

BALANCE

FITNESS & HEALTH, LLC

TOP 3 FAT LOSS SECRETS



Cardio, diet, “quick fix”. These are methods we have all been told to follow or have come across at some point during our health journey. However, many factors influence overall wellness and fat loss.

At Balance Fitness and Health, we believe that optimal health requires looking deeper beyond the “quick fix” basics. That’s why we put together our *Balance Fitness Top 3 Fat Loss Secrets* -- to highlight the keys you have been missing so you can achieve the results you have always wanted.





SLEEP EXPLORED

We always hear about how important getting enough sleep is and how many aspects of our health are reliant on quality ZZZs. But did you know that sleep also influences our hormones? There are more hormones in our bodies than most people realize, and many have an impact on weight gain and appetite. Leptin, the hormone that turns off our hunger switch, and ghrelin, the hormone that stimulates appetite and makes you feel happy when eating, are two that are directly impacted by sleep quality. Less sleep has been found to decrease leptin and raise ghrelin -- so no matter how many snacks you eat, you're constantly left wanting more. Food (especially the carbohydrate-rich groups) has a large impact on the reward center of our brains when we are tired. Mix a food-fueled feel-good moment with unbalanced appetite hormones and you understand the science behind the "midnight munchies."

DAVID'S TOP TIPS

- Try to achieve 7+ hours of sleep and keep regular sleep/wake times.
- Supplement with magnesium and/or take magnesium salt baths -- magnesium chloride absorbs better than magnesium sulphate.
- Sleep in a completely dark and cool room.
- Eating quality carbs for your last meal can reduce cortisol and improve sleep quality.





This combination of hormonal imbalances by itself can be a huge hindrance to fat loss. Yet there's another culprit that is often a crucial missing piece for many -- balancing cortisol. You may have heard of the "stress hormone" before. It is released when our bodies go into fight-or-flight mode (necessary in prehistoric times when extra energy was needed to run for survival, not as necessary in today's world). Our bodies still release this extra energy when we are stressed, yet we are not physically burning it off. When it's released, cortisol activates the fat-storing enzyme lipoprotein lipase. This, combined with insulin that is released after a meal, is what can cause weight gain. It has also been found that abdominal fat cells have extra cortisol receptors, which is why high levels of stress can lead to weight gain in the stomach area. One of the biggest solutions to balancing your cortisol is getting enough sleep. When we are tired, our bodies are in a constant state of fight-or-flight stress mode, cortisol is continuously being pumped out, and we can never fully relax and recover. Extra stress = extra cortisol = extra fat. Adequate sleep doesn't just lower cortisol and stress, it keeps your insulin production running smoothly, controls your cravings and dietary choices, and gives you the motivation to get up and burn off that extra fat-storing energy when your daily stressors get a little too high.

**"WHEN WE ARE TIRED,
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INTERMITTENT FASTING EXPLORED

Fad diets come and go, but one that has stuck around for years in the fitness community due to its ease of application, health benefits (such as reducing your risk of diabetes and heart disease), and ability to aid in weight loss is called intermittent fasting (IF). IF is simply a plan of following a specific eating schedule that allows for a fasting period to enable complete digestion. Studies have found that IF helped people cut 4-7% from their waist circumference over a period of 24 weeks, indicating fat loss in the abdominal area. So how exactly *does* this method influence fat loss? First, your daily caloric intake is lower because of the shorter eating time. Second, the extended period of digestion allows your body to use stored fuel for its energy instead of working off of continuously supplied food. This helps speed up your metabolism. Third, your appetite hormones are positively affected by intermittent fasting. Fat is your body's way of storing energy, and when you do not supply outside sources for your body to use, it figures out a way to tap into what it already has. When you fast, your insulin levels lower as a way for your body to use its stored energy, burning sugar and causing fat loss. This, along with the help of norepinephrine from your adrenal glands, repurposes the energy and helps break down your fat cells.

DAVID'S TOP TIPS

- Take apple cider vinegar during a fast. This wonderful "drink" will help reduce insulin in the blood, therefore getting you into fat burning mode faster. Simply add 2 TBSP into water. Dilute for taste.
- Add pink salt to your water. The pink salt will give you energy and support the adrenal glands as they are working harder in a fasted state. Just a pinch will do!
- IF is very powerful and works fast, but it is not a green light to eat garbage during your eating window.





When people hear the word “fasting” it can sound like a scary and difficult process. However, there are many different approaches to IF, so you decide which is best for you based on your individual needs and body. Some popular plans include the 16:8 method (16 hours of fasting, 8-hour eating window), the 5:2 method (eating normally 5 days a week, restricting the other 2), and the more advanced alternate-day method (eating and fasting days on and off). Recent studies have discovered some new and interesting information based on our body’s circadian rhythms and the ways our metabolism has adapted to these. A form of IF that follows the 16:8 method called “early time-restricted feeding” was found to help lower insulin, curb appetite, and reduce blood sugar more efficiently than others. This method schedules the 8 hour eating period starting early in the day and ending in mid-afternoon. The more time we have between our last meal and going to bed, the better chance our body has to metabolize food and decrease fat storage. The best part is that it’s super easy to implement IF in your day-to-day life. Having a calendar that you can reference to follow your personalized schedule can be helpful. Just remember, every body is different and has unique needs, so the method that works best for your next-door neighbor may not be best for you. At Balance Fitness & Health, we work with you to plan and individualize your lifestyle to get the results you have been looking for.

“FAT IS YOUR BODY’S WAY OF STORING ENERGY, AND WHEN YOU DO NOT SUPPLY OUTSIDE SOURCES FOR YOUR BODY TO USE, IT FIGURES OUT A WAY TO TAP INTO WHAT IT ALREADY HAS”





RESISTANCE TRAINING EXPLORED

Fast and more are not necessarily positives when it comes to long term fitness results. Many people fall into the trap of thinking that pushing hours of cardio everyday is the key to fat loss. Or that extreme caloric restriction will help sustain your goals. Yet just as an unbalanced diet will hinder long term fat loss, skipping the weights and going straight for the treadmill will do the same. Lasting results come from routines that focus on muscle growth through varied and challenging movements instead of repetitive cardio calorie burn. Our muscles are a big contributor to our metabolic rate. When we strengthen them, our body has to work to maintain the tissue, and all of this work speeds up our metabolism. Overdoing cardio oftentimes leads to a decrease in muscle mass, which in turn slows down our metabolism since there is less to maintain.

DAVID'S TOP TIPS

- Ensure your training supports your goal. For example, if your goal is fat loss but you're training under 5 reps and having lots of rest between sets, you are targeting strength. Find the right routine.
- Train hard! No, you don't have to grunt and spit but you **MUST** challenge the body! (Safely push your limits)
- Hire a professional! If you are new to training or your results are stagnant, it might be time to invest into a professional. Choose wisely and work with someone who has proven results.





Resistance training has been found to keep burning calories for hours (sometimes days) after your session. Our oxygen uptake stays high so our muscles can recover by breaking down fat and carbs, also known as excess post-exercise oxygen consumption. Furthermore, the more muscle tone we have, the more we keep burning. Muscle size plays a big part in our metabolic resting rate (MRR), or what your body burns when it is resting. Bigger muscles = increased MRR = long-term fat loss. Not only will your body look more toned and muscular from resistance training, but you'll also be burning more calories at all times. Long-term fitness results do not come from a quick fix, a 10-hour session on the stairmaster, or a week of the keto diet. It's a "slow and steady wins the race" type of lifestyle. With our expertise in training and nutrition and our unique focus on BioSignature Modulation, Balance Fitness and Health is your one-stop for the body and lifestyle you've always dreamed of.

**"LASTING RESULTS
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ABOUT BALANCE FITNESS & HEALTH

Through years of training experience, owner and lead trainer David Bertrand recognized the need for more than just fitness. So many factors influence Fat Loss, Performance, and overall health. BioSignature Modulation is the tool that filled the need and created Balance. Through BioSignature we are able to individualize each nutrition and supplementation regimen. Combine fitness, nutrition, and the correct supplementation and you have guaranteed results! Education is paramount in the wellness industry. David and all of the trainers at Balance Fitness & Health continually improve their educations annually through hours of class time and real application!



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