

# 11 Rules of Fat Loss



# At a Glance.....

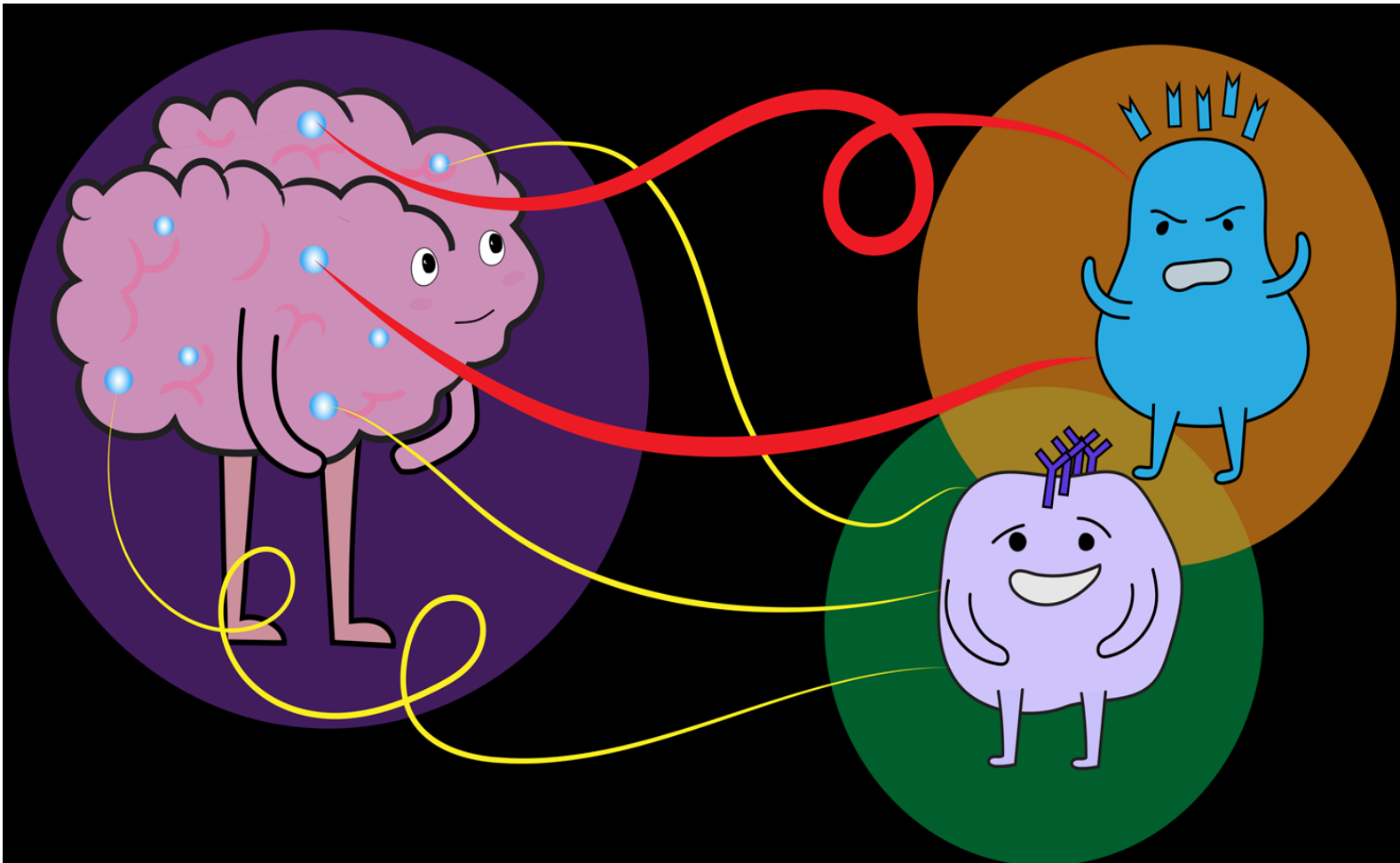
- 1 KEEP SHMEC IN CHECK: sleep, hunger, mood, energy, cravings
- 2 TIME EATING = NOT EATING
- 3 FIND CARBOHYDRATE TIPPING POINT
- 4 EAT FAT: GOOD ONES; NOT UNLIMITED AMOUNTS
- 5 EAT THE FAT SUGAR COMBO SPARINGLY
- 6 GOOD NOT PERFECT
- 7 METABOLIC EFFECT LABEL RULE
- 8 BECOME A DETECTIVE NOT A DIETER
- 9 LEARN "TRIGGER" & "BUFFERS"
- 10 HOW YOU MOVE EFFECTS HOW YOU EAT
- 11 DO YOU! BIO INDIVIDUALITY

**ENERGY EXPENDITURE**  
(Calories in/Calories Out)

**HORMONES**  
(Insulin, Cortisol, Leptin, Ghrelin.....)

**SIGNALS**  
(Neurotransmitters)

## SIGNALS (Neurotransmitters)

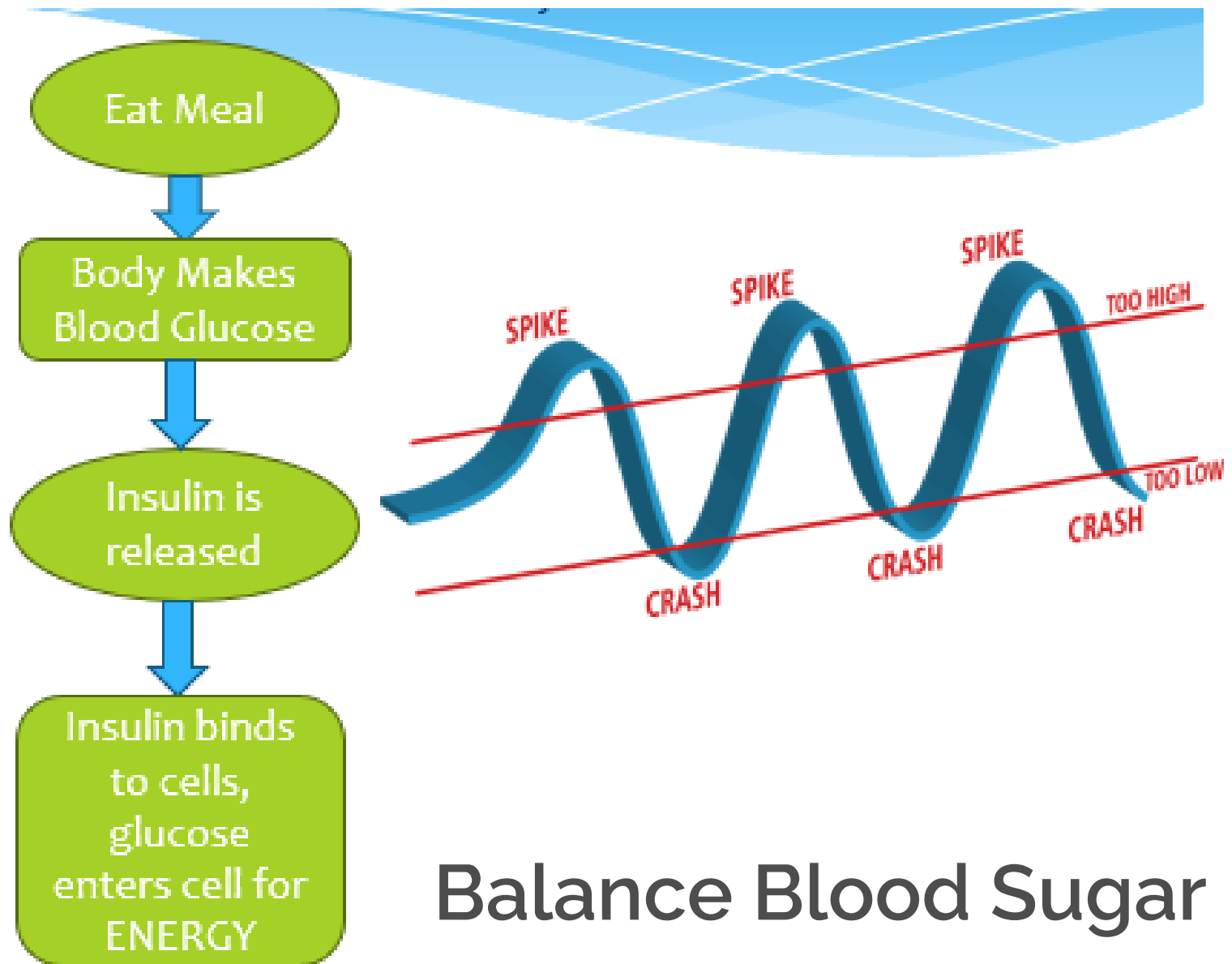


# 1 KEEP SHMEC IN CHECK

**SLEEP**  
**HUNGER**  
**MOOD**  
**ENERGY**  
**CRAVINGS**



# 1 KEEP SHMEC IN CHECK

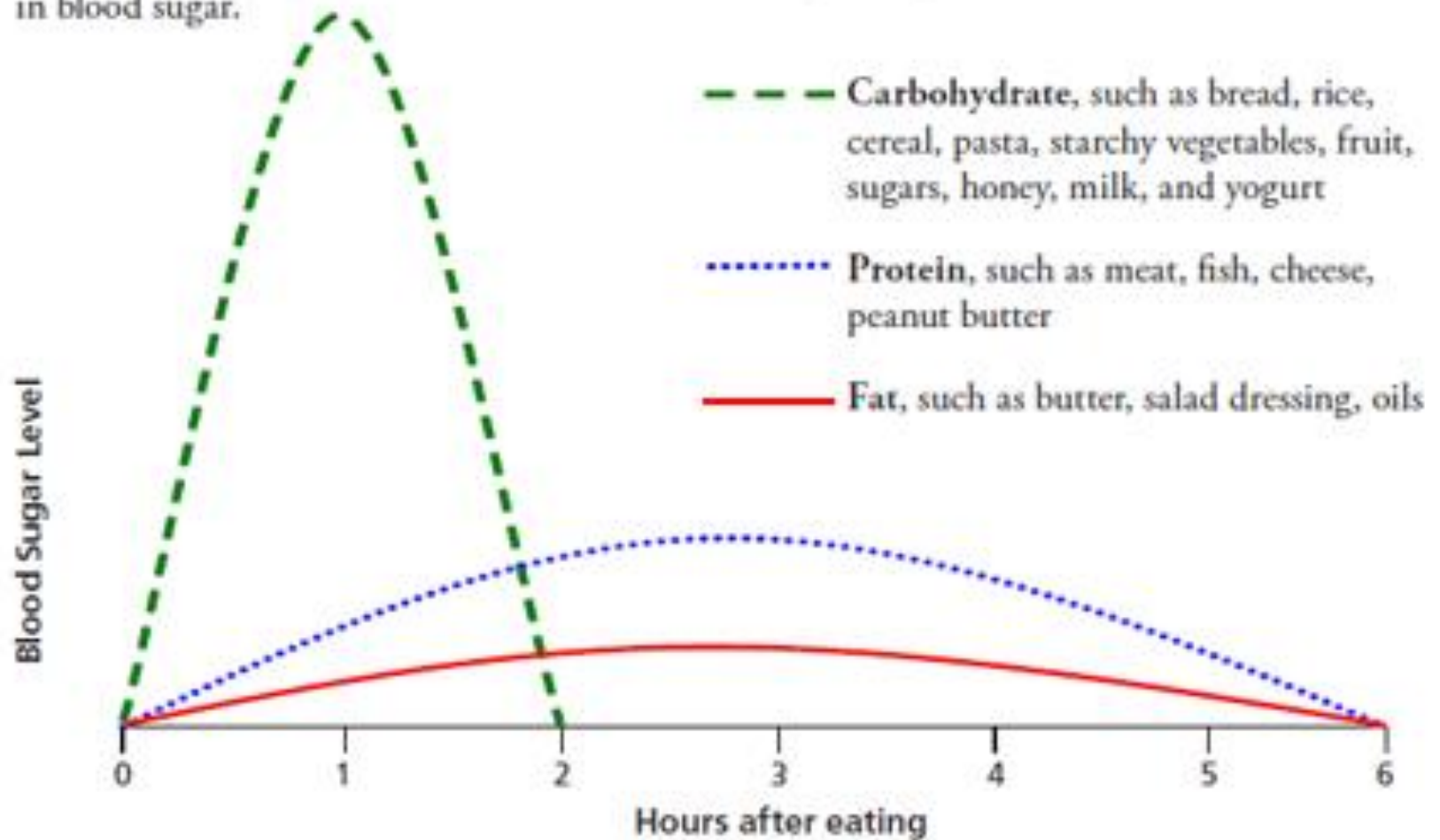


## Balance Blood Sugar

# 1 KEEP SHMEC IN CHECK

## How food affects blood sugar

This graph shows you the different rates that carbohydrate, protein, and fat each affect the rise in blood sugar.



# 3 CARBOHYDRATE TIPPING POINT



Female  
80-120 g/day

Male  
110-130 g/day



Female  
<150 g/day

Male  
170 g/day



# 7 Metabolic Effect Label Rule

**Total Carb  
- Fiber & Protein**  

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**10 or Less**

**Total Fat Less Than 15**

*Notes; PER SERVING, GRAMS*

# 7 Metabolic Effect Label Rule

## Nutrition Facts

Serving Size 1 Pastry (52g)  
Servings Per Container 8

### Amount Per Serving

**Calories** 210 Calories from Fat 50

**% Daily Value\***

**Total Fat** 6g **9%**

Saturated Fat 2g **10%**

Trans Fat 0g

Polyunsaturated Fat 2g

Monounsaturated Fat 1g

**Cholesterol** 0mg **0%**

**Sodium** 190mg **8%**

**Total Carbohydrate** 37g **12%**

Dietary Fiber less than 1g **3%**

Sugars 14g

**Protein** 2g



*Practice.....*

# 7 Metabolic Effect Label Rule

## Low Fat Vanilla Greek

### Yogurt:

Serving  $\frac{3}{4}$  cup

Total Carbs: 26 g

Fat: 1.5 g

Dietary Fiber: 0 g

Protein: 5 g



**ENERGY EXPENDITURE**  
(Calories in/Calories Out)

**HORMONES**  
(Insulin, Cortisol, Leptin, Ghrelin.....)

**SIGNALS**  
(Neurotransmitters)

# ROOT CAUSES

SLEEP

HUNGER

MOOD

MOTIVATION

ENERGY

CRAVINGS

SLUGGISH

MEATBOLISM



## GUT HEALTH 101

Wednesday 2/2 10:30 a.m.

# 11 Rules - Actionable

TAKE ACTION



FL

FIT LAB ROCKPORT

# How?

*Practice*

*Grace*

*Support*

*Application*

*Curiosity*



# **Fit Happens!**

# **FL**

FIT LAB ROCKPORT