

# THE CAMP



## TIPS TO SHED YOUR FAT FASTER

### Eat more protein.

- Protein is hard for the body to store as fat.
- Protein keeps you fuller longer which leads to less cravings.
- Protein is muscle sparing and will help you keep and build more muscle over time.

### Build more muscle.

- Muscle looks good and gives you “tone”
- Muscle burns calories even at rest. So, if you want to increase the amount you can eat everyday without gaining fat...GAIN SOME MUSCLE!

### Do cardio BEFORE your first meal in the morning.

- Studies have shown that doing cardio first thing in the morning during a fasted state can help breakdown “stubborn” fat faster because you have lower glucose and insulin levels which normally prevent fat from being broken down as efficiently.

### Don't Starve yourself

- Cutting calories/carbohydrates too drastically tells your body that it needs to start conserving fat, some call this “starvation mode”.
- Your body responds to drastic reductions in calories by eating away your muscle to decrease the amount of calories you burn (NOT GOOD!)

### Count “portions” not Calories.

- Calories matter, but you don't want to overcomplicate your life. An easy way to think of your portions should be as follows:
  - o Carbs should be about the volume of a closed fist.
  - o Protein should be about the size of an open hand
  - o Veggies should be about the size of an open hand
  - o For now, do not add too many fats/oils to your foods

### Avoid Nuts

- They are super calorie dense (doesn't take many of them to be a LOT of calories. As such, they are hidden fat monsters.
- They are hard to control portions because they can be addicting
- They are often covered in salts and sugars and other things you don't need to be ingesting in large quantities.

### Caffeine in the morning helps burn fat.

- Studies have shown that caffeine acts as a thermogenic, which means it increases your body's temperature and by extension, your metabolism.

### Take one meal off per week.

- No one can be perfect all the time. Take one meal/week to have a normal meal where you don't think about carbs/fats etc. Now, we're not saying eat a whole pizza, but have a more 'normal' meal.
- Plan these meals ahead of time for social outings that you know you have to go to so that you can enjoy them somewhat better and avoid barraging the waiter about nutritional content.