



## “How to Lose Body Fat While You Sleep”

Presented by

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### 1. Causes of Obesity

<input type="checkbox"/> Many proposed causes	<input type="checkbox"/> Too much dieting
<input type="checkbox"/> Genetic Risk	<input type="checkbox"/> Stress
<input type="checkbox"/> Calories In vs. Calories Out	<input type="checkbox"/> Too many soft drinks
<input type="checkbox"/> Technology	<input type="checkbox"/> Artificial sweeteners
<input type="checkbox"/> Increased Portion Sizes	<input type="checkbox"/> Too much sugar
<input type="checkbox"/> Fast Food high in calories and fats	<input type="checkbox"/> Too sedentary
<input type="checkbox"/> Misinformation from the Government	

### 2. Researchers Now Know Why:

- Metabolism Decreases
- Average Adult loses \_\_\_\_\_ and gains \_\_\_\_\_ every year
- Average male loses \_\_\_\_\_ between 40-70 years of age.

Source: USDA Human Nutrition Research Center on Aging Tufts University Nutrition and Medicine, 1995-2010

### 3. Four Proven Steps:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

### 4. Move:

- EPOC
- Cardiovascular Exercise
- Resistance Training
- Metabolic Effect

\_\_\_\_\_ + \_\_\_\_\_ = \_\_\_\_\_

#### Research:

- H.I.I.T/H.E.A.T.
- Resistance Training

[www.4321fitness.com](http://www.4321fitness.com) (Research sources)

**5. Fuel:**

- Carbohydrates (fiber)
- Protein
- Fat
- Vitamins
- Minerals
- Phytonutrients
- Hydration
- Digestion
- Metabolism

**6. Renew:**

- Stress
  - Cortisol
  - Adrenaline
- Eating Behaviors
- Techniques to reduce stress
- Supplements
- Sleep
  - Sleep deprivation study
  - Neurochemicals
  - Hormones
  - Calcium

**7. Connect:**

Emotional Health: Laurel Mellin, RD “The Pathway”  
Relational/Spiritual Health: Dr. Dale Matthews, “The Faith Factor”  
Dr. Dean Ornish, “Love and Survival”

**8. Program Approach:**

4: \_\_\_\_\_

3: \_\_\_\_\_

2: \_\_\_\_\_

1: \_\_\_\_\_

**9. Results:**

**10. Q and A:**

**11. Resources:** “The 10 Minute Total Body Breakthrough”: [www.4321fitness.com](http://www.4321fitness.com)  
4321 Workouts 1-6 (DVD): [www.4321fitness.com](http://www.4321fitness.com)  
Email Contact: [sean@personallyfit.com](mailto:sean@personallyfit.com)