

3 WAYS TO SPEED UP FAT LOSS

WITHOUT STARVING YOURSELF.

Hi, I'm Theresa Depasquale, International Health and Fitness Expert, Author and motivational speaker. My team and I equip busy women with the tools and strategies to gain back control of their health and fitness and feel great again.



I do this with my online **90 Day Transformation program**, by teaching women how to use food, exercise and supplements to speed up their metabolism and by strengthening their mental fitness (tm) so they can overcome their excuses and finally achieve the body and life they desire.

I know what it's like to feel unhealthy and unhappy with my body and lack the energy and confidence to reach my full potential ...and I also know what it's like to be full of energy, to look and FEEL amazing and function at my highest levels; and this is exactly what I am passionate about teaching women.



The simple tips in this guide will help you jump start BOTH your metabolism and motivation so you can see quick changes which will motivate you even more! Without making these changes you're likely to continue sabotaging your results (and motivation!) by making your body work against everything your trying to accomplish.

*Here are the **top 3 mistakes** I see most women making which -when fixed- will have the fat coming off easier than ever before...*

And notice I said FAT not weight. Our goal is to speed up your metabolism and have you looking lean and sculpted not to lose weight and look skinny fat. I've been on both ends of the spectrum and skinny fat is not ideal either. I used to be skinny fat and was never confident in a bathing suit and I wasted away so much of my muscle I had to keep my calories sooo low to keep the weight off. It was constant struggle! Now I eat tons of healthy foods, do less exercise and have more time to enjoy life .. oh, and I'm finally happy with my body! I guarantee when you make these changes you'll feel the same, too.



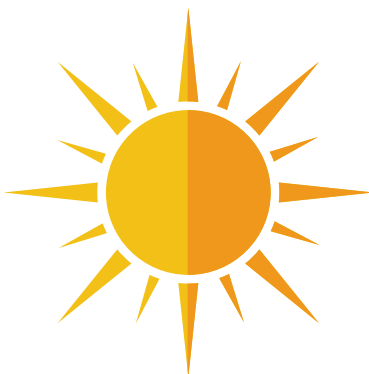
1

Make sleep a priority. Did you know sleep just is important to our hormones and metabolism as what you eat? Lack of sleep can lead to major hormone disruptions, from increased cortisol –the stress hormone that increases blood sugar and blunts fat burning, to a decrease in Leptin, the hormone that controls appetite by signaling you're full. That's not even mentioning the toll it takes on your brain. It may seem like staying up later to get things done will be more productive but conversely, cutting sleep to try to get more done will end up totally working against you and is a sure fire way to bring on the late night cravings. Shoot for 8 hours per night.

In addition to just shooting for 8 hours, you need to make sure you are getting 8 hours of QUALITY sleep:



- Make sure to get enough movement throughout the day. If it's a rest day make sure you are at least getting outside for a 30 minute walk. Movement is crucial for your circadian rhythm to be in balance and helps to ensure your sleep hormones are working properly.



- Walk outside during dawn or dusk hours. As mentioned above, movement is super important to regulate your circadian rhythm but walking (or training) outside is even more beneficial! Thank our caveman ancestors for our "clock" genes that use movement, food and light to regulate our hormones. Walking outside during these times gives you a beneficial dose of the red light spectrum.



- Get rid of blue light a couple of hours before bed. Obviously, avoidance is best but if necessary, wear blue blocker glasses or use a night shift setting/screen.

2

Up your Protein.

Most people are grossly under- eating protein...ESPECIALLY women and especially women over 30. Did you know that as we age we go through physiological changes that make it harder to build and retain muscle called anabolic resistance? Which is a huge part of why women all of a sudden have a difficult time keeping weight off and become unhappy with their bodies as they age; because they continue to eat the way they did in their 20's. It just doesn't work.

While you don't need to count calories or track all of your food, I highly recommend paying attention to your protein. Shoot for getting at least 1g of protein per pound of body weight or at **MIN 30g 3x per day**. This will not only keep you in an anabolic (muscle building/fat burning state) it will make you feel more full and satiated, help balance your hormones and eliminate late night hunger and cravings.

3

Make sure your body has it needs to function properly aka NUTRIENTS!

Unless you are eating pounds of vegetables from an organic garden you grew yourself, chances are you aren't getting nearly enough of the nutrients your body needs to function optimally (if you even eat any vegetables at all!). Our body is a bunch of different chemical reactions happening at one time. And just like you learned in chemistry class, If $A=B=C$ and you don't have A or B, what do you think happens to the outcome of that equation? Right, you will not get C! For the purposes of this discussion, C is things like hormones, muscle and enzymes for metabolic processes; all things YOU NEED to stay healthy and get the body you desire. This is the foundation of your metabolism!

Even if you are eating some fruits and veggies in your diet, it's likely you are still not getting enough of the vitamins, minerals and phytonutrients your body needs to run optimally. Gmo's, pesticides, soil degradation and food storage practices all affect the amount of nutrients the plants have, so they don't have the same nutritional value they used to. In addition, our hectic, crazy lifestyles create a chronic stress environment in our bodies, making it more difficult for our bodies to get the nutrients we need from food.

To combat this, there are a few essential supplements everyone should be taking to make sure we are filling the nutritional gaps we may not be getting from food. And notice I said supplement not replace! Eating a diet rich in whole foods should always be the goal!

Supplements are just a safety net to ensure optimal nutrition and should be taken in conjunction with a healthy diet. I talk in depth on this topic on my blog but for now some of the essentials are Vit D, Omega 3's, Multi and probiotic. If you're a high stress individual I would highly suggest taking digestive enzymes with your meals, too. This was a game changer for me!! I cannot tell you the difference in my health and energy after I started with proper nutrition and supplementation. It's one of the reasons I got into this industry because it changed my life so much I actually felt like a different person. It's also the first thing I hear from most of my clients is how amazing they FEEL. And after is how amazing they look, of course 😊

If you like this ebook and are ready to take your health and fitness to the next level, check out some of these amazing success stories and I'm sure you'll be even more motivated!

BikiniBossFitness.com/Stories

