fit it in even when it's not ideal or has to be shortened or modified!

5) If you're NOT doing the 21-Day Fix, go to FreeDieting.com - input your info into the Daily Calorie Needs Calculator to see what your ideal calorie range should be for fatloss (do NOT use the "extreme" number). This will be approx the number you want to eat daily regardless of what you burn in your workouts.. do not go too far under or over this calorie allotment. Too far under is BAD-slows metabolism. This is just to know you’re eating the right AMOUNT, but WHAT you eat definitely impacts results too!

6) Please think of a time where you'll regularly report back on this facebook group!

THANKS!!! Who’s in??? Please check once a DAY!!

**1 day before:**

Hey Fit Friends!!

Even if you don't have your program yet, let's still get some work done! This group is only 3 weeks!

So let's get some results asap!

Please report back on this facebook group, the following info by tomorrow :

#1) Ideal Calorie range from the FreeDieting.com site (unless you're doing 21-Day Fix, you should just know your #'s.. but please say you're doing 21-day Fix if you are)

#2) Measurements & Weight (you can pm me that info or just keep it to yourself if you prefer)

#3) What your struggles for weightloss are or have been (you can list MANY), whatever you're willing to share, but the more I know, the more I can help and we can ALL help each other!

#4) What are your goal(s) for this challenge!

#5) What was your workout today?? Are you willing to track food intake for this 21 days? You don't HAVE TO, but i'd recommend it

**Day 1:**

Hey my friends!! It's [DAY OF THE WEEK] night; our first Day 1. When your day is over (and your kitchen is "closed") please report below on how you did with:

1) Your workout. What was it? How intense was it on a scale of 1-10, 10 being "It was so intense I wanted to throw up" (just kidding! but your 110% max intensity) and What was the duration of the workout?

2) Your nutrition. Did you hit your goal? What did you NOT eat that you normally eat/drink? Are you trying to stop eating by a certain time and did that? Are you trying to avoid pop/soda and did that? Are you estimating calories throughout the day or macro nutrients and hit your goal?

TIP of the DAY: You're going to have those days where you feel SO tired or stressed that you feel you're ENTITLED to eat something sweet or "bad"..when that feeling comes over you, distract yourself with something you like to do (maybe check this group for motivation!) and get yourself out of the environment so you can think more clearly and make a conscious decision. No one can help you more than YOU. Plan ahead with meals and snacks so you're not putting yourself in the position of feeling STARVED, or overly tired which causes more bad cravings.

At the same time, feeling deprived can backfire too. So buy or create some meals/snacks/desserts for you and the family that are a "transition" from what you & the family might normally splurge on, but are healthier and still taste good .. but not SO good that you want to have more than 1 serving. I've transitioned myself, my hubby and our son VERY GRADUALLY (without them even noticing) off of certain things. For example, years ago we used to buy JIFF peanut butter because that's what our son LOVED. But then I started by mixing it with all-natural PB, then gradually more of it was the natural PB, now it's always only all-natural PB and it's loved just as well ☺

Thanks for opening up with us and being COMMITTED to report in daily! We're in this together!

**Day 2:**

Hey FitFam! It's [DAY OF THE WEEK] night!

First of all…how'd you fair today? Please report below:

1) What was your workout? What was the intensity & duration?

2) Did you meet your caloric, or macro, or clean eating goals today??

TIP OF THE DAY: If you have aggressive goals for yourself and you know your downfall is unnecessary nighttime snacking/splurging, then stop buying those types of foods that tempt you or at least remove them from sight/access and also try to stop eating after a certain hour - a few hours before bed. Again, I'm not a nutritionist, but what's helped me over the years is to have some tea or decaf coffee and/or air popped popcorn (has antioxidants and is naturally low on calories, sugar, sodium, etc) when I feel the need to have something and I know it's not hunger at all; it's just that I WANT \*something\* to snack on or sip on. There are some options that come in 100-cal bag servings like SkinnyPop so that you're not overeating (if that's an issue for you). What do YOU all do that has helped??

**Day 3:**

Hey everyone! It's [DAY OF THE WEEK]. How'd you do today with your workout and your nutrition?? Did you fit something in? Did you meet your nutrition goals?

When you check in, feel free to post a pic of a healthy meal you ate or a recipe you made!!!

TIP OF THE DAY: Build a Metabolism That Burns More Fat!

After years of talking to people about eating & exercise habits, what i see most often sabotaging results is INCONSISTENCY; usually with nutrition - and it's usually one extreme to the next! One day they're claiming a 300-calorie meal is too many calories for them (what!?!?) & they're analyzing EVERYTHING on the label. The next day they're eating an unknowingly high-calorie dinner (900 calories but they say "but it was the "healthy menu" choice) followed by a couple glasses of wine -probably AT LEAST 1200 calorie dinner.. not that uncommon when you're eating at a restaurant. If you've trained your body to survive on such a LOW calorie intake on most days, then your body will want to store most of that dinner as fat...because you've trained your body to effectively conserve, i.e. store more calories as fat, because so few calories are coming in on a regular basis.

So many of the menu items at restaurants SEEM healthy, and some DO have a lot of nutritional value in them, but the portion sizes are usually way off and the recipes also have LOTS of hidden ingredients-butter/sugars/carmelized nuts/sauces - that you don't even realize are there and are surprisingly SUPER high in fat, calories, sodium, and sugar.

I'm NOT saying eat perfectly, skip eating out & having yourself a drink once in awhile ... i'm saying, you might need to build up a healthier metabolism and be more AWARE and MUCH MORE consistent. The way to build a healthier metabolism is to gain more muscle and EAT within a RANGE of calories you SHOULD be eating daily... given your size, age, and your activity level. You don't have to count every calorie or macro for the rest of your life.. you'll be able to "eyeball" it eventually ☺

**Day 4:**

Hey Fit Friends..it's [DAY OF THE WEEK]!

How was your nutrition & workout today? What did you eat & what did you NOT eat?

TIP OF THE DAY: You're success with this group will depend on how badly YOU want results. Here are some tips:

1. Drink tons of water. How much? Divide your weight in half & drink that much in ounces.

2. Track your macros (we've talked about this). You may be eating healthy but too many carbs, too many "good" fats, too much sugar due to too much fruit, etc. If you don't do well with tracking, try to eat something high in lean protein at each meal & lots of veggies!! This is why I do salads & shakeology ..two meals I know for sure will be high protein & veggies.

3. Don't let the scale be your measure of success!! You will be gaining water weight, muscle weight & losing fat.. Who knows what the weight gain is or what the loss is.. Rely more on trusting the process, how you feel & pictures

4. Lift weights! Build a better fat burning body!

5. Don't skip meals or be too restrictive.. It can cause your metabolism to slow & muscle loss. It can also lead to binges.

6. Add HIIT workouts to your workout regime.

7. Get enough sleep. When you're tired, your cravings tend to be worse.

8. Don't go more than 2 days without a workout. Mentally getting back on track is SO much harder with each padding day. Even if it's just a 4 minute tabata & a 5 minute stretch.. Do it. Mentally you will feel on track & that's huge!

9. Stay engaged with groups like this & people like us! All of you in here have a coach. Update him/her or tag them when you report in

10. Don't give up! If you are feeling off, get back on ASAP. Don't dwell or beat yourself up. Learn from your mistakes, tweak what you can to solve your own issues/habits & move fwd

**Day 5:**

Good evening! It's [DAY OF THE WEEK]!

Check in below with how your nutrition was for today as well as your workout intensity and duration!

TIP OF THE DAY: To gain strength and/or flexibility or speed or whatever you want to improve on.. you HAVE to push past that point where you normally tell yourself you're DONE, or past the weight you normally lift, or past that point you normally stretch to. It's NOT comfortable. But doing so tells your body is has to adapt to new demands and it responds by improving. You know this, I know you do, but are you remembering to actually PUSH yourself during your workouts. Are you going BEYOND that rep you \*think\* should be your last?? When I think it's my last rep, I try to do 4 more with good form even if everyone on the video is done. The videos are created for a mass audience, you may be able to do MORE.. so do it You make your strength gains when it becomes REALLY uncomfortable. To be honest, I'm usually swearing under my breath! LOL So, push yourself to make it COUNT. Just be sure you keep your form :)

**Day 6:**

How was your [DAY OF THE WEEK].. Nutrition-wise & workout-wise??

TIP OF THE DAY: Which one are you struggling with??

You have to keep tweaking what you're doing until you find that right balance that works for you, given YOUR lifestyle, YOUR weaknesses, YOUR goals ...and then you have to be PATIENT.

Once you are working on all of the above CONSISTENTLY for 8-12 weeks (with a attitude), that's when long-lasting results start setting in & long-lasting habits start forming!

To accomplish what you NEVER have before, you have to GIVE UP and TAKE ON some things you NEVER have before.✔

**Day 7:**

Good evening Fit fam!! It's [DAY OF THE WEEK]!

How did the weekend go!?!? Please report below on where you ended up with your nutrition and what workout you did. No matter what happened, still report in.. it's what will keep you accountable. If you cringe to write that you didn't do well, writing it and sharing with us will cause you to be less likely to REPEAT the activities.

No one and especially not me, is expecting perfection... just progress and optimism!!

TIP OF THE DAY: I thought I'd touch on some things that keep me motivated. First of all, wanting to be a good example for others keeps me motivated and not wanting to give up. Secondly, MUSIC motivates me.. so even if you're using a DVD when working out, once you know the routine, you can play your own music on your headphones and really get into your ZONE.. some like relaxing music, others like upbeat. I love FitRadio on my iPhone! Third, buy a fitness magazine (I like Oxygen!) or follow some inspirational people's posts (Follow YOUR coach first and foremost and go to them when you want to buy product or join another challenge group, ..but for motivation you can also follow Lizzy on Facebook or her blog, you can follow me @JenelleSummers on Facebook or Instagram, also on Instagram @TwoBadBodies, also @Snuppa32, @Yoga\_Girl, @FitMenCook .. just to name a few! They have great tips, recipes!)

**Day 8:**

Hey team!! It's [DAY OF THE WEEK]! How did it go today ?

Even if you have fallen off track, PLEASE report below.. we won't judge, but reporting in will help you! Please report below on your workout (intensity & duration) and your nutrition, or what you plan to change this week to be better than LAST week!

Just some food for thought tonight, but I think you probably all would agree…

MOTIVATION FOR THE DAY: The whole point of being \*truly\* fit from the inside out is to evolve into the complete person you were born to be.

The biggest benefit isn't about reaching a certain size, a # on the scale, or ripped abs; it's reaching a healthy lifestyle and mindset that empowers you, makes you a better wife, mom, friend, employee/business owner, allows you to push forward to take care of yourself the best you can, at every stage of your life..thru injury, adversity, illnesses & unexpected set-backs.

All you can do is your best each day, keep the positive self-talk flowing, and THAT is true fitness from the inside out. So rock on team & let's finish this STRONG & in CONTROL!

**Day 9:**

Hey All! Happy [DAY OF THE WEEK]!!

Are you still on track?? How'd you do OVERALL today??

TIP OF THE DAY: When you feel a craving for something "bad" coming on, distract yourself! Usually those cravings don't last long. Get yourself out of the kitchen (or wherever), or better yet, step outside.. get some fresh air.. if the craving is due to emotions/stress or boredom, turn to something you LOVE to do.. maybe it's reading a book or magazine, maybe it's browsing for new workout wear online, maybe it's checking your favorite fitness account on facebook or Instagram.. but either way, get yourself out of the environment and the mood that's triggering you. It's not that super fit people don't have these cravings and "slip ups", it's just that they've learned how to DEAL with them and learning to do so will help you get results for YEARS to come

Just FYI – A lot of you are already coaches, and that is AWESOME! Thanks for inspiring your friends and family members to take this challenge. And if you're not a coach yet, and are interested in becoming one and running a challenge like this for your customers OR just enjoying the discounts, contact the coach who referred you to this challenge. It's an awesome and rewarding opportunity.

**Day 10:**

Happy [DAY OF THE WEEK] Check in below with your workout and nutrition for the day!

TIP OF THE DAY: Eating healthy/clean doesn't ALWAYS mean you'll lose fat - its entirely possible that you're having too many calories caused by too much of one of the 3 macro's - carbs, fats, & proteins, & therefore the excess calories, even if they are healthy calories, get stored as fat.

But that said, a lot of people DO see some great fatloss results just by eating cleaner b/c they naturally end up being more in range with the # of calories and macro nutrients they should be getting. So clean up your eating is step #1… for the health benefits if nothing else!

If you're eating/drinking junk regularly, there's almost a guarantee you'll have excess calories and "empty calories" that get stored as fat.

Then there are the foods PRETENDING to be healthy like fat-free foods that actually have such HIGH sugar - all of which is sure to be stored as fat. Have you checked sugar grams lately? Eating junk of course leads to a whole SLEW of health issues too. I'm not talking about the occasional splurge or certain foods in moderation

On the other hand, if you're consistently skipping meals, being too restrictive or yo-yo dieting, you'll slow down your metabolism & easily gain weight or not be able to lose, or will have a hard time achieving a fit body b/c you're not eating enough healthy foods to have energy for workouts or for muscles to build. OR if you are losing weight in that scenario, it's most likely MUSCLE & water weight you're losing.. & therefore you're not losing fat. With loss of muscle, again the metabolism is slower.. making it difficult to keep the weight off.

Lastly, GAINING weight doesn't necessarily mean you gained ANY fat. You may have gained water weight or muscle. Focus on progress pics and the way clothes fit and the way you feel. If you don't have a lot of fat to lose in the first place, often you will weigh MORE as you get fitter and stronger! Plz share what's helped YOU!

**Day 11:**

Happy [DAY OF THE WEEK]!! How'd you do with your nutrition and your workout?

TIP/THOUGHT OF THE DAY: Isn't it weird how you can feel SO on track one day, and the very next day, or even LATER that same day, feel SO off track and like you gained weight!?!?

I'm here to tell you .. you're not alone in that feeling and you probably did NOT gain a pound of fat in one day. When the scale says you gained a pound, please don't let your mind veer to the negative thoughts of defeat… chances are you're bloated or retaining water. Don't get me wrong, it COULD BE that some bad decisions in previous days or weeks are gradually catching up to you but when it's the next day or later that day, and especially when you have been doing well with nutrition and workouts, it's usually NOT that you've gained fat.. it's sometimes hormonal, or inflammation from a food you're sensitive to, or water retention, which can happen for a variety of reasons, or due to a high sodium food you ate! To gain a pound of fat, you would have to eat 3500 calories in EXCESS of what you burn.. and you're burning calories all day long even if you didn't workout. Chances are you did NOT do eat 3500 \*excess\* calories in one day.

So ..relax, be grateful for the health you have, and move forward. Deal??

**Day 12:**

Hey Guys!! Happy [DAY OF THE WEEK]!! Just wanted to say I'm cheering you on! If you feel you're about to "slip up" or go off track, ask yourself if it's REALLY worth it. You all deserve to feel that AMAZING sense of self-confidence and self-respect that comes with overcoming bad habits and negative emotions.

Stop permitting yourself to turn to food (or drinks) after a stressful day or situation. It's NORMAL, but it's not healthy. Save those splurges for special occasions!  If you don't, it's a never-ending cycle and you have to TRAIN your brain! It's never too late to figure out how to get in the BEST shape of your life and learn how to manage stress, emotions, busy days, etc so that you can CONTINUE to improve year after year (versus gaining it back). Do some problem solving on your weaknesses and issues. Ask ME .. i'm here for you! I'll check this group at least once per day!

**Day 13:**

Hey Friends! Happy [DAY OF THE WEEK]

I just wanted to share this with you - Please stay on track today. Not for ME, for YOU.

The results you see TODAY might be 80% due to the nutrition habits you've had in the past months and year. But your results TOMORROW are 100% due to the mindset you adopt TODAY & KEEP.

Don't be too stubborn to make the changes you know you need to make. Stop telling yourself, well I can't do \_\_\_\_, because i'm not \_\_\_\_. And I'll never be \_\_\_ because i'm not \_\_\_\_\_.

I know all too well because I catch myself doing it too!

But where there's a WILL there's a WAY!

Decide you have the WILL & find your WAY.

I'm NOT saying it's easy and some DO have a lot more to overcome than others. Everyone is on their own journey, so stop comparing apples to oranges and stop expecting change before you've given your body a chance to respond. Stop relying on the scale to be your indicator of progress (it CAN indicate progress, but it can also indicate FAILURE when there was actually PROGRESS). If you're back was against the wall and it was a life or death situation, like anything else, you'd change whatever needed to change. So put yourself into that level of determination TODAY. Your life DOES depend on it.

**Day 14:**

It's [DAY OF THE WEEK]!! How did the weekend go for you?? If you fell off track - forgive yourself and get back today!

TIP OF THE DAY: Today we'll talk a little bit about "spot training" -- I'm sure you already know, you cannot target one area for fat loss, unfortunately. You gain fat in the areas you are genetically predisposed to gain fat. Two people with the same weight, height & body fat % can have entirely different bodies & trouble zones..it's genetics. BUT...You can still lose that fat in your trouble zones, it's just that the trouble zones will likely be the last area to shrink. It takes proper nutrition (including food types, portions, frequency & the necessary nutrients), cardio, sleep, water, stress relief, and STRENGTH TRAINING your entire body.

But, that said, gaining muscle in those areas DOES help the appearance of those areas. Muscle DOES increase your fat burning metabolism (the more muscle, the higher the metabolism), & muscle does give you your body its BEST shape.. among COUNTLESS other benefits

Check in below with your workout and nutrition for the day!!

**Day 15:**

Happy [DAY OF THE WEEK]!! Please check in regarding your workout and your nutrition for the day!

TIP OF THE DAY: Forget Skinny, think STRONG! It's just what I say to myself to take the pressure off & focus on what makes me FEEL good.

If trying to be "skinny", a certain size, a certain weight, or have is too much pressure, then focus on fuel, wellness & strength! The rest may actually fall into place easier! Start setting goals for water intake, tricep pushups on your toes, pull-ups, doing a perfect PiYo FLIP, running a 5K in a certain amt of time, etc.. Then WORK FOR IT! You'll be happier and I truly believe you'll be MUCH MORE satisfied with your results from the inside OUT.

Check in below with your workout/nutrition for today!

**Day 16:**

Hey Fit Fam! It's [DAY OF THE WEEK] night!

Thought I'd post earlier so you can report in and get on with your night!

How was your workout today and your nutrition???

TIP OF THE DAY: It's a myth that you can target your fat loss to ONE area of your body. I get asked all the time.. "I just want to lose that pooch/lower belly area".. or "I just want my thighs smaller".. etc. Truth is, you cannot target your fat loss to happen in just one area. You CAN add muscle to those areas and make them appear MUCH better (yay!). Muscle LIFTS and shapes your body.. plus having more muscle means having a faster metabolism ..and who doesn't want a faster metabolism???

Your "trouble zones" are determined by your genetics. But the leaner and stronger you get, the less noticeable your "trouble zones" are, if they are noticeable AT ALL… because as you lose fat the proper way (focusing on nutrition, water intake, strength training for your entire body, etc), you WILL lose fat in your trouble zones too. Look at anyone who you THINK has the perfect body and they will surely tell you they have "trouble zones" but they seem nonexistent to us.. because they are so lean, we can't see them! But she/he knows where they are because they see them as soon as they start to gain weight. Spending too much time on ab work just because that's where you have weight to lose, is NOT a good use of your time. So even if you're legs are thin and your fat tends to be gained in your abdominal area, that does NOT mean you should focus on doing ab work and skip the squats (or vice versa). Having more developed leg muscles will HELP your body lose fat and yes, including the abdominal area! Strength train your whole body, have patience & trust the process  Be GRATEFUL for what you DO have and the opportunity to improve every day!! We've got this!

**Day 17:**

It's [DAY OF THE WEEK] night my friends!!

How'd you do today?? Did you fit in your workout? What was your nutrition like today?

TIP (COMMENT BELOW): As we come to a close on this group, keep in mind it's NOT too late to make some new changes starting TONIGHT. Please share with us below that "issue" you KNOW is holding you back; whether it be with nutrition or with working out.. what in the past has tripped you up? Maybe by sharing it here, amongst us friends who will NOT judge, one of us can offer tips that can help! Different things work for different people!

Even if you feel you fell off track this weekend or this past week, or for the whole challenge… the key to success in fitness, as you know, is NOT that you are on track 24/7, it's that when you fall off track, you get back on!

Someone asked me in a message today what keeps me motivated -

First of all, people like YOU all keep me motivated! I left the corporate world and made online fitness coaching my job/career in the last few yrs.. people like you keep me accountable- I want to set an example  I want to show others how fitness can benefit you in all areas of your life!

Secondly, if I DON'T workout and eat right, I know I won't feel as good about myself, I feel lethargic, i don't think as clearly, I am not as confident, I have more negative thoughts, I don't eat as well, I am more moody, PMS comes on stronger (true!), I feel my muscles are deteriorating and I’m getting older, etc. I workout & eat right because it brings me the opposite of all those things listed! I feel AMAZING after a workout and I love knowing I can eat healthy, without restricting, and just appreciate the journey and trust the process! Take baby steps towards improving your diet and improving your fitness every day.. let the results fall where they fall; everyone's body will react differently and in a diff timeframe to change.

I say this because we have members in this group who are not posting and I just want to say it's OK if you've not been participating but it's not too late to turn things around; but start NOW ☺

**Day 18:**

HEY GUYS!! It's [DAY OF THE WEEK]!!! A fresh start to a new week! Did you do ok?? What was your workout today and how was your nutrition??

TIP OF THE DAY: I cannot stress how important it is to have people with you on this journey! I feel very fortunate that my husband is into fitness, but it doesn't have to be your spouse/significant other (and believe me, forcing someone into fitness doesn't work). Find people who want more for themselves in life & want you to be at your best! Your coach has inspired YOU to be here in this group - who can YOU inspire to get into fitness? If you post about your results from this group (and I hope you do), tag your coach and your family members on the post - those who you know will congratulate you. Others will see that and you'll probably hear you're inspiring them.. it's a great way to find out who in your life is on this journey too, or WANTS to be on this journey too.

You can have little friendly competitions and sign up for races together (which forces you to TRAIN for them) … being on this journey alone is a CHOICE, but I hope you choose to step out and bring others along ☺

Day 19:

Hey Friends! Happy [DAY OF THE WEEK]! Please check in with how your nutrition and workout ended up for the day!

So today I want to ask - what approach to 1. Fitness and 2. Nutrition has given YOU the fastest/best results??

...NOT that FAST is best, ... a healthy approach that you can maintain long-term is BEST! But I know \*some\* need to see something happening FAST before they'll be interested in continuing with the bigger picture of health in mind. I'm a strong believer that there is not ONE right approach to nutrition & fitness that works for all.. we all have different goals, lifestyles, genetics, weird schedules, mental blocks, sensitivities to certain things, and abilities that make one approach/program work, versus another. So I'd love it if you shared what worked for YOU so that you might help someone who hasn't found ANYTHING yet that works or that they want to stick to for longer than a week. So what healthy program/routine and nutrition approach starting showing you results within 21-90 days??

Day 20:

Happy [DAY OF THE WEEK]!!

When you check in for tonight, let us know how your workout and nutrition went :)

Ok so tell me - how do you feel now that you're working out regularly? Were you already doing it before? or is this completely new to you? Either way, i'm guessing you're feeling SO much better - more energy, less guilt, better body image, confidence, etc.

Working out isn't just about weight loss - its preventing all of the other crappy feelings you don't want to go back to!!!

Day 21:

YOU DID IT!!!! It's [DAY OF THE WEEK] and today was the last day my fit friends!!! Please report below on today's progress!!

Please finish this day strong because tomorrow morning, first thing, you'll be taking measurements, weight and your "after" pics… you do not HAVE to share them with us but do if you want to be eligible to win.

I truly enjoyed running this group and hope you learned some new things, gained some new motivation and started some new habits! Please talk to your respective Coaches and let them know your goals moving forward (and state here too if you want to share!).

If you have interest in becoming a Coach to get the future discounts on Shakeology & other products and programs, OR to do it as a business, let your coach know. We're an awesome team to be a part of!!

THANK YOU SO MUCH for all your participation and support of each other! What an amazing group we had here!

**Additional Posts by (or with) Lizzie**

**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!!!