



Karen's Top 10 Tips for Losing Weight (and keeping it off)!



A stylized, handwritten signature in black ink that reads "Ka".

Fitness expert Karen McCoy
offers **industry secrets**
on how to drop the weight
and keep it off
for good!
(And how you can too!)

www.mccoyfitness.ca



A note from Karen:

Do you struggle with your weight? Do you read endless articles and cruise the Internet in hopes of finding the magical solution to end your weight issues for life? Are you on a non-stop cycle of diet after diet...only to end up where you left off?

After 30 years of training, and with numerous bodybuilding wins under my weight lifting belt, I want to share with YOU how fitness competitors get lean and stay that way.

What makes me the expert? First of all, I'm not selling anything. There's no hidden agenda, I'm not pushing supplements (I do sell EDGE protein, but it's only after people begged me to sell it, and I only sell to my local clientele. Sorry!)

Second, I've had to lose a lot of weight time and time again for fitness contests, and I had to use every trick in the book to get it off and keep it off.

Third, I'm not fooled by the magazines. I understand the world of fat loss and weight loss supplements, the real story behind the 'before' and 'after' photos, and that most competitors only look like that for a few weeks out of the year. And some use dangerous drugs.

There are no short cuts to weight loss.....sure, you can starve yourself, but you'll end up being fatter (and looser) in the long run. Trust me on this. I've seen it happen for years with many a good intentioned person. Don't be one of them!

Get back in touch with your body. Love it into health. Don't beat yourself up! Honour your body. Stay in control. It's all about *you*, right?

Ka

1) Eat 20 grams of protein first a.m.! First thing in the morning, protein works to boost your metabolism, cut your sugar cravings, and stops the insulin from pouring into your system (insulin tells your body to store more fat and drop the muscle...exactly what you don't want!) Don't know what 20 grams looks like? Grab a protein chart and learn! And make sure it's from only animal sources—meat, fish, dairy....they are the best sources (I don't need to give you a science lesson here on the biological value of different proteins, just do it, ok?) So from now on, make sure your first protein meal of the day comes from an animal source! Or use a high quality Protein supplement like [EDGE Protein!](#) Whey protein can't be beat!

2) Do your cardio on an empty stomach: First thing in the morning hop on your elliptical or go for your run. If you can't muster that, then do your cardio 2-3 hours after a meal (or do your cardio at the end of your weight training session). It's key that you not have any food in your system when you do cardio. That's an old trick we've used for years!

3) No munching after 6:30 pm (yes you can!) This is the most powerful fat-loss secret I know! It's never just about calories, because after 4 pm or so, your metabolism takes a hard dip and it just doesn't want to metabolize a lot of food, so you throw in some late night stuff, and the calories get dumped into storage—your fat cells.

4) Hold the reins....always: every morning I envision how I will train and what I'll eat. Know this: getting lean never just happens, I always have to hold the reins, and be careful what I eat. And so do you. Sorry, that's the reality, but holding the reins



and showing restraint empowers you, and makes you feel in control! Think of it this way: you have to hold the reins when it comes to money, or you wouldn't be able to pay your bills. It's no different with food—there are always consequences, *for everyone* (even fitness competitors!)

5) If you're going to cheat, do it up to 1 hour after training. If you just can't resist that cinnamon bun, eat it after you've trained, because your metabolism and the fat-burning hormones are sky-high. I wouldn't make a practice of it—cheating every day—but if you feel the need, take this golden opportunity to cheat just a little.

6) Freeze your chocolate, cookies etc: If you freeze 'em, you're less likely to eat them. And if you feel the urge, you can break one small chunk off and suck on it slowly. The more slowly it melts, the more you'll satisfy your craving. A little goes a long way!

7) Nix the juice and pop, and the artificial

sweeteners: if there's one thing you can do to ramp up your weight loss, drink nothing but water. Remember, it's not just about calories, it's the type, timing and insulin load of the calories, and fruit juices and pop are the worst! And if you think you can get off the hook with diet soda, think again!



If you really want to make sure you hold onto that extra

weight, just keep drinking the diet stuff. Countless studies have shown that artificial sweeteners alter your body's chemistry to the point where the body gets tricked into holding onto the weight, not to mention the toxic load on our livers.

Remember, besides the negative ramifications to having a toxic liver, ie cancer!, the liver is where fat gets metabolized. You don't want to dampen its natural ability to burn fat, which is what you do when you eat artificial—aspartame, Sucralose, Splenda, Equal, acesulfame-K, acesulfame potassium, Crystal Light.

A word about Sugar! When I take people off of sugars, they end up going for fruit juices. They always argue that fruit juice is 'healthy' for you. Nope (unless you're squeezing it yourself and if that's the case, you're the perfect woman!) Most



fruit juices are loaded with table sugar and high fructose corn syrup, and Health Canada says it doesn't have to say this on the label (that's one of many loop holes our government agencies allow!).

And don't replace that missing sugar with tropical fruits—bananas, mangos, pineapple—especially in winter. It weakens your immune system and will be quickly stored as fat! In fact, nix the fruit if you want to drop weight! Truly!

And read your labels...do you know that *Fibre One* cereal has *aspartame* and *food colouring* in it? Can you say brain burn-out and weight gain? Read your labels!

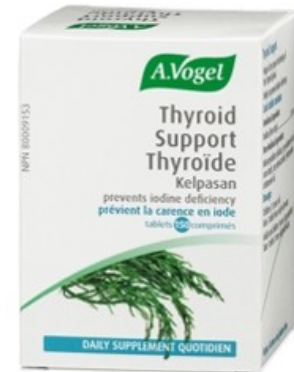


8) Coffee it up! science has shown that if you drink your coffee before a cardio session, and better yet, on an empty tummy, the fat burning escalates! I used this trick for years for my pre-contest weight drop, and I still use it today. Try it!

9) Write down everything: People that can't lose the weight always want to skip over this little trick, but it is sooo important! You balance your checkbook, don't you? You have to, to know where

your money is going, so why not learn to balance your caloric intake? I do this every time I go out....I can manually scan a dinner plate and/or buffet and eat with confidence because I know how many calories I'm taking in. (Most women need 1400-1800, men 1800-2200—grab a calorie counter and get familiar!).

10) Use kelp tablets (if you are on thyroid medication, please check with your doctor, as there can be contraindications). Kelp has long been known to stimulate the thyroid gland which regulates your metabolism. The trick is to make sure you take it on an empty stomach 1/2 hr before breakfast so it can do its job. My favourite is *Kelpasan* by Vogel. It's inexpensive, organic, and has a high iodine content, which is what you want (if your kelp supplement doesn't list the iodine content, throw it away. It's the iodine content that revs the metabolism, not the kelp itself).



Bonus Tip: If you're looking to optimize your healthy eating—look to your ancestors. If you're Native American, you do well with near-raw meats. If you're from the UK, you likely can do well with eating more fat and carbs. Polynesians, lots of fish (and raw too). Your ancestral background determines your blood type which determines what kind of foods to eat. So don't look to any specific diet (ie raw food diets are downright dangerous to someone like me—Irish / Italian background). It's not about the perfect diet, it's about your cultural roots. Respect them! Eat within your family tree.



The Kumon™ Approach to Fitness



Last week, my son started working with Kumon™, a special educational program that helps children improve their math skills.

During the orientation session, the instructor went over the principals of the system, and how this system has led to success for thousands of children over the years. Their secret – ensuring both parent and child understand and apply an unwavering commitment to consist homework. The instructor explained that children are expected to do their math homework through vacations, weekends and holidays, and that the success of the program, and each child, was based on the groups' philosophy of consistency of work.

It was this philosophy that got my attention and respect. It is the same approach I take with all my clients – I teach each client about the importance of consistency in their workout programs and diet plans. In fact, I've given the same lecture to hundreds of clients over the years, and the successful clients were those that adopted the '*consistency is key*' approach to training and eating.

In order to be successful, your training, like Kumon™, cannot be viewed as the exception to the rule, rather, *it must become the rule*, with everything else scheduled around it. If you have a hair



appointment, re-schedule it. If there's a dentist appointment to make, schedule it around your training. If you have a doctor's appointment - same thing. That's why a set training schedule is so important – you automatically know the times and days you train, so you can easily say no to events that would cause you to give up that time. Don't barter with your training. Make it stick.

In other words, the success of any fitness regime is *making it a lifestyle*, where you work through holidays and special events as you would other lifestyle habits. You would never give up your daily shower or forget to brush your teeth during the holidays,

so why give up your training? (I'm more lenient with eating, but not much!).

I learned this point early on in my training career. To make sure I would train regularly, my training became *my first priority*, with everything else scheduled around it. At the beginning of each week, I would pencil in my training times in my Daytimer, without fail. If clients or friends wanted to meet me in that time-slot, I politely told them that I had a previous appointment. (I didn't tell people that appointment was with myself: it's amazing how many people view this as selfish or odd, so I quickly learned not to explain myself).

I still follow this practice today: at the beginning of every week, I block out my training times in my Daytimer, and all other appointments get scheduled around these times. No exceptions. It's the only way I can remain consistent in my training, day after day, year after year. And it works! It's been 27 years, and I hardly ever miss a training day.

Try it. At the beginning of every week, pencil in your training appointments with yourself. Don't tell anyone, just do it. Do it for you. You'll be rewarded with years of superb health, built on a daily practice of commitment and consistency, resulting in the slow, steady progress necessary to shape and tone your body into an amazing work of art!