



A FEW TIPS ON WEIGHT LOSS FROM THE MAX TEAM

What are some ways to jumpstart weight loss?

- Dropping weight very quickly isn't the best strategy. Our bodies will adjust to severe caloric deficits in a negative way. Illness, muscle loss, and an abrupt plateau will result. Don't starve yourself.
- A good intestinal cleanse such as Cleanse and Lean will help clean out your intestinal tract, improve digestion and utilization of nutrients, and will help get rid of bloating. This can be a good strategy when completely changing your nutrition.
- Increase physical exercise even if that just involves walking as you begin. Ultimately, adding resistance exercise will help muscle tone and increase metabolism.
- Get the junk foods out of your house.
- When you cook, make extra servings and put them in zip lock bags so they are readily available.
- Stock good food choices in your home

What are some nutrition tips that can help one blast past a frustrating plateau?

- A long-term caloric reduction can put our bodies into "starvation mode". As odd as it may sound, taking a day off and eating things you have been restricting, such as pizza, can help break the plateau. We regularly see people who have reduced their calories so low they are stuck and can't lose more weight until they start eating more calories.
- Another issue is macro nutrient combinations. How many

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Carbs/Fats/Proteins are being consumed can make an impact on how many pounds are lost. Studies from 2005 showed obese women that are more insulin resistant (not diabetic) do better on a 40/40/20 macronutrient ratio than people who are more insulin sensitive. 60/20/20. Changing this ratio can help break out of a plateau. Not everyone has exactly the same physiology.

- Long term weight loss is a balancing act between moderate calorie restriction and eating proper macronutrient combinations (carbs/fats/proteins) to support everything our bodies need.
- Restricting a specific macronutrient can negatively impact health and give us poor results over the long term. As an example: Low fat diets can impact our ability to produce hormones. Our hormone production is important for many metabolic functions.

How much weight should someone with an average of 50 pounds to lose aim to lose each week? Does that number vary depending on how much weight a person needs to lose?

- A good healthy weight loss for most people is 1.5 to 2 lbs per week. When people start losing more weight than 2lbs a week, over the long term, they tend to lose muscle mass. Losing muscle mass will ultimately have a negative impact on your goals. That is why many “fad” diets, which promise “quick weight loss”, don’t usually succeed for the long term.

In order to keep weight loss steady, what combinations of foods/nutrients should one be consuming?

- Our bodies need a healthy balance of carbohydrates, fats and proteins. Don’t eliminate food groups. Every food group has specific nutrients that may be hard to get by eliminating them. Try not to consume a lot of processed foods and simple sugars. Eating lean meats, complex carbs including

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a good amount of fruits and vegetables, and good sources of fat, will make you feel better and make it easier to reach your goals.

- Don't skimp on quality supplements. They can be a great addition to a healthy eating plan. You'll feel better and perform better.

I've been hearing a lot about a feast/famine approach (500 calories a day for two days, then 1700-2000 calories a day for five days, repeat). What are your thoughts on this?

- It isn't necessary to starve yourself to have great results losing body fat. 500 calories a day is not adequate to support the resting metabolic rate in a healthy active adult. Our bodies are highly resilient and can survive periods with this kind of restriction. Some people like to "shock" their system by doing this and they feel they are getting a benefit.

Staying motivated can be a challenge for people with a significant amount of weight to lose. Do you have any advice?

- Make a long term plan. 6 months is a good amount of time.
- Set a goal. I can't stress this enough. Get obsessed.
- Tell people what you are doing.
- Talk to a Certified Nutrition Coach. They will help educate you regarding what to eat, and help you set realistic goals. Setting an unrealistic goal will undermine your progress and demotivate you. Most people who have had great results will tell you it is 80% nutrition. This is what most people that are struggling to lose body fat are getting wrong.
- Get a workout partner or a trainer or both. Using improper form or following an improper plan can undermine your progress. This is an investment in your life and health. You deserve it.

Come pay us a visit. We can give you specific help and will use a science based approach. We offer full food based nutrition plans using grocery store food and can

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measure your progress on an industry leading Body Composition analyzer. This will help us determine if what you are eating and doing is having the right results. The scale can be a very misleading tool for long term healthy weight loss. We are Certified Nutrition Coaches. No high pressure sales and NO FAD DIETS here.

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