

The Jumpsuit Way Jumpstart Program Guidelines

1. **Weigh Day: first thing every Wednesday morning** (before you eat or drink anything) step on the scale, take a snapshot of your feet on the scale (showing the number it reads) and send to me.
2. Meal prep, meal prep, meal prep!!! Use the Jumpsuit Way Approved Grocery Guide as your grocery shopping guide, meal prep and snack ideas. Keep a copy in your purse and on your refrigerator.
3. First thing on an empty stomach, before you eat anything, dilute 1 Tbsp of ACV (Apple Cider Vinegar-Braggs) in 8oz of water and lemon juice and drink. This helps to curb your appetite and contributes to you weight loss efforts. Do the same thing at night 30 mins before your last meal.
4. Use as little oil (olive oil preferably) and salt to prepare your meals. Try substituting some of your salt with citrus fruits, herbs and spices. Choose vinaigrette dressings instead of creamy dressings for your salads and marinades. But be sure to watch out for the serving size, don't just pour!
5. When you go out to eat at restaurants or even when meal prepping at home; stay away from anything that says fried, breaded, coated, battered, or smothered. Instead gravitate towards words like bake, grill, roast, boil, broil or sauté veggies and lean proteins.
6. Aim to Eat between 25g-30g of protein at every meal. Eat a high-protein breakfast (make eggs your staple; egg whites mostly and include one yolk). Why? Because it's slow to digest and keeps you fuller longer. **Good rule of thumb at least 1.2g of protein per kilogram of body weight.** So, for someone who weighs 150 lbs. should have a minimum of 80g per day!
7. Make sure to consume 30-50g of fiber/day (mostly from legumes, fruits and veggie sources). Fiber absorbs water and takes up more space in your stomach, fights hunger pangs too! Avoid canned fruits or veggies (due to the high sodium and sugar content).
8. Try eating your complex carbs mostly around the time you are most active. That way it will be utilized efficiently as energy and not stored as fat. Use meal prep containers, measuring cups and spoons to portion out your food.
9. **Don't drink your calories!** That goes for juices, sodas, alcohol, etc. Limit to one serving on occasion if you must. But you will be better off eliminating them for these 8 weeks especially. Alcohol reduces the number of fat calories burned for energy! Also, No added sugars or creamers (unnecessary calories and fats) in your tea or coffee. If needed, use honey, agave, or maple syrup sparingly.
10. Drink a glass of water before and after each meal (including snacks). A higher than normal **water intake** is crucial for fat loss. Water intake is important for fat metabolism because it helps the liver perform the function of fat conversion for energy purposes. Aim for **A GALLON OF WATER A DAY!**
11. There are 4 types of dietary fats: monounsaturated and polyunsaturated fats (the "good" fats) and saturated and trans fats (the "bad" fats). The latter can raise your low-density lipoprotein, or bad cholesterol, putting you at greater risk for cardiovascular disease. So you have to be cautious about treating yourself to things like cookies, ice cream, chips, fried food, high-fat dairy products, and red meat, on a regular basis. However, just don't overdo it with healthy fats like avocado, nuts, and fatty fish.
12. Eating every 3-4 hrs, **speeds up your metabolism effortlessly**...5 moderate meals. Eating little meals frequently throughout the day burns more calories by increasing thermogenesis (production of heat in the body)!
13. Be sure to work out at least 30 mins/ 5-6 days a week. Use the work out calendar as your guide. **WE WILL MEET EVERY OTHER SATURDAY LIVE ON ZOOM at 8am ET / 7am CT prompt** for our 30 mins workout session!

Wellness Reminders

1. Eat Enough Protein

The more muscle you have, the more calories you burn, so the goal is to preserve that muscle. To do this, you'll want to keep protein intake between .8 grams to 1 gram of protein per kilograms of body weight.

2. Portion Out Your Food

As you get a little bit closer to your target weight, you have to be a bit more meticulous. If you've stopped seeing results, you need to pay attention to portion control.

3. Don't Treat Yourself Too Often

The reward usually far exceeds the extra calories you expended. These excess calories stack up: Instead of binging on a sundae because you "earned it," choose smaller portions of treats you really love, like a really decadent piece of dark chocolate or one scoop of your favorite, high-quality vanilla ice cream. Here's one rule to go by: Only 10% of your daily calories should come from junk food.

4. Don't Overcompensate for Your Workouts

Don't miss out on opportunities to walk or be active or take the stairs. It's a small difference, but you're keeping your metabolism up. What's more, incorporating more movement throughout your day can keep you motivated.

5. Fuel Up the Right Way

Sticking to a high-intensity routine boosts your appetite. You might end up feeling ravenous post-workout, causing you to overeat and gain all of those calories back instantly. In that case, consider having a pre-workout snack to manage your hunger.

6. Be Consistent with Your Workouts

For a fat loss program to work, you have to stick to a routine long enough so you can really master it. People don't give themselves enough time to learn and master these moves. The sooner you become proficient at an exercise, the better you get at it. That means you can add more weight to it, helping you gain and retain muscle—which helps you burn more calories throughout the day and fend off fat.

7. Recover Properly

Not taking your recovery period seriously can cause you to plateau. When you pump iron, you're literally breaking down your body by causing micro tears in your muscle tissues, so you need give it time to rebuild that muscle before you get back into it.

8. Get Enough Sleep

Worrying and logging less than six hours of sleep per night can impact your waistline. Stress and sleep changes hormone function and increases cortisol levels, which is tied to excess weight and belly fat. In addition, higher cortisol levels stimulate hunger, particularly for junk food.