



THE BASICS OF SUSTAINABLE FAT LOSS!

HELLO!

Hi! My name is McKenna Olsen. I have the biggest passion for health and fitness and have dedicated my life to helping others DITCH THE DIET and live a health life forever! I am a personal trainer & certified fitness nutrition specialist. I have spent years studying and investing in coaches to help me gain the knowledge I have today in order to help you become your best self. My ultimate goal is to be able to provide you the information and specific methods that I have learned, implemented and have been able to teach to my 100's of clients on MAINTAINING fat loss, and learning to live healthily without "dieting" and spending hours in the gym.

If you are ready...let's dive right in!

STEP 1: EVALUATE YOU NUTRITION

Evaluation: Ask yourself, "am I eating with the goal of fueling myself OR am I eating purely for enjoyment?"

Action: Look at food as fuel 80% of the time and "pure enjoyment" 20% of the time.
(80/20 rule---> explained next!)

STEP 2: IMPLEMENT THE 80/20 RULE!

What is the 80/20 rule? This means eating whole, micronutrient rich (loaded with vitamins/minerals) 80% of the time and enjoying yourself without thinking about your intake, 20% of the time.

STEP 3: CHOOSING FOOD SOURCES

You know WHAT to do,
but HOW do you
implement? Here is
how:

To fuel yourself for your best, happiest and healthiest life, fill your diet with a majority of the food sources on the outside of the rings, 80% of the time (these are the basics):

Protein

- LEAN PROTEINS
- chicken
- lean ground turkey
- salmon
- white fish
- chickpeas
- beans
- eggs/egg whites
- shrimp
- cod
- greek yogurt
- tofu

Carbs

- potatoes
- rice
- oats
- puffed cereal
- sweet potato
- ezekial bread
- whole grain bread
- rice cakes
- fruit
- brown rice
- corn tortillas

Fats

- avocado
- peanut butter
- nuts and seeds
- coconut oil
- olive oil
- eggs
- low fat dairy

LET'S TAKE THIS A LITTLE DEEPER!

We want to aim to fill our diets with 80% whole food sources such as these:

LEAN PROTEINS

- chicken
- lean ground turkey
- salmon
- white fish
- chickpeas
- beans
- eggs/egg whites
- shrimp
- cod
- tofu
- greek yogurt

COMPLEX (STARCHY & NON STARCHY) CARBOHYDRATES

- oatmeal
- sweet potato
- potato
- rice (brown or white)
- ezekial bread
- whole grain bread
- corn tortillas
- legumes,
- oats
- beans
- quinoa
- fruits & vegetables
(YES, vegetables are carbs, but they are NON STARCHY!)

FATS

- avocado
- olive/coconut oil
- nuts (almonds, cashews, pecans)
- cheese
- low fat dairy
- whole seeds
- chia seeds

FRUITS/VEGGIES (Non-starchy carbs):

- broccoli
- brussel sprouts
- zucchini
- onion
- asparagus
- bell pepper
- tomato
- lettuce
- apple
- banana
- orange
- grapefruit
- berries
- watermelon

STEP 4: 3 TIPS TO KICKSTART HEALTHY EATING

Truth is...EVERYONE requires a different amount of intake based off of your personal statistics, personal goals, past dieting history, current activity levels, health needs/restrictions.

The BEST way to figure out your personal needs is to have help from someone who knows HOW to calculate your personal needs, and has been in your shoes.

Don't fret! Here are 3 tips to kickstart your nutrition and START NOW:

Step 1: Begin incorporating protein at EVERY MEAL. (This will increase satiety, help you increase your lean muscle mass to in turn boost metabolism!)

Step 2: Start measuring your food! (You don't have to be a tacking fanatic...but to learn proper portions you HAVE TO start with measuring to learn portion sizing.)

Step 3: Keep processed foods to a minimum. Be sure to focus on lean proteins, whole grains and fats high in HDL (good fats/cholesterol) in each meal, which are the fats listed above!

STEP 5: INCORPORATE EXERCISE!

The cool thing about fitness is that it is NOT one size fits all. (Hence why I create custom programs for different goals/needs!) It is so important to workout in the style YOU ENJOY, and same goes with nutrition.

Truth is, If you do not enjoy you programming, you will eventually "throw in the towel" and GIVE UP.

The key is to create a plan that you enjoy, is **SUSTAINABLE for LIFE** and that **yields results!**

Here are some suggestions to getting started...

1. If your goals is to **LOSE FAT**, the most efficient way is to **resistance train and mix in aerobic training**. Most my clients resistance train, mix in plyometrics, bodyweight exercises or HIIT to increase heart rate and maximize fat burning!

HERE ARE A COUPLE EXAMPLE WORKOUTS TO GUIDE YOU TO ACHIEVING SUSTAINABLE FAT LOSS AS WELL AS MAXIMIZE YOUR WORKOUT TIME TO BE MOST EFFICIENT! (SEE NEXT PAGES!)

LOWER BODY

Circuit 1:

Barbell sumo squat (15, 12, 10, 10 reps)
(increase weight each set)

SS

Pulsing reverse lunges (15 reps total)

SS

Static jump lunge (12 each leg)

*repeat 4 times

Circuit 2:

Elevated sumo squat w/ kettlebell (10 reps)

SS

Single leg hip thrust on bench (12 each leg)

*repeat 4 times

Circuit 3:

Toes elevated dumbbell straight leg deadlifts (10 reps)

SS

Narrow stance leg press (15 reps)

*repeat 4 times

Circuit 4:

Hip abductor drop set (Perform 15 reps at lightest weight; up weight, perform 10 more reps; up weight & perform 10 more reps)

SS

Dumbbell goblet squat (15, 12, 12 10 reps)

SS

Standing calf raise (15 reps)

*repeat 4 times

UPPER BODY

(Shoulder/chest focus)

Circuit 1:

Dumbbell shoulder press (8-10 reps)

SS

Resistance band lateral raises (15 reps)

*repeat 4 times

Circuit 2:

Dumbbell single arm lateral raises (10 reps)

SS

Barbell "thrusters" (begin with barbell in front squat position, squat, then thrust barbell upwards into a shoulder press as you come out of a squat) (10 reps)

*repeat 4 times

Circuit 3:

Alternating dumbbell front raises (12 reps total)

SS

Dumbbell upright rows (10 reps)

SS

Push-ups (10-15 reps, or as many as possible)

*repeat 4 times

Circuit 4:

Reverse pec dec machine (focus on rear delts) (10 reps)

SS

Dumbbell flat bench chest press (10 reps)

*repeat 4 times

STEP 6: 3 TIPS TO IMPLEMENT NOW!

Now that you have the tools to jumpstart your fat loss, it's time to IMPLEMENT!

Remember...it is about setting SMALL GOALS to reach your bigger ones. Before hopping right into multiple exercise days or a strictly whole foods diet...start with 1 step at a time.

The more you OVERWHELM yourself, the most likely you will fail!

STEP 1 TIP: IF YOU ARE EXERCISING 2X A WEEK CURRENTLY, MAKE A GOAL TO WORKOUT 3X THIS WEEK...THEN WORK UP FROM THERE!

STEP 2 TIP: IF YOU ARE EATING OUT 2X A DAY RIGHT NOW...MAKE A GOAL TO BRING THAT DOWN TO 1X A DAY THIS WEEK.

it isn't about mastering all of your goals NOW. It is about focusing on 1 goal...mastering it and setting a new one! This allows you to build momentum through goal setting.

STEP 7: GOAL SETTING/COMMITMENT

1. What is your first goal this week? (Commit to 1 thing that you can accomplish) Ex. workout 3x this week, incorporate protein at each meal, etc.

2. Keep track of each day that you reach this goal.

3. How will reaching this goal benefit me?

4. What am I going to do to ensure I reach this goal?

8. ACCOUNTABILITY

I challenge you to keep your commitment to yourself, post on IG what your goal is & tag me to keep yourself accountable, TAG ME W/ THE HASHTAG #MHFITNESS

Remember, I can supply you the tools to get started but it is YOUR CHOICE to apply these!

When we SHOW UP, are consistent and dedicated to the plan, we will see results. We won't see change after a week...it takes TIME.

Patience will be your best friend during transformation!

Don't forget to join my Facebook group for nutrition tips, FREE TRAININGS and recipes. Simply search "Maintainable fat loss with McKenna Olsen, MHFIT". I will see you inside!

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