

# Setting a ***Realistic*** FAT LOSS Timeline!

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## **Realistic Goals... What does that mean? What does it look like?**

Especially when it comes to FAT loss and in keeping the fat OFF permanently. During a recent consultation, my potential client stated she wanted to drop 120 pounds and she wanted it off within one year. WOW! I was stunned by the expected timeframe she had set for her goal. As we explored this concept she pulled out an advertisement for a 'diet' making outrageous weight loss claims. One individual actually claimed to have dropped 35 pounds in 15 days. That is a reduction of 2.3 pounds a DAY. With her logic, if this person could drop 35 pounds in 15 days, then her goal of 120 pounds in 365 days was no big deal. I will admit to being completely speechless at that moment. My brain on the other hand was very active with questions like, what happened to the **health** of this person? When did the 15 days actually begin? Did they keep *any* muscle? Did they lose only water weight? How much actual FAT was dropped? Were they hospitalized during or after this 'diet'? Did they keep their weight off permanently or did they yo-yo and put on 35 Plus pounds within months of this regime? What happened to all the skin that housed the fat?

To **set** realistic goals, having ***realistic knowledge*** might be helpful. Muscle tissue is denser and more aesthetically pleasing to the eye than fat tissue. Five pounds of FAT is about the size of a loaf of bread. Five pounds of MUSCLE, on the other hand, can fit in the palm of your hand. As you drop fat and build lean muscle tissue, you lose bulk because the dense muscle tissue takes up less space than the fat. Additionally, muscle, not fat, 'fires up' your metabolic furnace utilizing more calories. It takes approximately fifty calories a day to maintain a pound of muscle whereas a pound of fat requires only two calories to maintain. *To change the overall appearance of your physique, realistic goals should be set to **BURN the FAT** and to Build and Keep your Muscle.*

**The body must be prepared or conditioned before it will drop fat.** Prior to the start of any new "diet", consideration must be given as to whether the BODY can support the requirements. Basic knowledge will tell you that to drop fat, one must have more calories being expended than are being consumed. Dropping calories and/or increasing the amount of energy being expended by doing some form of cardiovascular exercise are a few ways to have more calories being burned than are being consumed. If a person has the desire to drop 20-50 pounds of fat, or more, the caloric starting place must be relatively *high* with the cardiovascular expenditure fairly *low* or non-existent: **AND**, the body must have time **to adjust** to this environment **before** it is asked to change and drop fat. This is one reason we spend between 8-12 weeks during the Stabilizing Phase of the Fat loss program I teach. First we have to discover the correct 'mix' of proteins, carbohydrates,

good-fats, fiber and water that work for YOU. Next we have to get your caloric starting point high enough to support your fat loss goals. *Once we have your food at a good starting point, we have to keep your body there long enough so that your body learns how to burn food at that caloric level.* We stabilize your foundation so we can build on it. With this knowledge, setting a realistic goal that includes time to stabilize your body is Crucial to your fat loss efforts.

Once your body is stabilized and geared up for FAT loss, you are then ready to begin a concentrated effort to BURN FAT. If you are working with me, the rules change during a fat burning phase.

Foods your **fat likes** need to be discovered and eliminated. Some bodies begin dumping fat immediately, others take a bit of a kick in the butt to figure out it is time to release. **Setting Realistic Goals** is a must during this phase of the program. **You can anticipate releasing up to 2 pounds of Fat each week.** In my experience most women drop an average of 1.5 pounds a week; men drop an average of 2 pounds a week. Some bodies release slowly on the scale and rapidly on the tape measure. **Dropping Fat is a process.** As you begin shedding layers of fat (protection) the 'new you' has the potential to become vulnerable. During these times the body may feel like it is dying and shut down. My job is to keep you and your program moving forward. With all of this taken into consideration it is both unhealthy and unrealistic to drop more than 2 pounds a week *or* to have an expectation that you will *consistently* drop 2 pounds each week.

The time needed to stabilize and prepare your body to drop fat, drop fat at a healthy rate, and break through a plateau should all be factored into your timeframe. Set yourself up for a WIN for your entire fat loss program. Set your goals to SUPPORT your efforts. That way you can celebrate a year from now, or two or three because you kept your fat off permanently.



**Dr Nadine**

*Creating Lifestyle Changes to Last Your Lifetime*

NADINE is a *Naturopath and Holistic Nutrition Specialist* with over 30 years experience in the Health and Fitness Industry and teaches her clients the *Art* of building and maintaining lean muscle tissue as they drop body fat in a unique program designed for *them*. Nadine has coached all levels and genre of people and has taught a variety of programs including but not limited to Personal and Sports Nutrition, Sports Psychology, and Weight Lifting/Bodybuilding. Nadine is available for seminars and workshops based on availability. For more information contact **Dr NADINE** at **970-443-2541**, email: [Nadine@CoachNadine.com](mailto:Nadine@CoachNadine.com) or visit [www.coachnadine.com](http://www.coachnadine.com)