

Strategies for Weight Loss

Pre-workout- need to eat something 20-30min before maximum force output

Eat with in 30 min of exercising at maximum output to recharge and replenish energy stores in the body

Make own food instead of eating out

Prepare smaller quantities of food (**figure out caloric need for the day**)

You should be burning 300-500cal more than you are eating each day in order to lose **1lb** of fat a week.

Replace processed food with whole fruits and vegetables

Use smaller serving containers

Avoid snacks, buffet tables (snacks should be **individually packed**, 15 hand full's of chips, or 5 brownies or cookies are not 1 snack.)

Eat whole grain, oatmeal, malto-meal, whole wheat bread,

Noodles are good the night before for carb loading for heavy work the next morning.

Eat slowly

Avoid long periods between meals (3 meals a day and 3 healthy snacks, not eating after 8:00pm.

Avoid high calorie drinks, sports drinks

Use reduced fat condiments

Eat fresh fruit for dessert

You don't need to restrict food, just eat in moderation. Eat until you almost feel full

Get support from others (accountability is key)