

Top Secrets to Burning Fat

with Katrina Houghton



Get Motivated, Take Action, See Results

Follow these 4 Simple Steps

Welcome

Welcome to learning the Top Secrets to Burning Fat

I am excited to share this information with you and watch you excel in your personal fitness and health goals. Today is the first day of the rest of your fitness life!

I hear this all the time "I want to feel like me again. I miss feeling fit and having endless energy, how do I get that back?"

I am here to help and provide you with solutions to getting back on track and staying there. Accountability is a huge part of achieving our goals and I know it has been underplayed for years.

So, where to start? It's hard to find the motivation to start or restart. You want to make sure that you are on the right track and not wasting anymore time. But how do you set a goal and then make a plan to achieve it?

That's what we're going to learn together. Motivation, Goal Setting, Creating an Action Plan, Execution, and Accountability.

I'd like to begin with a very real question - The First Step to burning fat is what is your body goal? What do you REALLY want to look like?

This is something to aim for, it's about having a goal to inspire you into action every time you feel unmotivated.

4 Step Process

1. *Set a Body Goal*

We need to know where we are going. On social media, spend some time looking up different body types that inspire you. Search up various hashtags to start seeing how you want to look. Examples are: #fitness, #fitnessmotivation, #gymlife, #fitnessmodel, #fitnessphotoshoot, #womenwholift #gym Or check in google and type in words such as strong body, fit women, fitness model and then click on the images tab to see the different pictures. Screen shot the images and pick the one that inspires you most. You can even do a before picture of yourself and use layout to place the body goal side by side. This way you can peek at it anytime and use it for motivation and inspiration. Pictures are worth 1000 words and you will see differences in pictures before you see it on the scale. Pictures help you track 100%

2. *Calculate my TDEE*

Time to get REAL.

How much are you actually eating?

How much should you be eating?

Real transformation requires honesty, and it starts with being honest with yourself

3. *Decide to track calories or Macros*

Don't over complicate the process. Choose to track calories or macros - whichever you feel most comfortable with. My fitness pal can do both. Start taking pictures monthly. Create a folder on your phone - you can lock it so no one else can see it. Take the pictures, keep your body goal image, track your calories or macros

4. *Train - What is the best Training Program for me?*

Decide on the best program for you and your life. Is it a workout out at home doing videos? Do you have a home gym? Do you have a gym membership? Do you want to attend fitness classes? Pick a method that is best for you.

2 Find your TDEE

Total Daily Energy Expenditure

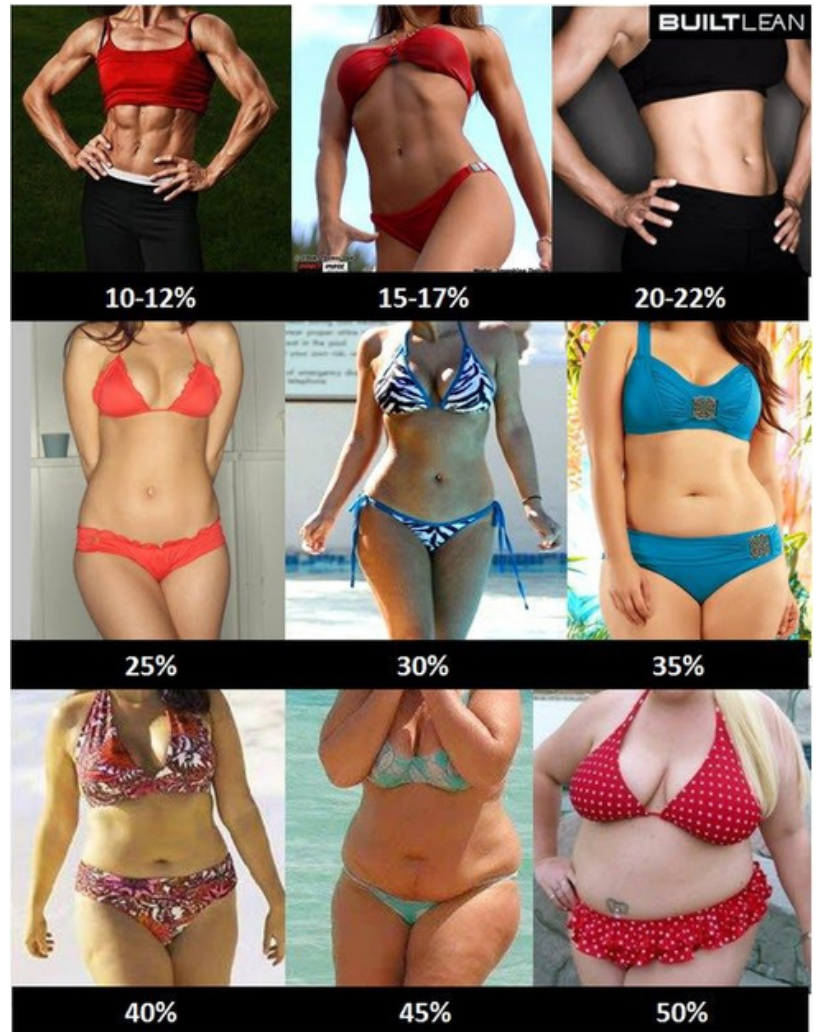
LBS

Body Fat Mass = Body weight in LBS X (% of Body Fat)

BFM=

Lean Body Mass = Body weight in LBS - BFM

LBM=



KG

Body Fat Mass = Body weight in KG X (Body Fat %)

BFM=

Lean Body Mass = Body weight in KG - BFM

LBM=

TDEE: Total Daily Energy Expenditure

LBS

KG

Basal Metabolic Rate = $9.82 \times \text{LBM} + 370$

Basal Metabolic Rate = $21.6 \times \text{LBM} + 370$

BMR=

BMR=

TDEE = BMR X Activity Factor

TDEE = BMR X Activity Factor

TDEE =

TDEE =

Activity Factor

Sedentary 1.0

Lightly Active (1-3 days) 1.2

Moderately Active (6-7 days) 1.375

Very Active - Work out hard or active job 1.55

Extra Active - very active job plus working out (6-7 days) 1.72

If you want Fat Loss eat 10-20% below your TDEE

If you want to gain muscle eat at your TDEE or slightly more

If you are over 30% Body Fat, add in 30-60 minutes of cardio 6 days a week

If you are less than 30% Body Fat, add in 3-5 days of LISS cardio

If you are less than 25% Body Fat, add in 3 days of LISS cardio

3. Macros or Calories

Track your progress.

Decide if you want to use an App like My Fitness Pal or if you want to go old school and use a daily journal. Whichever method you choose, BE CONSISTENT

Now that you know your TDEE, you can decide if you want to do a macro split or if you would rather calculate calories. MFP can do both. Pick the easiest route for you. Some people love doing a macro split while others simply count calories. My fitness pal has a free version that will allow you to track calories and macros.

Macros are your proteins, carbohydrates and fats.

A healthy macro balance is 40% carbs, 30% protein, 30% fats

Shred (max 8 weeks) 30% carbs, 45% protein, 25% fat

Muscle Build is 50% carbs, 30% protein, 20% fat

1 gram of protein = 4 calories

1 gram of carbohydrates = 4 calories

1 gram of fat = 9 calories

4. Train

Find your movement. I highly recommend strength training to be added into your routine. You can choose home videos, gym programs, free weights, or the Build & Burn Program!

Fat burning cardio: 2 best ways to burn fat with cardio. 1. Fasted cardio - first thing in the morning or 4 hours after your last meal. 2. Strength train first and then as soon as you are finished jump into cardio.

HIIT & LISS

HIIT = High Intensity Interval Training

LISS = Low Intensity Steady State Cardio

HIIT is raising your heart rate for a short period of time and then regulating it, raising, and regulating. While LISS keeps your heart rate at a steady pace for a specific duration of time.

To be in your target heart rate zone for fat loss use the formula $220 - \text{your age}$. Then take 70% of that number. Aim to keep your heart rate in this zone for optimal fat loss.

Example $220 - 40 = 180$. 70% of 180 = 126. Aim to have your heart rate at 130 BPM (beats per minute)

LISS can be done in the gym or outside - a stationary bike, trail bike, treadmill, outside track or trail, walking, elliptical- any movement that keeps your heart rate at a steady pace. (no sprinting or running)

HIIT is a faster work out with short blasts of raising your heart rate. You can do this type of cardio on any cardio machine or jogging and or running outside - just make sure you are including sprints into your jog or run - or hills into your jog or run. Many body weight HIIT workouts are quick and efficient.

1:1 Coaching

If you're ready to uncover what's been stopping you, slowing you down or keeping you from having the energy, health and life you want, then NOW is the perfect time to schedule a private "*Transformational Discovery Session*" with me.

I'll help you discover which foods and lifestyle habits are stopping you...and what to do about it.

Plus I'll show you how to get crystal clear on a step-by-step plan to changing your habits and living your best life

Let's Connect!

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