



EMILY BACH

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THE 5 ESSENTIALS FOR SUSTAINABLE WEIGHT LOSS

We all know diets don't work, yet we continue to try them "just one more time". I finally lost 25 pounds when I broke the diet cycle and I want the same for you. Here are the five things to implement into your life today to start seeing and feeling the pounds come off!

1 The Sensible Hunger Method: Eat only when you are hungry and stop *before* you are full. This is number one for a reason. Weight loss is achieved by burning more calories (energy) than you take in (or eating less than your body needs). Weight gain is achieved by eating more calories (energy) than your body uses. The really cool thing is that your body knows exactly when you have had enough food. Caveat, we have to listen to it. You will gain weight if you consistently eat past your fullness level. You will lose weight if you consistently stop eating right before you are full. Your body knows when you have eaten too many calories than it can burn (yep, that's the full feeling you get). If you are someone who has been immersed in diet culture and on diets for most of your life, it will be much harder for you to listen to and find hunger, as well as listen to and find fullness. Adhering to this though, is where the magic happens!

2 Full-Day Eats Plan: Each day make a plan for everything you will eat. This isn't what you're thinking. I don't ask or teach my clients to count any calories, macronutrients, or weigh any foods prior to eating. I do teach my clients to pre-plan all of their meals for the full day right when they wake up or right before they go to bed the night before. And I want you to do the same! Here is what I mean by planning: Write down every single thing you will put into your mouth for the day- and follow it. This includes any food you want! Nothing is off limits. Don't make this complicated- it should take less than 5 minutes. I don't want you writing down calories, portions, or weights of food. Just write down the food itself!



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3 Prioritize Sleep: The average adult needs 7-8 hours of sleep per night. If you are consistently getting less than 7 hours you will consistently eat more calories than your body needs. This is because your hormones aren't as regulated and you will tend to choose highly processed foods that are much easier to overeat. Time to adjust your schedule and get some shut eye!

4 Drink Water: You've heard it before, I'm sure. Water is absolutely essential for our bodies to not only function, but thrive. When we are well hydrated, our hunger levels will decrease, our energy levels will increase, and our food will digest so much easier. Aim to get 60-70 oz per day!

5 12-hour Gut Rest: Our bodies aren't meant to digest food all day, every day. The average person is eating food or consuming drinks with calories about 18 hours out of each day. When the body isn't digesting food (and drinks), it has time for cellular cleansing and fat burning! A gut rest means only consuming food and drink that will not raise your blood sugar and not release insulin (water, black coffee, plain tea). I aim for my gut to rest for half of my day (usually 7pm-7am). Drop the full and bloated feeling when you wake up in the morning so you can finally feel hungry and ready to eat!



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