

# Red Clover

## Essentials for Healthy Living

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## Weight Loss, The Right Way

By Ryan Carroll, C.P.T.



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Want to lose weight, tone up, or just have more energy and feel better? You could go on a yo-yo diet, starve yourself and gain the weight back. You could follow a cookie cutter exercise program built by a body-builder, lose weight, get injured, stop working out and gain the weight back. Or you could follow the 'no fat diet', not lose weight, and cause harm to the integrity of your cells, bones, muscles and organs.

All of these quick fixes will offer nothing but long term dysfunction and disappointment. I am going to tell you the big secret to permanent weight loss, and a healthy, happy, functional life. Are you ready? Exercise and proper nutrition.

Ok, maybe it isn't a big secret. Actually, it shouldn't be a secret at all. Everyone should know this, and this is why.

### Exercise

With proper nutrition you will get better results from functional strength training than you will from cardio alone. While cardio does burn more calories during exercise, strength training burns more AFTER. When strength training is performed you will burn calories for up to 38 hours after exercise. When performing cardiovascular exercise, you burn calories for about 7 to 13 hours after exercise.

This leaves strength training as the obvious primary choice for weight loss and efficiency, leaving cardio as a secondary or supplemental exercise choice.

### Why does it matter when the calories are burned?

When you calculate the numbers, 30 minutes of cardio as opposed to 30 minutes of strength training, you come up with completely different numbers. When doing cardio, you are working out for 30 minutes straight. When you perform 30 minutes of strength training, you are only actually exercising for about 10 minutes when you take out the rest times.

Cardio can be a good supplement to a workout, as long as there are no underlying issues that could arise. In general, a short and high intensity interval of cardio exercise combined with a functional strength training program is your best bet for results.

In order to ensure that you are performing the correct exercises, make sure that a professional tests you for muscle imbalances, postural issues, and that you mention any injuries or chronic pain you have experienced. They should then design a highly specific stretching and strength training program for you to follow.

*"If you can't pronounce a word, or there are more than 15 ingredients, DON'T EAT IT!"*

## Nutrition

You need to eat right! Let me explain what eating RIGHT means.

1. Eat whole, natural foods.
2. Eat Certified USDA Organic as much as possible.
3. Use only traditional fats and oils including butter and other animal fats, extra virgin olive oil, expeller expressed sesame and flax oil and the tropical oils—coconut and palm. These are all saturated fats, which have been “demonized,” but in reality are essential to a healthy body. Saturated fats constitute about 50% of the cell membrane. Protein and fats give our cells stiffness and integrity. Saturated fats are critical for healthy bones. For proper calcium distribution, 50% of fats must be saturated. Another interesting fact is that saturated fats lower Lp(a), a substance in the blood that indicates proneness to heart disease.

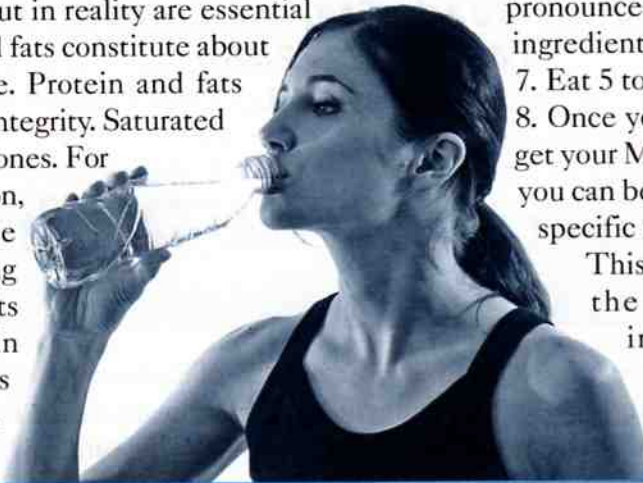
Saturated fats are needed for proper utilization of essential fatty acids; elongated omega-three fatty acids are better retained in the tissues when the diet is rich in saturated fats. It is also a rich source of Vitamins A and D.

4. Eat fresh fruits and vegetables, preferably organic, in salads and soups, or lightly steamed.
5. Drink 1/2 of your bodyweight in ounces of water per day.
6. No processed foods or foods with preservatives. A good rule of thumb, read the ingredients. If you can't pronounce a word, or there are more than 15 ingredients, DON'T EAT IT!
7. Eat 5 to 6 times a day.
8. Once you have mastered all of the above, get your Metabolic Typing test. With this test you can begin to eat according to your body's specific demands.

This may not be a 'quick fix', but it is the only way to lose the weight, improve chronic pain, increase energy and live a vital and happy life permanently. 🐉

### Bio:

Ryan Carroll is the Owner and head trainer of Driven Fitness in St. Petersburg, Florida. Ryan is a C.H.E.K Exercise Coach, and a Certified Personal Trainer with the National Academy of Sports Medicine. If you need more information on exercise prescription, metabolic testing, or have any questions on exercise, nutrition, or lifestyle, contact Driven Fitness. [www.drivenfitness.org](http://www.drivenfitness.org) email: [contact@drivenfitness.org](mailto:contact@drivenfitness.org)



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