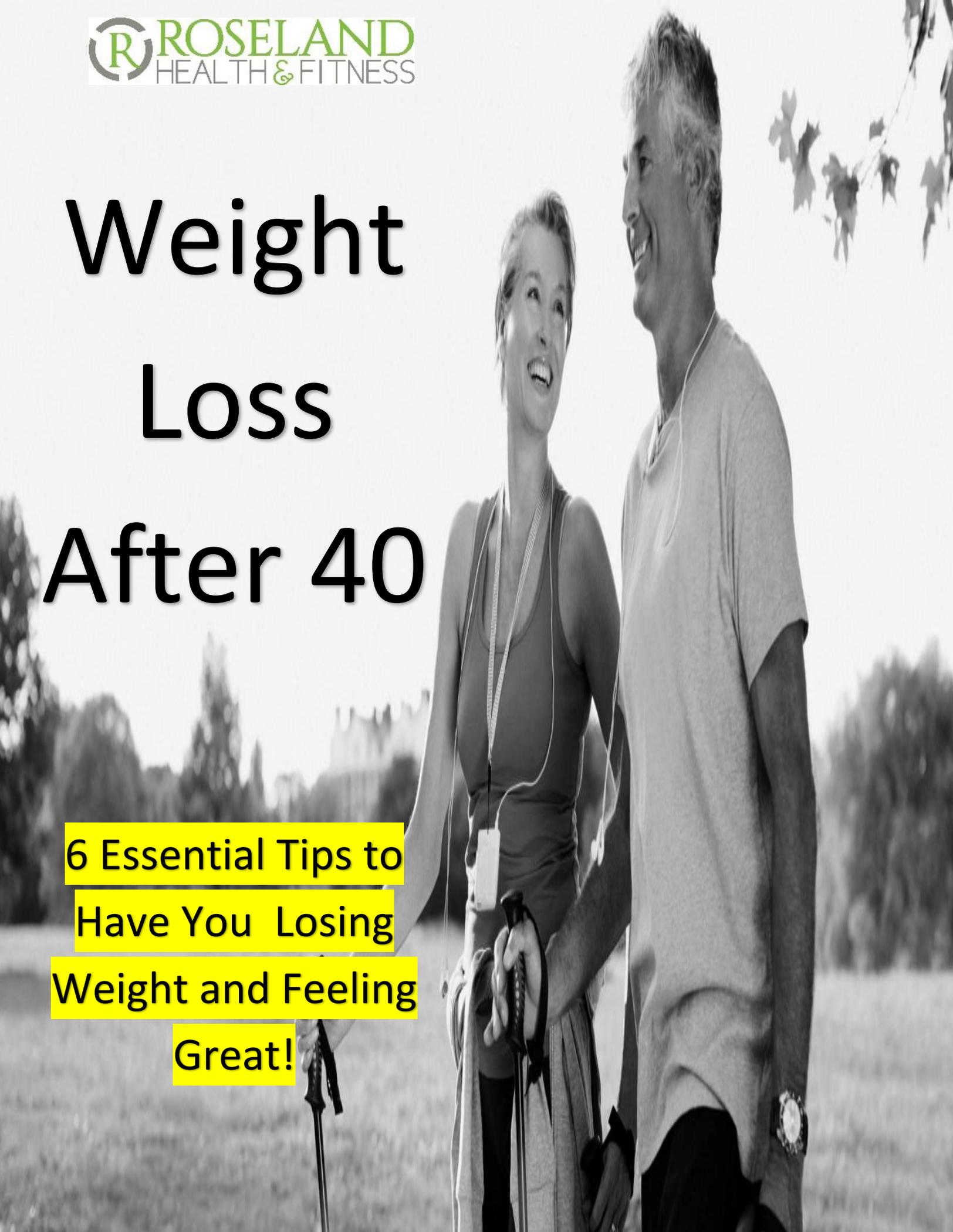


Weight Loss After 40

6 Essential Tips to
Have You Losing
Weight and Feeling
Great!



Losing Weight after 40 – The Essential Tips for Men and Women

Once you're over 40, suddenly ditching a few pesky pounds and losing your gut seems to take monumental effort.

The chemical messengers that control our metabolism begin to decline in our early 30s which makes it very difficult to maintain an ideal body weight or even lose unhealthy body fat. Once you hit 40, add lower testosterone, higher blood glucose, higher cortisol and higher insulin levels to the list of physiological changes that now make losing extra insulation about as difficult as keeping your head full of hair or your skin smooth.

To add insult to injury, we are introduced to the world of sarcopenia, or age related muscle loss. After your third decade your body begins to lose muscle mass, the lean tissue that helps you burn fat and calories; at the rate of 3 to 4 % per decade.

But, all is not lost. You can slow and in some situations reverse this process!!

At Roseland Health & Fitness we have a team of experts who have dedicated their entire careers to learning about the body, how it ages and how we can help keep you in top shape long after others your age have started to lose their edge and their waistline.

So without further ado, here are our essential tips to help you lose weight after 40!

Tip # 1: Build muscle

First of all, let's face it: Putting everything else aside, life is EASIER when you're strong. Carrying groceries? One trip. Children to carry? No problem. Golfing, gardening or hiking? Easy peasy. Car stuck in the snow? You can help!

Secondly, when you're losing weight strictly through cardio, it's normal to lose muscle and fat. And if resistance training isn't a part of your plan to counteract this, you

could actually be slowing down your metabolism by losing lean muscle mass, rather than revving it up (which can lead to weight-loss plateaus).

Third, strength training increases bone density, builds a stronger heart, reduces your resting blood pressure, improves blood flow, halts muscle loss, helps control blood sugar, improves cholesterol levels, and improves your balance and coordination

The Bottom Line

Sold? I hope so. If you are interested in any of the above benefits, **a well-designed resistance training program is your first step**. Aim for two strength training sessions per week, and for a beginner two sets of 12-15 repetitions of an exercise is perfect.

Tip # 2: Focus on Nutrients over Calories

One of the key mistakes we see when people are trying to lose weight is that their main focus becomes calorie cutting. The problem this creates is that our bodies get used to the lower calories and slows down the metabolism accordingly, the exact opposite of what we are trying to do.

To lose weight, and keep it off, we need to stimulate the metabolism and turn it into a fat burning machine!

That is why *what you eat* becomes more important than *how much you eat*. In order to stimulate your metabolism you need to focus on protein consumption, especially if you are over 40. As we age, our protein needs go up, and yet ironically our consumption always seems to go down. For the same reason that resistance training is important, protein consumption is essential for maintaining and growing muscle mass. And remember, muscle mass stimulates your metabolism.

Another reason protein is important is that it stimulates the secretion of a hormone called glucagon. All you really need to know about glucagon is that it is a fat burning hormone and that it is an “enemy” of insulin, each hormone has an equal and opposite effect in the body. In other words, when one is up, the other one is down. So when

glucagon is up, insulin is down and that makes for a happy, fat burning body. As a bonus, protein can improve the satiety of your food and reduce your hunger!

The Bottom Line

Consuming too much of anything isn't a good thing so it is still important to monitor how much protein you are consuming. **We recommend that 20-30% of your calories come from protein and that you spread that consumption out over the day.** *(If you are pregnant or a heavy exerciser you would be on the higher end of that range, if you are more sedentary you would be on the lower end.)*

Tip # 3: Learn How to Balance Your Hormones

If you are over 40 then you were probably raised on the old formula of weight loss; move more + eat less = weight lost. We now know that this is an outdated theory and is simply not true. This belief system was getting people fat and unhealthy on low calorie, fat free foods for years! Now we know better; the more important consideration is not calorie balance but hormonal balance.

Hormonal balance is the key to helping you burn belly fat and looking and feeling your very best at any age.

Hormones are the most powerful chemical messengers in the body, and when it comes to weight loss and feeling well, can make it or break it. In addition to blood sugar control, hormones control metabolism and therefore are intricately connected to the amount of fat you gain or lose. In other words, burning fat and achieving successful weight loss is in fact partly a hormonal event.

The main hormones you need to consider when trying to lose weight as you age are:

- 1) **INSULIN:** A hormone secreted by the pancreas whose main role is to regulate glucose (sugar) levels and promote fat storage especially around the belly. Foods that promote the secretion of insulin include white refined flours and sugars. If you want to lose weight you have to keep insulin levels low.

- 2) **CORTISOL:** A hormone secreted by your adrenals, often referred to as your stress or fight or flight hormone. Unfortunately, cortisol and insulin are best buddies. If cortisol is elevated due to mild to moderate periods of stress (typically chronic stress), insulin is typically raised and as per above, this makes weight loss difficult. If you want to lose weight, you need to lower your stress!

- 3) **GLUCAGON:** A fat burning hormone secreted by your pancreas, in response to the consumption of protein. As opposed to the BFF relationship that insulin and cortisol have, insulin and glucagon are “enemies” and have opposing effects. In other words, when one is up, the other one is down. To encourage weight loss, we want glucagon up and insulin down. This requires you to eat more protein, less sugar.

- 4) **LEPTIN:** This is a hormone that is produced primarily in our fat cells and regulates metabolism and appetite. In a perfect world, the more body fat you have, the more leptin you secrete and as leptin levels rise, your appetite should diminish and your metabolism should increase. Unfortunately, with unhealthy lifestyle habits, your body can become resistant to the leptin message, making weight loss very difficult if not impossible. To increase your leptin levels, and therefore decrease your appetite, a good night sleep is essential!

- 5) **GHRELIN:** Often referred to as the ‘hunger hormone’. It is secreted by your stomach and its main function is to send signals to your brain to eat. Its presence increases your appetite and makes you take in more calories and store fat. Just like leptin, ghrelin is highly sensitive to lack of sleep. Sleep more and ghrelin levels go down...this is a good thing.

The Bottom Line

People with obesity tend to be resistant to the effects of certain hormones, while others are overactive. In order to balance your hormones, you need to consume anti-inflammatory foods, avoid sugar, eat plenty of protein, exercise regularly and get enough sleep!

Tip # 5: Drink Water, Not Calories

The reason for this is twofold. Staying hydrated is one of the easiest ways to lose weight. Our bodies aren't as smart as we'd like to think they are, often confusing dehydration for hunger. So we eat, even though we are actually thirsty. Stay well hydrated and your chances of over eating are easily reduced.

Also, by replacing any caloric beverages with water you are reducing your empty calorie consumption and the insulin surge that goes with them!

The Bottom Line

As a general rule, whatever you weigh in kilograms, drink that many ounces of water per day to stay well hydrated. This means a 65 kg person should drink 65 ounces of water per day or approximately 8 cups.

Tip # 6: Get Support

Having a support network when you're trying to reach a healthy weight is crucial. There may be a few out there who make up their minds to lose weight and maintain the weight loss all on their own, but they're few and far between. ... The relationships you develop will affect your final results in weight loss management.

The Bottom Line

Find a workout buddy, hire a Personal Trainer, employ the services of a weight loss coach, tell your friends, get your family on board.... Just find someone who supports you and will keep you motivated and accountable in this amazingly exciting journey!

If you have any questions about the above tips or are ready to get started on your weight loss or wellness journey then reach out TODAY! Our coaches are ready to help and your first no obligation consult is guaranteed to be informative and FREE!