



WEIGHT LOSS PROGRAMS

## Chapter 6 – Cheat Sheets

# I AM A MEAN FAT BURNING MACHINE

# Why We Lose Muscle Mass

- **Non-stop dieting (loss can be 25% of muscle mass)**
- Extra exercising w/o proper nutrition (body use muscle mass as proteins)
- Too much cardio, not enough strength training (body burns glucose, fat and muscle mass)
- Lack of activity/disease
- **Age (we lose 0.5 to 1% of muscle mass every year after 50)**

**Women must do strength training at  
least 2-3 times a week**

# Why High Intensity Interval Training (HIIT)?



- Less time, more calories burned/find ideas online
- Efficient – Only a short while at **peak heart rate (30 seconds or 1 minute) followed by 2-3min slow down**
- Burn waist fat – Continue to burn extra calories for 24h!!!! Good on elliptical/bike/running/walking.
- Calculate your Maximum Heart Rate (MHR), **talk to your doctor, or your trainer (no heart attack!)**  
(220 - Age = 160 for me)
- And then push yourself, 20 min, 3 times a week

**My MHR = 220 – (     ) = - - - - -**

# Write Your Achievements

HOW MUCH HAVE YOU LOST SO FAR?



Body Part	Baseline	Today	Difference
<ul style="list-style-type: none"><li>- Total weight</li><li>- Body fat (if available)</li><li>- Waist circumference</li><li>- Arms/biceps (circumference)</li><li>- Thighs (circumference)</li></ul>			

# My Top 5 (or more) Reasons or Benefits to Move/Exercise More

Number 1: Muscle mass burns 4 times more calories than fat mass!

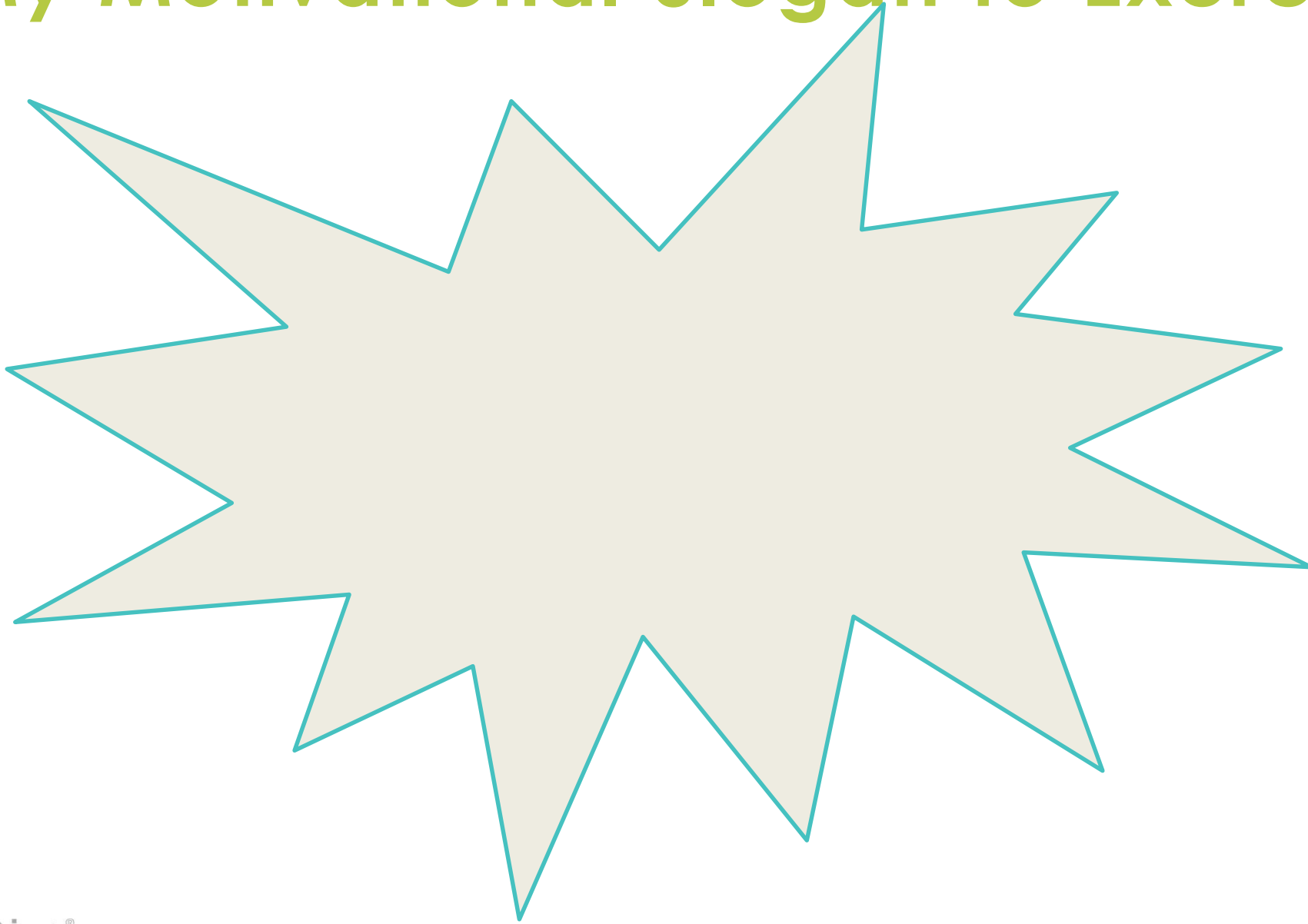
Number 2:

Number 3:

Number 4:

Number 5:

# My Motivational Slogan to Exercise



# My Plan This Week and Write in Agenda!

Day	Cardio	Strength Training	Other (yoga, meditation etc.)
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			
Must rest one day of the week			

# Experiments This Week

- **J**ust try something new/fun (Zumba? Pilates?)
- Feel the benefits (mood, energy, brain power etc.) and write them down.
- Promise me to try HIIT – after speaking to a professional – no heart attack!
- Listen to your body – be attuned to pain
- Increase the intensity if you are already exercising
- Put EXERCISE in your agenda! Add Strength!

**Luis, my trainer for many years**

