

Step Three – Assessing & Understanding “Your” Starting Position

A. Knowledge - Ask yourself, “Do I have enough knowledge to know what daily tasks a healthy lifestyle should include?”

1. Health Coach vs. Program - This step is designed to reveal to you if you need: a health coach, a program or both as a partner to help teach you the right principles tailored to your specific lifestyle. To help you make that decision, I have provided the “**Healthy Lifestyle Quiz**” to assess your knowledge on healthy principles. It is very important that you understand there are principles that lead to a healthy life. Knowing these principles is not enough; they must be applied to your life...consistently for the rest of your life. These principles are woven into the Body Transformation Lifestyle program in order to transition you into a lifestyle where a program is no longer needed.

If you struggled with the answers to the quiz; then you need a coach, but don't feel bad because most people are in the same boat. Programs are designed to provide step-by-step actions to achieve your goal. One of the benefits of a program is to eliminate guessing what my next step is. Deciding if you need a program really boils down to your personality. If you are the type of person that **MUST** have a set of guidelines to follow in order to stay on track and motivated; then a program is the best solution for you. If you are the type of person that can take the principles and apply them without a map telling you what to do day-by-day; then a coach is a better solution for you to help pull you out of a ditch in case you get stuck. 😊

For those of you that are intimidated by the whole concept of living a healthy lifestyle, you need both; a coach and a program. I want you to understand even if you decide on investing in another weight management program, healthy principles are constant and never changing. In other words, if your program of choice does not incorporate these healthy lifestyle principles, eventually you'll end up where you started or worse. That leads me to the next assessment....

2. Body Composition – the percentage of fat, water, bone and muscle relative to your weight on the scale. When we see the scale fluctuate, one of these three (**fat, water or muscle**) elements are responsible. FYI, if you see bone loss, that's a whole different problem in itself. If bone loss is occurring, you will definitely need coaching to help narrow down the culprit as to why that's happening, and medical attention may be required as a result. It is imperative that you know your body composition **BEFORE** you start *any* program. Why? Well I'm glad you asked! This is the only way you'll know if your program is working. Many weight management program focus simply on losing weight. You need to know there is a difference between weight loss and fat loss. Weight loss means you weigh less, but not sure which of the three elements above were involved. Fat loss is the loss of pure fat **not** including bone, muscle or water. You see my friend; if your program is causing muscle/bone loss....**IT AIN'T WORKING!** Not only is it not working, but it's going to become more and more difficult to keep the fat off in the future because your program is destroying your metabolism. As for water loss, that's relative to your health condition. Some people need to gain water; whereas, some people need to lose water. Completing a health assessment from your doctor will reveal which category you fall under for water requirement. To help make this a simple assessment, I have provided a link to a few smart scales; of which I use one regularly especially when training for figure competitions. Besides it's great to get this information in the privacy of your own home. I have also included a body composition chart so you can see which risk category you fall under. If by chance you are not happy where you are on this chart, set a

target to where you'd like to be. Before you set your target, let me take a minute to destroy a myth I hear all the time. I've heard so many people say, "muscle weighs more than fat". How in God's name is that possible? Well, it's NOT possible! A pound of muscle weighs the same as a pound of fat. Here's the truth: Muscle is denser than fat and take up less space; therefore, a pound of muscle next to a pound of fat appears smaller in size, but they weigh the same...GET IT? That's why two women both weighing 125 pounds; one at 17% body fat and the other at 25% body fat, the later will appear much larger in size. Remember, the human body operates like a machine, and the Body Transformation Lifestyle Program is designed to calculate the amount of fat loss required to attain your desired body composition. Knowing this information allows my client to work smart and not hard.

3. Body Type – Where do you carry the most body fat? It is important that you realize fat is not

Contrasting Body Types



**Adrenal
Upper Gain**

"APPLE" Shape



**Pituitary
Entire Gain**

"BANANA" Shape



**Thyroid
Lower Gain**

"PEAR" Shape

a problem, it's a symptom of a problem. The chart above is designed to help you get a better understanding of the underlying problem that may be causing your excessive fat. Many people suffer from hormonal imbalances that cause weight gain or prevent the body from metabolizing fat efficiently. The Body Transformation Lifestyle Programs take these conditions into consideration for your success. Meaning your diet and workout program is designed to overcome these hormonal issues and force fat metabolism. If you have been diagnosed with such a condition, chances are you are taking medication to correct the issue. That in itself can be another contributing factor to the weight gain. In case you are not aware, some medication prevent fat metabolism. Here's your homework, if you are taking any medication make a list of your medicine and research the side effects on each one. One of my favorite website I use for my clients is: www.drugwatch.com/about. If you already have a site you feel more comfortable with, use it. One of your health goals should include getting off that medicine for life.

www.BodyTransformationsByTrina.com

Understanding the cause of your body fat will help you design your lifestyle map to help guide you in the types of exercise required (See section B-Movement below). It will be easy to determine if exercise is a MUST do and not up for negotiation; which foods to avoid, and what foods you must have in your diet, etc.

4. Food Language – All food edible by mankind fall into one of three macro-nutrient categories: Protein, Fat or Carbohydrates and they all serve a purpose; just like everything else in life. Please note: what I am about to explain is more complex, but for this purpose I'm keeping it simple for your understanding. Every muscle in the human body is made of protein, and **protein** is required to maintain and rebuild depleted muscle fibers. Lack of adequate protein in the diet depletes muscle mass; which decrease metabolism and cause the body to store fat easily. **Carbohydrates** are the initial fuel the body uses for movement. If you are not moving enough to burn off the amount of carbohydrates (glucose) you've consumed, your body will store the excessive carbohydrates in your muscle or liver as glycogen. Once the glycogen receptors are filled, the remaining carbohydrates are stored in your fat cells. **Fat** can be used as fuel in the absences of carbohydrates in the diet *and* the depletion of glycogen in the muscle. The other important purpose of **fat** is it helps your body absorb fat soluble vitamins like: A, D, E and K. Just so you'll know, too much fat will make you fat. In case your head is spinning, I have good news. You do not have to count calories to live a healthy lifestyle. Teaching clients how to feed themselves without counting calories is a technique incorporated in the Body Transformation Lifestyle Programs, and should be incorporated in all weight management programs. In addition to that, understanding how to read food labels help them along their journey when fresh or fresh frozen foods are simply not an option.

5. Preparation Habits – I hope this does not come as a shock, but preparation is a major part of living a healthy lifestyle, and time is the controlling factor. The homework you completed in Step 2 will help guide you when creating your time-map in order to incorporate these healthy habits on a daily or weekly basis. Here is a list of tasks that MUST be implemented:

a. Food Prep – You must decide if you are going to prepare your food daily or weekly. This decision is dictated by your lifestyle and the lists you created in step 2. I suggest you take a close look at the tasks you consider the “big rock” and determine if they truly are big rocks. You may need to make a new list or do a little task shuffling. What does food prep entails? Food Preparation is chopping or pre-cooking the items you plan to eat each day on a weekly or daily basis; weekly prep saves more time. You'll be pre-cooking all protein (meat) in batches just enough for the week. Chopping & washing vegetables for the week also help save time.

b. Food Shopping – Living a healthy lifestyle requires the consumption of fresh or fresh frozen foods. That means you will be at the grocery store more often and buying a little food at a time.

c. Rest – If you have sleep problems, now is the time to get professional help. I know a lot of people run off 4 to 5 hours of sleep and are convinced it's not affecting them. Well my friend, that's a lie born from the pits of hell. Any sleep deprived disease doesn't manifest over night, it's been brewing over time. Just so you'll know, many brain disease starts from lack of sleep; therefore, if you plan to live long I suggest you correct this problem...NOW! You need at least 7 to 8 hours of sleep.....make it happen!

d. Water Consumption – No matter where you are on the planet, you know you are going to get thirsty; therefore, you must consume daily the amount of water required based on the water consumption formula. That simply means you will not be without your favorite water bottle...EVER! ...at the movies, at church, at a game, at work, working out, in the mall, next to your bed...EVER!

e. Other - Include things like meditation, prayer, spending times with friends, family and pets, cutting the grass, cleaning the house. These are a few tasks you may or may not have listed in step 2.

B. Movement – Here's the million dollar question I get asked all the time. Do I have to work out to lose body fat? The answer is NOPE, but I highly recommend it. Ladies and gentlemen the human body was designed to move. If your goal is fat loss, exercising will get you to your goal quicker, you will feel better, sleep better, stress less, have more energy and feel sexier. ☺ If for some reason you can't move as much as you desire due to a medical condition or injury, your caloric intake just need to match your movement to meet your goals; and you still don't have to count calories to accomplish it.

1. Cardio burns fat. The higher the intensity and duration could tap into muscle depletion if the diet is not adequate, but that becomes an issue for advanced training.

2. Resistant/weight lifting - builds muscle that reshapes the body (*six-pack abs, beautiful shoulder, butt, back and legs*), increase strength, increase bone density, increase metabolism, and the benefit I like the most it allows you to eat more calories....yeah! Make me want to live something right now!

Step Three covered a lot; therefore, below is a recap of your homework/tasks:

1. Take the Healthy Lifestyle Quiz found under support tools & documents.
2. Get the smart scale by clicking the link in step three support tools & documents.
3. Determine what body composition you'd like to achieve.
4. Research your medication for side effects at www.DrugWatch.com/about or your favorite site
5. If you have sleep issues, get a professional opinion to help get diagnose and treatment
6. Decide when you will prep your food and shop for food. Note: depending upon your lifestyle, this may be on a different day each week. Remember, preparation is the key!

