

Sustainable Habits to Lose 5-10 lbs in under 28 days.

**7**

**Effective Fat Loss Tips  
For  
People Over 35**

**TS**  
FITNESS

**TSFitnessNYC.com**

# 7

## **Effective Fat Loss Tips For People Over 35**

Sustainable Habits to lose 5-10 lbs of fat in under 28 days.

**At TS Fitness we have helped thousands of people reach their fat loss goals. Here are the 7 most effective tips and tricks that we have given our clients. Focus on doing just 1 that you are not doing at the moment and you will feel a difference. It's the small and consistent changes that will create big results!**

## 1. GET 10,000 STEPS PER DAY

**The Problem:** Most jobs are sedentary. If you're lucky you get to walk to and from lunch, adding a small amount of activity to your day. Inactivity means you're not burning many calories throughout the day.

**The Solution:** The obvious solution is to move more, but if it were really that simple then everyone would do it. The solution is to set a goal for each day. Try to reach 10,000 steps per day, which you can easily track on a smartphone or watch.

**Why it Works:** Reaching your step goal is possible, even if you sit for most of the day. You'll have to figure out ways to work more steps into your daily routine. Take the stairs instead of the elevator, start jogging in the morning/evening or take a dance class! Being more active will burn more calories, helping you lose weight.

## 2. HAVE A PALM SIZED AMOUNT OF PROTEIN WITH EVERY MEAL

**The Problem:** Protein is incredibly important because it builds muscle and requires a lot of energy to digest. Roughly 20% of the calories you get from protein are burned during digestion. However, most people don't eat enough protein.

**The Solution:** Try to have a palm sized amount of protein at every meal. For men, try to aim for two palm size servings.. For breakfast, that might mean adding protein powder to your smoothie. For lunch, you can add chicken or tofu to your salad.

**Why it Works:** Eating more protein will make you feel full, burn more calories and help you build muscle. By eating a consistent amount of protein, you are providing your body with the nutrients it needs to build muscle tone and keep your metabolism going.

### 3. EAT AN EXTRA MEAL

**The Problem:** Skipping meals like breakfast or lunch is common. The problem with skipping meals is the ravenous hunger that comes later on in the day, which makes you feel like you can eat anything. Even though you're skipping meals, you can overeat with just one high-calorie meal.

**The Solution:** Add an extra meal into your day. It could be the breakfast that you've been skipping; a snack between lunch and dinner or even a pre-bedtime meal.

**Why it Works:** Evenly spacing out your meals will prevent you from falling into stomach-gnawing hunger. You'll feel more self-control throughout the day if you eat meals at regular times, which will help you cut your calorie intake and lose weight. Try not to go more than 4 hours without eating a meal. Make sure it has a protein, fat, and carbohydrate source so it makes you feel satisfied.

### 4. MAKE HALF YOUR GRAINS WHOLE

**The Problem:** Processed foods are all too common in the American diet. White bread, rice and flour are all examples of processed grains. When grains are processed, much of the fiber is removed. Vitamins and minerals are typically lost as well. That means most of the carbohydrates you eat are lacking nutrients.

**The Solution:** Make half your grains whole. If you have processed bread or flour for one meal, try to have whole grain rice or bread in the next. Other whole grains include oatmeal and some cereals. Try whole wheat pasta and flour. Eating more whole grains will help you get more nutrients.

**Why it Works:** The fiber in whole grains will make you feel more full, so that you don't feel like you need to eat as much. You'll also get more vitamins and minerals in your diet. Plus, whole grain foods tend to be higher in protein, so you're not eating pure carbs.



## 5. CUT LIQUID CALORIES

**The Problem:** Drinks like soda or Gatorade with high sugar content add hundreds of calories to your diet. However, they're not the only culprit. Some protein shakes and green smoothies are also calorie-dense and high in sugar.

**The Solution:** Replace sugary drinks with diet alternatives, or cut back altogether and replace them with water. Keep your protein shakes, smoothies or bars under 10 grams of sugar per serving.

**Why it Works:** Liquids are easier to digest than solid foods. Think about it, if you were trying to gain weight, you'd probably drink protein shakes just to get the calories in without making your stomach work hard. It's best to get your calories from food. We know people have busy schedules, so it's better to drink a low sugar shake than to not eat at all.



## 6. DRINK ONE GLASS OF WATER PER MEAL

**The Problem:** Dehydration makes you tired, irritable and less focused. It also makes digesting food more difficult. You probably drink other fluids like coffee or diet soda during the day, but drinking water regularly is the best way to stay hydrated.

**The Solution:** Drink a glass of water with each meal. You might forget to drink water while you're running around during the day, but you have time to drink during your meals.

**Why it Works:** Drinking water during meals makes you feel more full, helping you eat less. It also keeps you hydrated during the day so that you feel your best. Instead of being dehydrated and sluggish for your workout, you'll be ready to go.



## 7. ADD ONE HOUR OF SLEEP

**The Problem:** Sleeping 6 hours or less per night makes you more likely to gain weight.

**The Solution:** Try to go to bed one hour earlier or wake up an hour later. You can also compromise by going to bed 30 minutes earlier and waking up 30 minutes later.

**Why it Works:** More sleep makes you less stressed. It also helps your body regulate hormones that influence weight gain. You'll be less likely to overeat during the day if you get over 6 hours of sleep per night, and you'll have more energy to workout.

### **BONUS TIP!**

## SCHEDULE A FREE GOAL & STRATEGY SESSION!

We would love to get you started on your journey back to a healthier life.

At TS Fitness we have helped countless people lose weight, get stronger and feel better.

For a **FREE** session with one of team members send us an email, shoot us a text or give us a call and we will get you started on the right path.

**[www.tsfitnessnyc.com](http://www.tsfitnessnyc.com)**  
**328 East 61st Street 4th Floor**  
**(Between 1st & 2nd Ave)**  
**New York, NY 10065**  
**[info@tsfitnessnyc.com](mailto:info@tsfitnessnyc.com)**  
**347-801-0192**

**TS**  
FITNESS