



Tips and Tricks to lose those last 5 kilos

Learn how to apply the Six Steps to Wellness
to shift those stubborn last kilos...

made with
Beacon

Welcome



Let's get started

You've been careful with what you're eating and exercising as often as possible. Initially the changes in your weight and body composition were regular and even fast, and this inspired you on further. Now it seems that everything has come to a standstill, and the last 5 kilos just won't budge... What do you do to change it up and get the results coming again?



The great thing about our increased understanding of the body and sports science knowledge is that we now understand much more about effective body composition change (read fat loss), than simply the old approach of calories in verses calories out. Don't be disheartened, by following what we refer to as ' The Six Steps to Wellness, there is light at the end of the tunnel and you will be able to shift those last stubborn kilos.

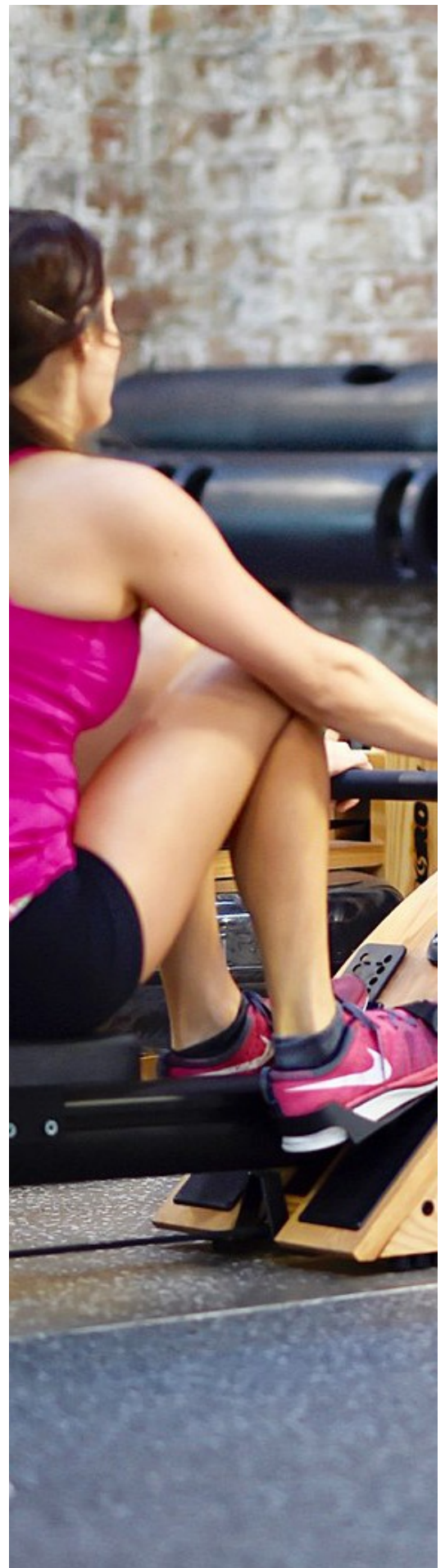
The last 5 kilos...

Firstly, know that the body is pretty effective at trying to hang on to more energy stores than we need for everyday use. The only way that the body can store this energy is by converting to fat stores throughout the body. We're hard wired with an inbuilt protection mechanism from times gone by when a constant supply of healthy food wasn't guaranteed. So in order to help your body be comfortable to release and not hold on to more energy stores than you'd like – it's critical that you understand and combat inflammation throughout the body.

What do we mean by Inflammation?

Inflammation has a positive and negative affect in your body. The positive aspect is that it helps your body respond to stress and can counteract harmful situations like repairing a wound or fight off an illness. However too much of a good thing can be harmful. Apart from the major issues of increased chance of heart disease and cancer, chronic inflammation can also make weight loss more difficult.

For starters, chronic inflammation can influence hunger signals and slow down metabolism, so you eat more and burn fewer calories. Inflammation can also increase insulin resistance (which raises your risk for diabetes) and has been linked with future weight gain.



The last 5 kilos...

Modern science and recent studies, have shown that the following 6 steps assist your body in healing from chronic inflammation, and as you achieve this you're level of wellness and health increases and those last 5 kilos will begin to fade away.

At 38X Fitness we've had great success with coaching our clients on how to make positive, lasting changes through applying the 6 steps. It's about a journey and making small and lasting improvements - think of Goldilocks and the Three Bears – not too much or too little of any one step, just right amount of each is the motto to achieve your goals.

STEP 1: TRAIN SMART

STEP 2: NUTRITION

STEP 3: GUT HEALTH

STEP 4: ELIMINATION PATHWAYS

STEP 5: TAMING STRESS

STEP 6: SLEEP HEALTH

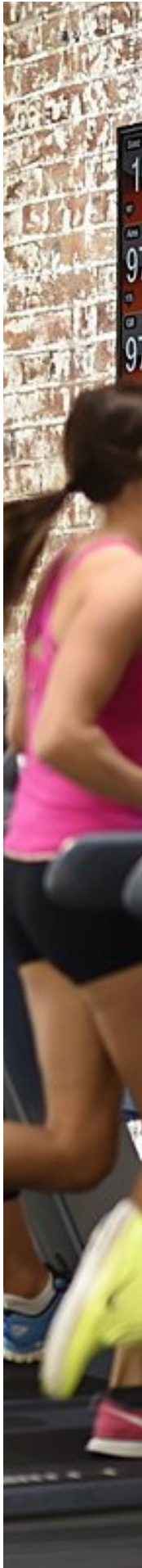




1st Step :Train Smart

Our goal with clients is to encourage them to have some planned movement every day. What we mean is activity on top of the normal or incidental movement that we do in our daily lives, (like walking to work or school). A 45 minute workout is only 3% of your day - so if we prioritise moving, time shouldn't be a limiting factor.

Our body was designed to move often, certainly more than the average person achieves today. With the ever-increasing technology in our lives we are less active than ever before. In order to achieve this goal there are a couple of key points. Firstly you obviously need to find activities that you enjoy, or will grow to enjoy, because let's face it not everyone likes exercise. Secondly to move often, you need to be smart about the type of training. This is the core of our Train Smart philosophy. It's about mixing the intensity, type and duration of your workouts to ensure that the body and mind stays fresh and you are consistent.

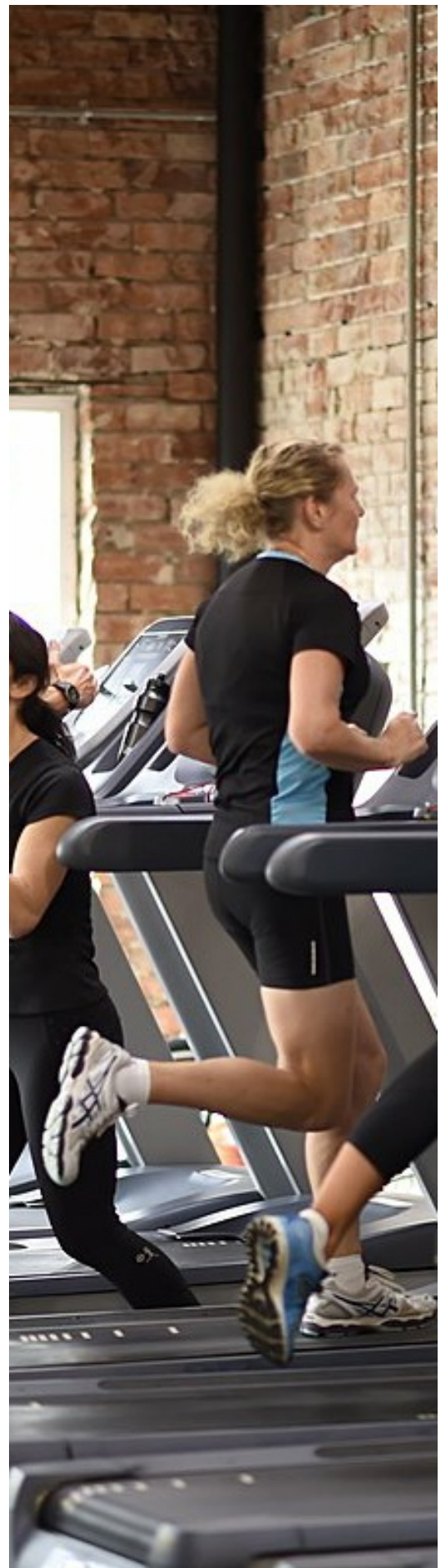


Training Smart

What does a Train Smart weekly program look like:

- 2-3 high intensity sessions per week – challenge your cardiovascular system and workout of your comfort zone. This means moments at 8-10/10 comfort level in short intervals (from 20 secs to 2 mins). At 38X Fitness we use live heart rate training to help our clients work in the right zone. Activities include; running up stairs and hills, short high geared sprints on the bike or other equipment like a rower.
- 2-3 medium intensity – practically it would mean that you could still hold a conversation with your workout buddy whilst moving. Ideas for sessions include fast walking, cycling and swimming of periods between 30-60 minutes.. We also include strength training in this category which offers great physical benefits and also is proven to be anti-ageing... You've got to love that.
- 1-2 restorative sessions per week like Tai chi ,yoga, or other mind body related program. It could also be going for a surf or some fun activity that restores the mind and body.

Moving everyday, with different intensities and modalities is our Train Smart principle and definitely assists in reducing inflammation



Step 2: Nutrition

Balanced nutrition is about loading your plate with unprocessed, additive and preservative free or non genetically modified foods. Remember you can't out train a poor nutrition plan.

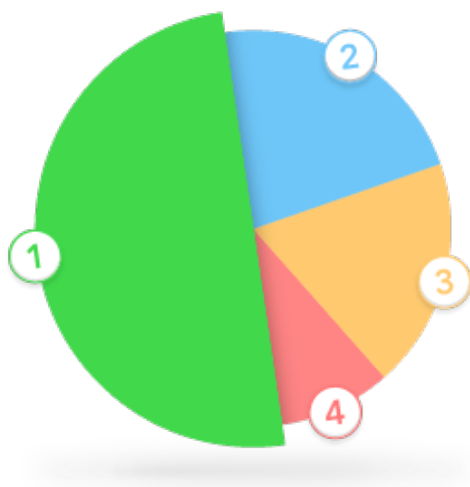
Think foods that are as close to nature intended. We help coach our clients to keep it simple and make **each and every meal** like the picture below. The Plate Model is a simple way to make correct decisions and fuel all your bodily needs.

Portions 1 (green) and 3 (orange) are your carbohydrates (plants and starches) you need these for fuel. Full of nutrients and phytochemicals your body needs. Low energy density and high nutrient density they deserve a big place on your plate. Lots of plants and wholegrains.

Portion 2 (blue) – is the amount of protein needed at each meal, this is needed for muscle repair and recovery.

Portion 3 (red) – relates to healthy fats which are also another source of fuel, however they are vital for normal hormone production and organ maintenance and function. Choose from; Olive and coconut oil, avocados, seeds and nuts, ghee, butter. These are all sources of healthy fats.

Courtesy of Dr Joanna MacMillan, Nutritionist





Achieving balance with THE PLATE MODEL

Choose from these options for each portion of your plate:

- Plant material: Green leafy salads and vegetables and fruit. Try to select a rainbow of colours on your plate every day for diversity of nutrients and minerals.
- Clean Protein: Organic, free range, grass fed - sustainable and reliable sources from local growers markets and butchers such as meat, chicken and wild fish as well as eggs. Vegetarian options include Tempeh, nuts and seeds.
- Smart Carbs: These include starchy carbohydrates such as Tubers (for example pumpkin, sweet potato, carrots), and whole grains (brown rice, buckwheat, quinoa and oats).
- Healthy Fats: Important for healthy hormone production and include olive oil, coconut oil, avocado, butter and ghee, seeds and nuts.

Let "food be thy medicine" and reduce the inflammation in your gut to help shift those stubborn last 5 kilos.

Step 3 : Gut Health

Science has only recently really understood the importance of good gut health. It is the cornerstone of managing inflammation in the body and all health and disease start here.

You might be surprised to know that 80% of our immune cells are made in the gut, and 90% of Serotonin which is responsible for mood and sleep are also made in the gut?

We have a bi-directional highway between gut and brain, skin and pretty much every system in our body. Eliminating or reducing gut irritants will decrease inflammation. We can achieve this through balancing the good and bad bacteria for our health.

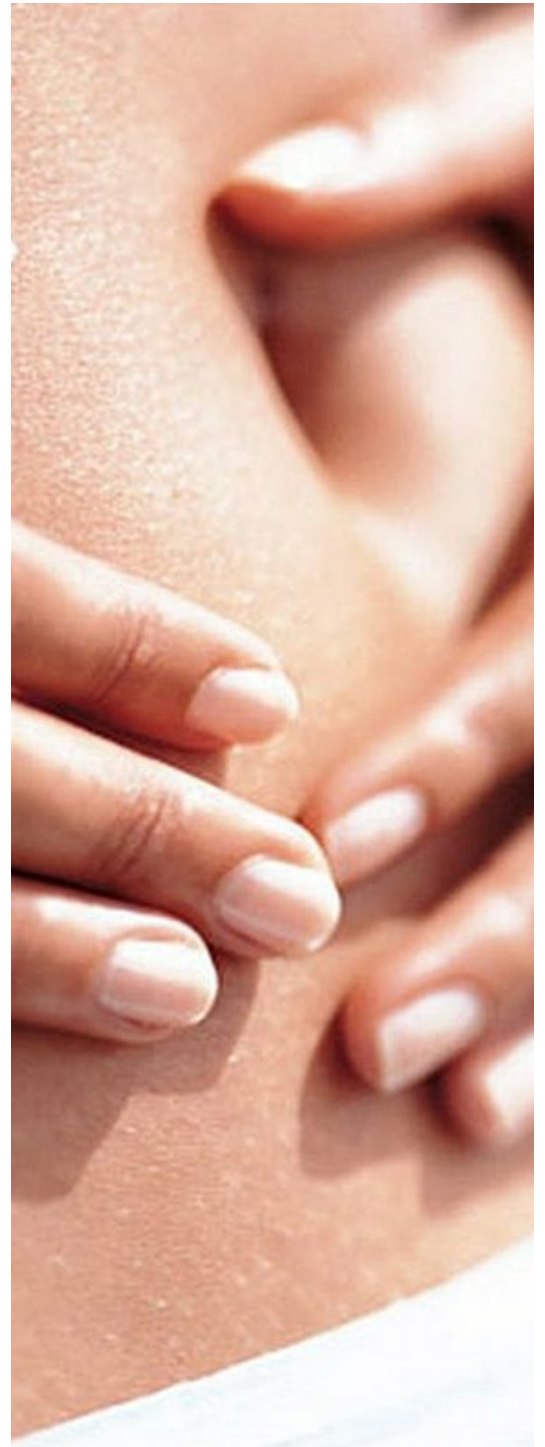


Improving your gut health...

Here are some tips to get you on the right path;

- Reduce alcohol and have 4 AFD (alcohol free days) per week.
- Eliminate processed sugar on any level. It's in most packaged foods, check on the food label under carbohydrates (sugars) anything under 5g per serve is best.
- Reduce gluten as most Australian wheat sources have been genetically modified for a better yield.
- Reduce dairy to a sometimes food or switch to A2, goat or buffalo sources as they are gentler on the gut.
- Increase foods that are rich in prebiotics such as leeks, onions, garlic and probiotics such as sauerkraut, kimchi, miso, tempeh, kombucha.
- Keep prescription drugs and stress to a minimum.

The results we see when our clients make changes to their gut health are amazing, and it's not impossible to do. Remember small changes at a time.



Step 4: Elimination Pathways

A prolonged build up and use of toxins are causing factors for chronic inflammation. Our bodies are amazing filters and work hard to remove toxins, however with the volume in our everyday lives, the body needs to work harder and harder to do this, and by doing so it can delay your fat loss/body composition goals from becoming reality.

There are different elimination pathways through our body;

- One pathway leads through our gallbladders, via bile, and out of our bodies through our digestive tracts in the form of faeces.
- Another way we get rid of toxins is through our kidneys in the form of urine.
- Also our skin is a pathway, facilitating the removal of toxins through sweat.

If there are any disruptors that interfere with these pathways our bodies are not able to detoxify as effectively as they should. Examples include;

- Chronic constipation which is a huge hindrance.
- Not drinking enough water means we aren't flushing out our kidneys like we should.
- If we don't ever exercise to the point of sweating or we use antiperspirants to block sweat we are not facilitating our bodies' natural cleaning process.

If any of these things go on for a period of time we can start to get a back-up of toxins and our bodies will start storing them. We need to support these pathways in order to feel healthy and energetic. Once we have addressed the logistical aspects, like eating enough fibre, drinking enough water and increasing regular exercise, we can also enlist some simple medicinal herbs to aid us in our effort.

Step 5: Taming Stress

Stress hits us all in life, and while a little stress is good as it keeps us focused and motivated, too much stress can grind our lives to a complete halt. When you're feeling overwhelmed and stressed-out, you may become paralyzed and unable to do much of anything.



"Just as bad are unhealthy coping methods to deal with stress. Turning to food, alcohol or drugs often just turns one set of problems into another that can balloon out of control. It's better to avoid those unhealthy coping mechanisms from the start, and find good ways to keep your stress under control."

Tips to relieve stress

Ways to tame your stress;

- Exercise regularly as it burns up stress hormones.
- Practice deep breathing using deep diaphragmatic breaths (breathe in 4-6 counts and out for 6-8 counts) this will switch on your parasympathetic state – did you know that 5 mins of deep breathing every day can increase your quality and longevity of your life?
- Eliminate what we like to call energy vampires! Life is short so spend time with people who make you laugh and are supportive.
- Change your perception using the catastrophe scale to keep stress in perspective. *More info here*

So while this all sounds sensible, what does it have to do with my last 5 kilo's we hear you thinking?

Well too much stress wreaks havoc with your hormonal health and balance of your gut microbiome. You can't function effectively and your body will resist dropping the excess energy. So start to try and recognise all your positive aspects of yourself and your life and start to see the body respond.



Step 6: Sleep Health

Believe it or not sleep health is important to optimal fat loss. Not only for the obvious reasons like good health and recovery, a lack of sleep also affects mood, concentration, energy and your ability to deal with stress.

Effective ways to ensure your body gets enough rest so it repairs, restores and regenerates your body include

- To be in bed by 10pm at least 4 nights a week.
- Turn off the blue screens (phone, ipads, laptops, and TV's at least 2 hours before bed).
- Have a warm magnesium salts bath.
- Read a book or practice some relaxation/meditation techniques.
- Ensure good air flow in your room.
- Achieve the right amount of coverage on your bed so you don't wake feeling too hot, a cooler room is better for deep sleep.
- Ensure a dark room so light doesn't wake you from your slumber.
- Reduce alcohol to less than 4 drink a night.





Come and try a session on us

If you'd like to try a workout
session, or chat to a 38X coach
on the 6 Steps to Wellness
contact us today

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