5 Keys Points to Finding Your Fat Loss Formula

One of the things we are known for saying at Metabolic Effect is BE, DO, HAVE. This is

because this statement is a very succinct way of explaining a key insight of change,

which is...... lasting change only occurs from permanently changing the way you think

and BEhave. It does not happen simply because you do something repeatedly or are given something.

We all know people who DO all the right things. They eat perfectly all day or exercise

excessively, but still don't not succeed at lasting change. We also know people that

seemingly HAVE the perfect set-up for change and still fail. The fact that those undergoing

gastric bypass often regain the weight after some time is a prime example of why having

does equal changing.  
  
What BE means is that you have to learn to live and think differently. You need to live

and think like a lean person. To find your fat loss formula you first need to understand

5 key points.

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| http://openrate.aweber.com/y/o/?l=4zZyF&m=43vudhMchpyvWo6The fat loss lifestyle requires a very different thought process compared to weight loss thinking. These distinctions get lost on many people, yet are perhaps the most important concepts to understand in switching to a fat loss mindset. Here are the 5 key thought differences between followers of the fat loss lifestyle and weight loss followers.  **1) Calories have more than one destination**  Weight loss practitioners have a singular focus and see calories as directly related to fat. They believe if calories are lowered fat is lost and if calories are raised fat is gained. Fat loss seekers understand that calories are related to not just fat, but also sugar stores (glycogen) and muscle stores. In other words, there is more than one destination for a calorie, and your choices determine which dominates.  Decrease calories and you may lose fat. But, you may also lose muscle. Increase calories and you may gain fat, but you could instead gain muscle. The type of activity you do goes a long way to determine which occurs. This is one of the reasons weight training becomes the dominant form of activity in the fat loss lifestyle, because it is the only form of activity that drives extra calories into muscle gain.  **2) Food is information**  Fat loss seekers see food differently. A doughnut and a chicken breast have the same number of calories, but they realize the macro-nutrient ratio (protein vs. carbs vs. fat) has a ton to do with the metabolic outcome. One food will give sustained energy and more favorably impact muscle metabolism. The other will provide less consistent energy and speak more to your fat than your muscle. Quality of food matters to fat loss people while weight loss people only see amounts.  **3) Every action has a compensatory reaction**  People who focus on weight loss look at meals as separate and distinct. Breakfast has nothing to do with lunch which is separate from dinner. Practitioners of the fat loss lifestyle know choices at one meal directly impacted choices and metabolic outcomes at the next meal. Choosing to have a tiny salad for lunch or skipping an afternoon snack to save on calories has consequences later. Fat loss seekers know this. They can connect the dots between eating less all day and insatiable cravings for sweet fatty foods later. Weight loss practitioners seem to ignore these events never being consciously aware that their very approach to dieting is the cause of their hunger, cravings, lows in energy and eventual weight gain rebound.  The same concept applies to exercise. To weight loss minded people you should exercise as long as possible, after all it takes 250 calories to offset the 1/2 of a Snickers bar they just ate. What they don’t realize is that the wrong choice of exercise makes them far more likely to eat 500 calories of junk food later that day. Fat Loss seekers realize the amount and type of exercise has food consequences that matter. Exercise and diet are not separate.  This same concept applies to stress and sleep. They have no calories, but the compensatory reactions they create impact how much we eat, what we crave and whether we feel motivated to move. Weight loss thinking can not combat the impact of stress and sleep deprivation.  **4) Shades of Gray**  Fat loss practitioners know there are certain foods that are fine for some, but don’t work for them. They don’t see the rules of nutrition as black and white, but rather gray. A weight loss person will choose a diet Coke because it has zero calories. A fat loss seeker may or may not choose the same thing based on what it does to them. They are attune to the way food impacts them. Diet coke may cause cravings in some and a fat loss person will honor this individual reaction. Many healthy foods will be avoided by some practitioners of the fat loss lifestyle because while it may work for some, they are aware it does not work for them.  **5) Fat loss seekers care less about what they weigh**  Because gaining muscle also means gaining weight, fat loss seekers don’t focus too much on what they weigh. They instead look at the tightness and tone of the body. They realize a pound of fat and muscle weigh the same, but muscle takes up less space on the body. A fat loss seeker can look 130 but weigh 150 and they are ok with that. Weight loss people obsess about the scale and are confused how they can gain or lose 5 pounds in one day. Fat loss people know this is water and it bothers them far less. They measure body fat not just weight and pay attention to the muscle to fat ratio. They would rather be tight and firm vs. skinny and flabby. |