



5 Most Crucial Weight Loss Tips For Women

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Losing weight can be very overwhelming and a frustrating process between figuring out which information is important and which is unnecessary. Add on top of that, our busy lives, and stress of the everyday stuff you go through can become a daunting task. I'd like to simplify the process so that you can focus on the big rocks that cause the most change. There is no need to get bogged down on the minutia if the big rocks do most of the heavy lifting.



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Whole Foods

This tip is almost so simple it sounds too good to be true. Most people believe it or not, can hit their fitness goals simply switching to whole foods. Why? Studies have been done comparing two groups. One was able to eat processed foods and the other only whole foods. Then they switched the groups to find consistency. The result was whichever group was given processed foods overate by 500 calories! All they did differently was allow processed foods. When creating a deficit to lose 1lb a week, guess how many calories you need to be in a deficit to hit that goal? 500 calories. Now, this depends on how healthy you are eating to begin with, but if you are consuming a lot of processed foods, you can aim to focus on eating whole foods. These keep you fuller longer, and allow you to get more volume on food because they aren't as calorie dense. Try eating 5 plain potatoes, versus eating a bag of chips. Which would be easier?



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Hydration

You'd be surprised how important this is. Yes, it allows your cells to function better, but more importantly it also aids in satiety. We often eat when we think we are "hungry" when really, we just haven't touched a glass of water. I have been guilty of this plenty of times. It helps regulate appetite and your metabolism. Aim for 8-10 glasses of water a day. If you want a simpler tip, whenever you feel hungry, drink a glass of water and then reassess. If you want bonus points, adding an electrolyte supplement can help give you an energy boost. When we make the switch to whole foods, we actually consume far less sodium than we need. Our body needs a certain amount to thrive. Try adding that into your water if you find your energy is lacking and see if you notice a mood shift.



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Strength Training

If you aren't already, aim to lift 2-3 times a week. We want to keep, if not add, muscle to our frame. This is what will make you look toned. Looking tone is really having muscle, and dieting down the excess fat that makes women feel "bulky". Increasing your muscle also increases your metabolism, allowing you to eat more food (who doesn't want that?). Make sure to focus on compound lifts that target multiple muscle groups at once so you do not need to be in the gym for hours on end. Over time you will notice your body composition shifts.



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Proper Sleep

Studies have found when people consistently get less than 5-6 hours of sleep, their body actually puts on weight! Sleep is absolutely crucial for overall health but also towards your weight loss goals. It is our body's chance to recycle unused or damaged cells. A lack of sleep causes cravings for processed foods, increased stress, and disrupts your hormones. You should shoot for 7-9 hours of sleep. This can be enhanced by not eating any food 3 hours prior to bed, no bright lights 2 hours before bed, and no screen time an hour before bed. The quality of those 7-9 hours matters as much as the length.



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What is On Your Plate

Now that you are switching to whole foods, the arrangement of those foods matters, too. Focus on eating protein first. It is the most satiating, and aids towards muscle repair. Aim for 1-2 palm sized servings per meal. What you will notice quickly is how full you get from making that one change. Try to eat slowly and mindfully. You can then add in 1-2 fistfuls of veggies, followed by a serving of fat (think of half an avocado or a tablespoon of olive oil), and a cupped hand of carbohydrates (think rice, oatmeal, etc)