

The 90/10 rule for real fat loss!

By Karen McCoy

Most fitness enthusiasts and trainers live by the 80/20 rule that says if you eat well 80% of the time, then you can eat whatever you want the other 20% of the time.

OK. Let's break this down. Let's look at it over a one week period.

We generally eat 5 meals a day (whether they're meals or snacks is a matter of semantics...we'll get into that in a bit). Over a 7 day period, that's 35 meals in a week. Good so far?

Let's apply the standard 80/20 rule to this example. So within a week, I get to eat well for 28 meals, and I get to cheat for.....7 meals!

That's 1 ½ days of cheat meals! Whoa. No wonder some people aren't losing the weight! Their reward system is way off kilter.

Let's bring it down smaller into a days' worth and see if it fares any better.

If I eat 5 times a day, then applying the 80/20 rule means that one meal/snack a day I get to eat whatever I want.



In my estimation, that's way too lenient for the average person trying to lose weight. I don't know about you, but to have a full days worth of unencumbered eating, especially after holding the reins all week, it just wouldn't work for me! I would erase all my hard efforts for the week and basically be right back where I started from.

When I take on clients, or if I'm pre-contest, I allow my clients one cheat meal *a week*! Sounds harsh, but it works for me, and it certainly works for them. And if they're doing well and they want to build in more wiggle room later, fine then. They've earned it and they've learned restraint. Good for them!

But there certain individuals who can do it right? Sure there are. For many people, having a 'free' day works well. Why? Because they still hold the reins a bit, even on the free day. And you'll find that the more fit and healthy you get, the less likely you are to want to ruin all your hard work. If you're one of those individuals, then good on you!

But if you're not, stick to the 90/10 rule. It works for me, and it's worked for thousands of other clients too.

Give it a try and see which side of the fence you fall on. Then stick to that side!