



METABOLIC RESET GUIDE

TIME FOR HEALTH
BY LEXI WRIGHT

Coach



Lexi Wright

Hello! I am Lexi Wright the owner of Time for Health. I grew up on a dairy farm in Alberta, Canada and in my early teens became invested in my health and wellness. Struggling with my weight as a kid, working out became a priority early in my life. My transition to a lot of days traveling in my early 30's as an editor for our family dairy cow publication, Cowsmopolitan, provided it's challenges with too much fast food and unhealthy food choices. The introduction of more bread and pastas into my diet during this time lead me to quickly learn I had some serious food allergies especially to wheat.

With the advice of naturopathic doctors along with the help of a Nutrition coach, I was able to identify some key ingredients for success. I became aware of the best ways to eat clean and healthy, manage my macro-nutrients and lose weight, while improving my gut health and ultimately put my allergies at bay.

Joining a Crossfit gym also increased my confidence and lead me to learning how to fuel my body instead of starving it. Becoming obsessed with being 100% compliant I always felt the need to be that much leaner and was SOOO focused on my diet and exercise that I wouldn't eat dessert or have a drink of alcohol and became obsessed with tracking my food.

Over the last 10 years I have learned how to adapt to these challenges and once i started to trust the process of prioritizing food to restore my metabolism after years of under-eating, focused on improving my strength & shifted my mindset into digging deeper into current habits- i finally felt free.

I'm now able to enjoy any food I want and not feel guilty. I look forward to going out with friends and family versus feeling fearful of blowing my diet. I am confident in my body and no longer have a fear of stepping on the scale.

Now as a NCI Certified Nutrition Coach I am able to help frustrated dieters reset their metabolism and get off the ever ending diet cycle.

Lexi Wright

NCI Level 1 Certified Nutrition Coach

Womens Health & Mindset Specialist

Crossfit Level 1 Trainer

lexi@timeforhealth.ca www.timeforhealth.ca
<https://www.facebook.com/groups/timeforhealthfatlossimplified>

DEBUNKING DIET CULTURE

1

You do not need to starve yourself to lose weight

Staying in a calorie deficit for too long actually does more harm than good to our metabolism. We adapt to those low calories and have no room to adjust except going even LOWER! Which is not sustainable or healthy.

2

You do not need to spend hundreds of dollars on fat burners, over priced protein powder or detox teas to lose weight.

You need to put in the work to achieve long lasting and sustainable results

3

You do not need to spend hours in the gym to see results.

This actually may in turn be doing more harm than good. Our body needs time to properly test and recover so you can see your gains.

4

Carbs are not red flags and fats do not make you fat.

Carbs are actually our bodies preferred source of energy and fats are essential for proper hormone function. We actually want a decent amount of both carbs and fat in our diet for our body to perform optimally.

5

You do not need to give up all of your favorite foods to be successful with weight loss.

The more we restrict, the more we want the food we are restricting. You should be able to understand what your components are in your favorite foods and how to fit them into your diet.

WANT TO LEARN MORE?

JOIN OUR FACEBOOK GROUP TIME FOR HEALTH- FAT LOSS SIMPLIFIED

WHY METABOLIC RESET MAY BE FOR YOU!

We are often told as we get older our metabolism is slowing down, or our metabolism is broken.

I'm here to tell you likely your metabolism isn't broken, but your diet very likely is!

Luckily, a slow metabolism isn't permanent, and with the right changes to your diet and lifestyle, you can rev up your metabolism — and get back to feeling better in the process.

When you have a slower-than-normal metabolism, it creates a cascade of negative side effects, including fatigue, mood swings, food cravings, and difficulty losing weight.

Does this sound like you?

- You have been dieting for years with little or no success?
- Are spending hours in the gym and not feeling any leaner?
- Have tried Keto, Optavia, Beachbody with success but can't sustain your weight loss?
- Feel lost and confused with what direction to go next because you have tried everything?

If you answered yes, follow along with this guide to get you out of the never ending diet cycle!

WHAT IS A METABOLIC RESET?

After years of dieting, our body adapts to these low calories **making it harder to maintain our weight loss and even gain more weight than when we started a diet.**

Once our calories go to low, **our body and metabolism slows down** to try to adjust for the decrease in calories. This is called metabolic adaptation.

Our **hormones get thrown** off as our sleep is generally poor, stress (internal and external) is elevated as we are over training and under eating.

HOW TO START A METABOLIC RESET PHASE?

- Track your calories on MyFitnessPal (or similar app) for 4-7 days to see what your average calorie intake currently is. Make sure you track everything that goes in your mouth. Drinks, dressings and this and that bites count! If you find out you are eating less than 1400 calories it's time for the first step of the reset.
- This is when we slowly start to add in more calories to your day to fuel your body with what it actually needs.
- This is a time to focus on biofeedback - things like sleep, stress, energy, digestion, mood, hunger levels, performance and more.
- This takes anywhere from 3-12 months, or longer so no this is not your quick fix!

Metabolism Reset Steps

01. STAY HYDRATED

Approximately 60% of your body is water and it's involved in almost every biological function in the human body. Dehydration causes your body's functions and metabolism to slow down. Drinking water, especially cold water, the body burns calories while using the energy from the water to raise your internal body temperature

Tips

- start drinking water when you wake up. Race your coffee pot (try to get in 8oz before your coffee is brewed)
- Set timers on your phone
- get a water bottle you can easily track ounces
- Drink water throughout your workout

FAQ - Drink 3 litres of water a day

02. FOCUS ON PROTEIN INTAKE

Focusing on protein to start is essential. Eating sufficient amounts of protein helps in maintaining muscle mass and promotes muscle growth when paired with resistance training.

Protein has the highest Thermic Effect of Feeding (TEF) of all the macro-nutrients at 20-35%, compared to just 5-15% for carbs and fats. This means that you burn the most calories digesting protein.

FAQ - track as cooked versus raw in MyFitnessPal

FAQ - generally we should be eating between 0.7 to 1.0 g /lb of BW. If you are overweight use your ideal weight instead of current weight.

03. METABOLIC THERMOSTAT - CARBS

Your thyroid acts as a metabolic thermostat. It releases hormones that play a major role in controlling your body's temperature and the rate that your body burns calories. When your thyroid is working at its max, your metabolism will be sky-high. If your thyroid's function is impaired, the metabolic rate slows down and leads to weight gain.

The key to keeping your thyroid working hard is in eating good carbs, like whole grains, root vegetables and beans. Believe it or not, studies have shown that cutting out carbs from your diet completely can reduce thyroid function by 50 percent. So, make sure to keep complex carbs in your diet.

Metabolism Reset Steps

04. BALANCE AND VARIETY OF FOODS

Start adding protein to every meal

- chicken, beef, fish, eggs, greek yogurt etc.

Add complex carbs with fibre foods throughout the day

Micro-nutrient dense foods, such as leafy greens (spinach, kale), fruits (blueberries, strawberries), whole grains and fish rich in Omega-3 Fatty Acids (Salmon, Sardines) are loaded with vitamins and minerals. Consuming these vitamins and minerals can help to boost and allow the metabolism to function properly, along with boosting certain functions of the body.

- wild rice, quinoa, whole wheat pasta, fruits vegetables, potatoes, whole grain bread, whole grain wraps etc.

Incorporate more health fats

- nut butters, almonds, olive oils, chia/flax seeds etc.

Tip

Aim for 3 meals with protein, fiber and fat, and 1-2 snacks (if required).

05. REDUCING ALCOHOL CONSUMPTION

Drinking alcohol can slow your metabolism up to 50% and can have an affect on your metabolism for up to 3-4 hours.

Your body can't store alcohol like it does carbs and fats, so it must metabolize it right way, which puts all of the body's other metabolic processes on hold.

Reducing alcohol consumption especially for women in peri-menopause and menopause is important as it hinders the metabolizing of Estrogen.

Metabolism Reset Steps

06. STRENGTH TRAINING OR HITT WORKOUTS

Strength training builds muscle and lean body mass which raises your BMR (# of calories your body burns at rest)

- muscle is more metabolic than fat
- helps to improve our metabolism. More muscle = more calories burned at rest.
- appropriate rest is crucial for muscle to recover. Overtraining can lead to adrenal fatigue and metabolic damage.
- focus on strength training 3-5 X per week

07. INCREASE NEAT - DECREASE CARDIO!

Neat (Non Exercise Activity Thermogenesis) is everything we do that is not eating, sleeping and exercising. Eg: walking, tapping feet, fidgeting.

Increase your NEAT by

- get up between calls or meetings and walk around the room
- park further away from the store
- take the stairs at work
- pace while you are on the phone
- take extra walks when you can

Decrease your Cardio (WHAT?)

- this means we are not focused on endless elliptical workouts or stair master workouts. While they have their purpose, they may be causing more harm than good by putting more stress on the body.
- our body needs time to rest and recover
- the goal is to have cardio at minimal so when you do start the fat loss phase, the cardio can be a tool to use down the line.
- Besides strength training builds muscle more than cardio.

Metabolism Reset Steps

09. MANAGE STRESS

If you do not manage your stress you will have a difficult time losing weight. If you are stressed (mentally or physically) your body will not be in the right state to start the fat loss phase down the road.

Having elevated stress levels can:

- disrupt sleep
- increase cortisol
- increase inflammation
- increase appetite and cravings
- increase our body fat

increase abdominal fat and slow down the metabolism.

FAQ: How to manage stress: Journaling, Mediation, Yoga, disconnecting, massage, walking, breath work

10. OPTIMIZE SLEEP

Lack of sleep has also been found to increase Ghrelin levels (hunger hormone) and decrease Leptin levels (satiety hormone), which leads to increased hunger and not feeling full. Being deprived of sleep has been shown to have negative effect on your metabolism and can lead to increase in blood pressure.

- Get into a consistent sleep/wake schedule. This means going to bed at the same time each night and waking up the same time in the mornings.
- maximize your sleep
- Turn off screens (TV/Phone/Ipad/Computer) 2 hours prior to going to bed
- Minimize exercise before sleep (if possible)
- practice mediation before bed
- try sleepy time or chamomile tea
- cut off all caffeine intake 8 hours prior to sleeping.
- aim to get 7-8 hours of sleep

How to Get Started

Fat Loss Simplified



Fuel your body to improve energy and sleep to reset metabolism



Accelerate fat loss



Build a long term maintainable and sustainable plan to keep weight off FOREVER!

Join our Facebook group <https://www.facebook.com/groups/timeforhealthfatlossimplified>



“ THE
SECRET OF
GETTING AHEAD
IS GETTING STARTED.

- MARK TWAIN

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