

# Top Fat Loss Secrets for Women

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PrecisionNutrition



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If you've ever tried to lose fat, you know it can seem difficult. Confusing. Hard to do, hard to maintain

It doesn't have to be that way.

Our **Lean Eating Coaching Program for Women** has already transformed the bodies and lives of thousands of clients... people just like you.

Here are just a few examples of our Lean Eating success stories:



*This client, a 44 year old female, lost 106 lbs and 25% body fat in 12 months*



*This client, a 34 year old female, lost 61 lbs in 12 months*



*This client, a 55 year old female, lost 53 lbs and 25% body fat in 12 months*



*This client, a 44 year old female, lost 82 lbs and 19% body fat in 12 months*

For more, check out the following link: [Female fat loss success stories](#)

### ARE WE GENIUSES? (WELL, WE LIKE TO THINK SO.)

Are our body transformation clients — many of whom have achieved stunning results — somehow “better” than normal? Special? Extra-motivated? Blessed with “great genes”?

No. They’re average Janes. They’ve simply learned — and practiced — what really works.

Our coaches use simple, time-tested methods to inspire, motivate, monitor, and guide our clients to stunning body (and life) transformations.

Today we’re going to pass some of these “secrets” on to you. They’re simple. (But not necessarily easy.)

In fact, if you never read another article on fat loss again after this one, that would be enough to get you — and most importantly, keep you — lean. For life.

Sweet.

SECRET

1

Eat slowly.

Check your watch. Start eating. When you’re done, check your watch again. How long did it take you? Our guess: not long enough.

Your goal is *at least* 15 to 20 minutes per meal. You need that long in order to taste your food properly, and to let your body tell your brain that you’re full.

Put your utensils down between bites. Chew properly. Savour what you're eating. Enjoy it. Spend time with it. You'll enjoy food more, and get leaner to boot.

SECRET

2

## Eat until you're "80% full".

What the heck does that mean? It means you eat until you're *just satisfied*. Until you're no longer *physically* hungry. Instead of "stuffed" or "full".

Don't get hung up on exactly what "80% full" is, or whether you're getting to "75%" or "88%". Shoot for the general idea.

Remember: eat s-l-o-w-l-y. Be patient with "80% full". It takes practice. But once you get the hang of learning your physical (rather than your social or psychological) hunger cues, this one will be a breeze.

SECRET

3

## Get your 5 hours. Make them count.

Sure, you could drill yourself into the ground with long, gut-busting workouts. But why? As we've proven, you can get great results with about 5 hours of exercise per week.

The trick? Make those hours count.

Our suggestion:

1. 3 days a week, weight train for about 45 minutes. Choose complex exercises with lots of moving parts that give you bang for your buck, such as:
  - pullups/pulldowns, rows
  - pushups, presses
  - squats, deadlifts, lunges
  - hip hinges (i.e. swings)Think *movements* rather than *body parts*. Think *quality* rather than *quantity*. Put some tough stuff together in a circuit and give 'er.
2. 2 days a week, do sprint intervals (or do the equivalent, such as intervals on a rower) for about 15 minutes.
3. Do about 10 minutes of warmup and mobility work every day.
4. Fill in the rest of the time with "active recovery": gentle, moderate movement such as walking, swimming, yoga, taking the stairs instead of the elevator, and just plain old "stay moving".

## SECRET | 4 Sleep.

Sleep changes your hormone balance and your recovery ability. This changes how your body responds to nutrients, exercise, and stress.

The more sleep you get, the leaner you are. The less sleep you get, the fatter, weaker, and sicker you're eventually likely to be.

At *least* 1-2 hours before bed, turn off the TV, computer, and cell phone. Darken the room.

And get ready to sleep yourself lean.

## SECRET | 5 Pay attention.

If you're struggling to change bad habits, start by becoming aware of what you're doing, thinking, and feeling (both physically and emotionally). We call this *noticing and naming*.

You can't change something if you're clueless. So tune in.

Paying attention also makes your performance better. For example:

- If you eat slowly and mindfully, conscious of every bite, you'll probably eat less but enjoy your food more.
- If you train carefully, with a plan, you'll probably do your exercises correctly, with a clear focus, and stay uninjured.
- If you notice what "triggers" you into unwanted behaviours, you can "break the chain" and choose a different path.

## SECRET | 6 Forget "willpower" and "motivation". Change your environment and your systems. And get social support.

Willpower is a very limited and unreliable bank account. *Never* count on it. Ever.

Instead, built an environment, a system, and a support network that helps you get to your goals.

- If food is in your house, you'll eat it. So don't have that food in your house.
- If your gym is horribly inconvenient, you won't go. So make it convenient, or buy some weights for home. And meet a friend to work out.
- If you wait till you feel full of energy to work out, you'll never do it. So schedule it like an appointment.

- If you're surrounded by people who don't support your goals, you'll have a tougher uphill journey than a spawning salmon. So take a class, join a group, say hi to other fit folks in your gym, and build a strong social support network of fit and healthy people.

If you're looking for some great coaching and a 24/7 support group who cheer you on *for an entire year*, may we recommend the [Lean Eating Coaching Program](#).

SECRET

7

Take action. But do *ONE small* thing at a time.

Sure, we all love “change everything” moments like winning the lottery. But that ain't reality.

Forget thinking about change. Forget reading about change. *Do* change. Act. Now.

The *only* way to succeed at *anything* is to take action now — *ONE small* step at a time. Trust us.

Today, what is *ONE, very, very* small action you can do to move towards the change you want? What could you do in the next three minutes? Today?

Do that one small thing. High-five yourself.

Check in each day and make sure you're doing it. Then, next week, do another very small thing. Only one. High-five yourself again.

Repeat until ripped and awesome. It's just that simple!

## Take the next step

Twice per year we accept new clients into the Lean Eating Coaching Program for Women, where we coach small groups of women using the Precision Nutrition System and help them achieve the best fat loss results of their lives.

The results, to date, have been nothing short of remarkable. Over a hundred thousand pounds of fat lost, and over 6,000 lives changed in the process.

Click for more info on the [Lean Eating Coaching Program for Women](#), and to get on the waiting list.