



dotFIT™

Your Fitness. Connected.

★ ALLIANCE OF PRESTIGE & CREDIBILITY

EXPERIENCE. EXPERTISE. RESULTS.



YOUR WEBINAR HOST & SPEAKERS



Neal Spruce

dotFIT Founder & Chief Executive Officer

- Industry visionary
- Author and noted speaker
- 30-year fitness veteran
- Creator of the exerspy
- Former bodybuilding Champion



Kat Barefield, MS, RD

dotFIT Registered Dietitian

- Webinar Host and Elite Trainer for Dr. Oz's Move it & Lose It Program
- Featured guest on the Dr. Oz Show
- Bachelor's of Science in Athletic Training
- Master's of Science in Sports Nutrition



Your Fitness. Connected.

dotFIT™



ALLIANCE OF PRESTIGE & CREDIBILITY

dotFIT WEBINAR SERIES



TODAY'S TOPIC

Speed Up Your Weight Loss for Swimsuit Season



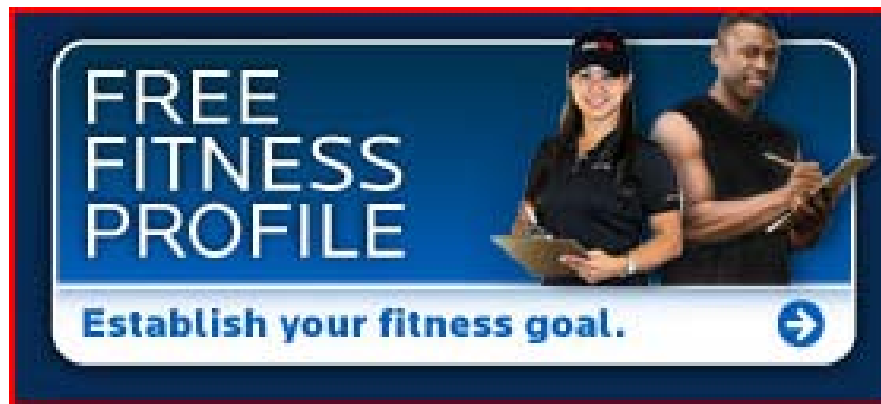
Your Fitness. Connected.

dotFIT™



TIP #1 - START WITH KNOWING YOUR NUMBERS

- 1 out of 10 know how many calories they need to maintain their weight
- Use our FREE Fitness Profile at www.dotFIT.com and get your numbers





TIP #2 - EAT BREAKFAST

- **Skipping this meal leads to**
 - ✓ Cravings
 - ✓ Low energy/blood sugar
 - ✓ More mindless snacking
 - ✓ Weight gain over time
- **Successful losers are breakfast eaters**
- **Breakfast eaters are more active during the day**
- **Eat whole grain + lean protein + fruit**





TIP #2 - EAT BREAKFAST

- Cereal and weight control
 - ✓ Cereal eaters weigh less
 - ✓ 30% less likely to be overweight
- How to choose cereal
 - ✓ Bran, whole grain, steel cut oats
 - ✓ 5 grams of fiber per serving
 - ✓ Iron enriched – 25% of DV
 - ✓ Less than 300 mg of sodium
 - ✓ 8 grams of sugar max





TIP #3 - EAT BEFORE YOUR MORNING WORKOUT

- Recent study on exercise after breakfast and on empty stomach
 - ✓ After breakfast, more fat was burned up to 24 hours after exercise
 - ✓ More calories were burned up to 24 hours when breakfast was eaten
 - ✓ Exercising moderately on an empty stomach did NOT increase metabolism or fat burning during or up to 24 hours after exercise.



READ KAT'S BLOG AT WWW.DOTFIT.COM/BLOG



TIP #3 - EAT BEFORE YOUR MORNING WORKOUT

➤ Guidelines for What to Eat

✓ Workouts less than 1 hour:

- ✓ Carbs for energy, foods that digest easily

- ✓ Bar, English muffin, toast, banana, yogurt

✓ Workouts 1 hour or longer

- ✓ Add protein and a little fat to maintain energy

- ✓ Bagel with peanut butter, cereal with fruit, toast and egg, meal replacement bar or Pre/Post workout shake



TIP #4 - DOUBLE CHECK YOUR PORTIONS

Portion Distortion

20 YEARS AGO

TODAY

DIFFERENCE



333 Calories



590 Calories

257 MORE CALORIES

Lifting weights for **1 HOUR AND 30 MINUTES** burns approximately 257 calories* **Based on 130-pound person*



500 Calories



850 Calories

350 MORE CALORIES

Playing golf (while walking and carrying your clubs) for **1 HOUR** burns approximately 350 calories* **Based on 160-pound person*



500 Calories



1,025 Calories

525 MORE CALORIES

Housecleaning for **2 HOURS AND 35 MINUTES** burns approximately 525 calories* **Based on 130-pound person*

20 YEARS AGO

TODAY

DIFFERENCE



85 Calories



250 Calories

165 MORE CALORIES

Working in the garden **35 MINUTES** burns approximately 165 calories* **Based on 160-pound person*



210 Calories



500 Calories

290 MORE CALORIES

Vacuuming for **1 HOUR AND 30 MINUTES** burns approximately 290 calories* **Based on 130-pound person*



270 Calories



630 Calories

360 MORE CALORIES

Doing water aerobics for **1 HOUR AND 15 MINUTES** burns approximately 360 calories* **Based on 160-pound person*





TIP #4 - DOUBLE CHECK YOUR PORTION SIZES

- Portion distortion is the #1 cause of a weight loss plateau
 - ✓ Use measuring cups for grains like rice, pasta, cereal and bread
 - ✓ Use a food scale for meat and lean protein
 - ✓ Use measuring spoons for spreads, oils, fats, peanut butter
- *The goal is to be able to eyeball standard portions*
 - ✓ Handout at [www.dotfit.com/webinar archives](http://www.dotfit.com/webinar/archives)





TIP #5 – SYSTEMIZE YOUR EATING PLAN

- Plan Meals Ahead of Time
 - ✓ Plan 1 week at a time
 - ✓ Make a grocery list
 - ✓ Shop the same day each week
 - ✓ Don't shop when hungry
 - ✓ Make a list of healthy fast foods as a backup plan

- Sample menus for 1,200, 1,500 and 1,800 calories available at www.dotfit.com/webinararchives





TIP #6 - CUT BACK ON EATING OUT

- **Between 1971 and 2000:**
 - ✓ Average man added 168 calories
 - ✓ Average women added 335 calories
 - ✓ Up to 77% of calories away from home
- **Restaurants portions are often 2-3 times larger than standard portions**
- **Diners served large vs. standard portions:**
 - ✓ Ate 43% more and ate more side dishes
 - ✓ Reported serving size was appropriate





TIP #7 - ENJOY ALCOHOL GUILT FREE

- Include calories in your daily budget
 - 150 calories - 6 ounce glass of wine or 12 ounce beer
 - 100 calories for a shot (1 ½ oz) of hard liquor
- Eat beforehand to prevent over-eating
- Go light – light beer, wine spritzers
 - Avoid blended drinks – 800+ for a margarita
- Limit to 1/day for women, 1-2 for men





TIP #8 - USE NEAL'S CONTEST FINAL PREP PLAN

- For Plateaus or Deadlines
 - ✓ 3 days low calorie/carb, 1 day high calorie
- Sample Plan
 - ✓ Daily Calorie Intake Target – 1,500
 - ✓ For 3 days, eat 1,000 calories
 - ✓ Remove mainly carbs and fat calories
 - ✓ For 1 day, eat 2,000 calories
 - ✓ Normal diet
 - ✓ Repeat as necessary



TIP #9 - FILL YOUR NUTRIENT GAPS

- Research indicates micronutrient shortfalls may influence calorie intake
 - ✓ Protective mechanism to maintain homeostasis
- Most common nutrient gaps:
 - ✓ Iron, calcium, Vitamin D, omega 3s, certain b-vitamins, magnesium, potassium, fiber
- Daily essentials
 - ✓ Multivitamin and mineral, calcium w/ Vitamin D, omega 3 fish oils

TIP #10 - INCREASE YOUR NEAT

- **Non Exercise Activity Thermogenesis**
 - ✓ Calories burned during daily living
 - ✓ Varies up to 2,000 calories/day between those of similar size
- **Large study on similar sized people with similar sedentary jobs**
 - ✓ Lean people stood or walked more than 2 hours longer per day than obese individuals

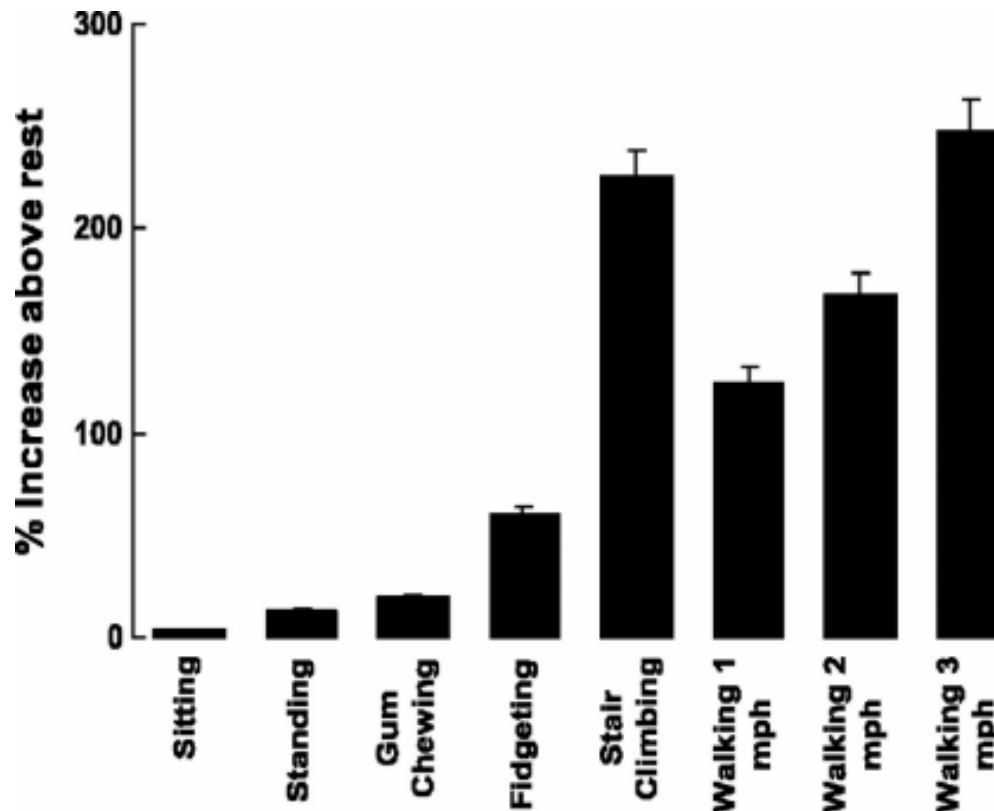


↑ YOUR GOALS. ACHIEVED.

SPEED UP YOUR WEIGHT LOSS

TIP #10 - INCREASE YOUR NEAT

➤ NEAT Calories Burned



TIP #10 - INCREASE YOUR NEAT

➤ Ways to burn 150 more calories a day

Dance for 30 minutes	Walk 2 miles in 30 minutes
Wash and wax car for 45-60 min	Jump rope for 15 minutes
Garden for 30-45 minutes	Take 3 10-minute walks
Wash windows & floors for 45-60 minutes	Take 3,000 more steps a day
Climb stairs for 15 minutes	Run 1.5 miles in 15 minutes
Rake leaves for 30 minutes	Swim laps for 20 minutes
Push stroller 1.5 miles in 30 minutes	Do water aerobics for 30 minutes

TIP #11 - GET ENOUGH SLEEP

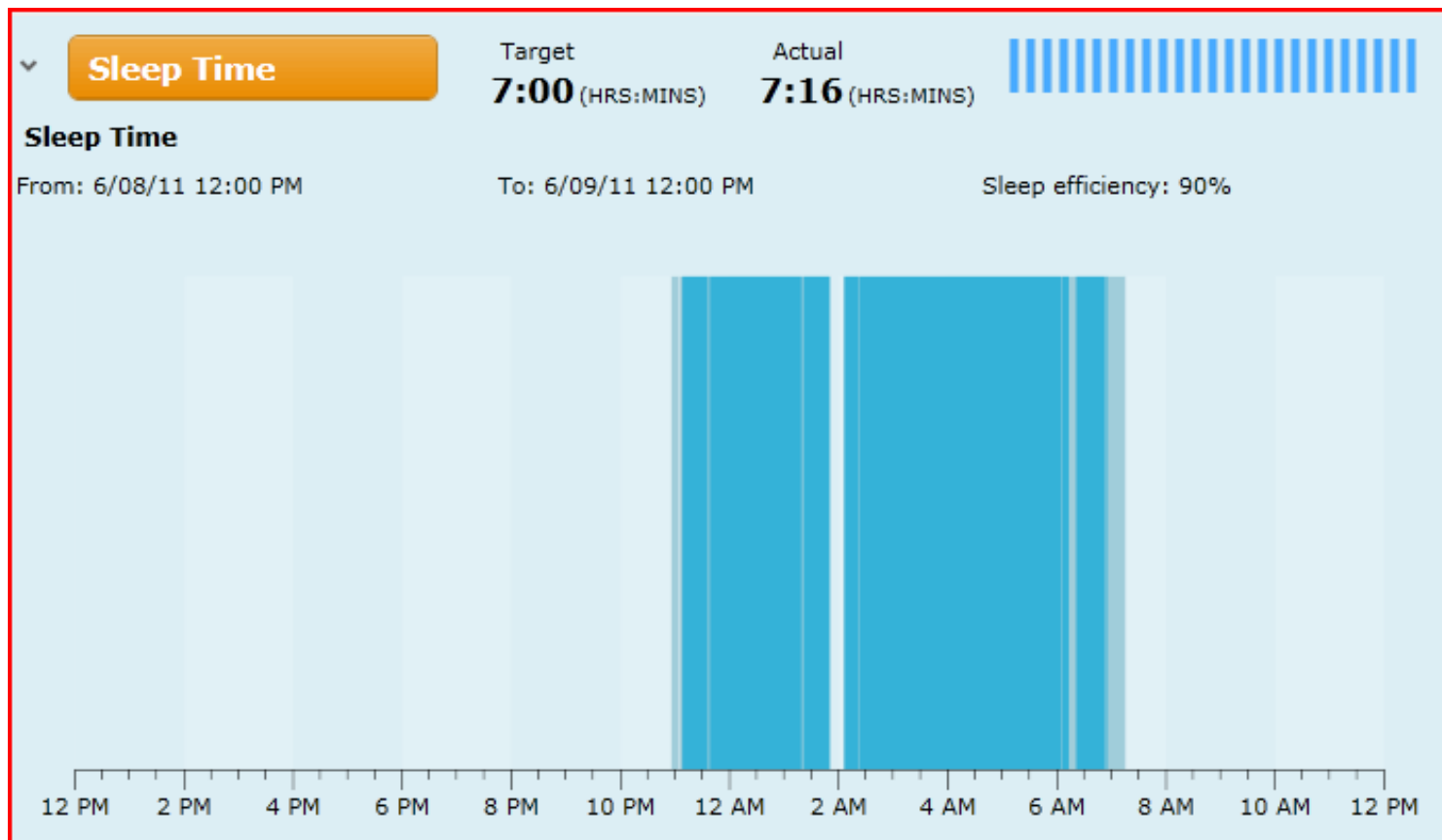
- The Less You Sleep, The More Likely You're Overweight
 - ✓ More fatigued
 - ✓ Less likely to exercise
 - ✓ More time to eat
 - ✓ Disruption of appetite control hormones
 - ✓ Impaired ability to cope with stress
- Shoot for at least 7 hours a night

↑ YOUR GOALS. ACHIEVED.

SPEED UP YOUR WEIGHT LOSS

TIP #11 - GET ENOUGH SLEEP

➤ Track sleep with dotFIT exerspy armband



Your Fitness. Connected.

dotFIT™

TIP #12- DON'T WAIT TOO LONG BETWEEN MEALS

- If you wait 5 hours between meals, you'll eat at least 52 extra calories
- Full time workers eat 20% more calories if they wait 4 hours between meals
 - ✓ If you wait 8 hours between meals, that jumps to 40%



TIP #12- DON'T WAIT TOO LONG BETWEEN MEALS

- You'll eat more fat, sugar and alcohol if you wait too long between meals
- Irregular eating may interfere with your body's ability to regulate hunger and satiety
 - ✓ Set a reminder in your calendar
- Plan on 3 meals and 1 snack at the same time each day



TIP #13 - ENJOY YOUR FOOD

- Boredom and lack of enjoyment leads to cravings and overeating
 - “I’m good during the week, but I lose it on the weekends”
- Incorporate favorite items regularly
 - ✓ Have a sensible portion that fits your calorie budget





SPEED UP YOUR WEIGHT LOSS

“In the beginning we create our habits, but in the end, our habits create us.”



 YOUR GOALS. ACHIEVED.

SPEED UP YOUR WEIGHT LOSS

KEYS TO REACHING YOUR GOAL

Join us next month:

**“How to create good habits
and get rid of bad ones”**





: HOW dotFIT WORKS FOR YOU

SPEED UP YOUR WEIGHT LOSS

THANK YOU FOR JOINING US!

- Free resources available at www.dotfit.com/webinararchives
 - ✓ Menus
 - ✓ Portion Size Handout
- dotFIT Weekly Blog at www.dotfit.com/blog
- Join our Facebook page
 - ✓ dotFIT Online Fitness & Weight Loss Programs



QUESTIONS? WE'VE GOT ANSWERS

- Use the **Go To Meeting window** on the right side of your screen.
 - ✓ Click the **QUESTIONS** tab and type in your question.
- More questions? Email us at edu@dotfit.com
- **The exerspy winner is.....**



dotFIT™
me.