



Unlock the Secrets to Lasting Fat Loss

**10 Common Weight Loss Mistakes
And How To Fix Them**

Consult Your Physician

The contents of this guide are intended to provide general information and should not be used as a substitute for professional medical advice, diagnosis, or treatment. Before beginning any exercise or nutrition program, it is important to consult with your healthcare professional. They can help determine what is safe and appropriate for you based on your individual needs and medical history. Please be aware that any exercise or nutrition program may result in injury or illness if not done properly or if you have any pre-existing medical conditions. Always consult with your healthcare professional before making any changes to your diet or exercise routine.

The Orange Box Challenge

The Orange Box Challenge is a LIVE Online Challenge that is delivered through a Private Facebook Group in 8-week increments. Participants work directly with 7 trainers, a nutritionist, and a Doctor of Physical Therapy. The program consists of daily live exercise and meal planning, daily live Q & A, and daily live motivation. All sessions are available by replay so everyone can participate at their convenience. The most valuable aspect of the challenge is the community of people who are all on the same journey. The support and encouragement inside of the group is priceless. For more information about the next Challenge visit

orangeboxfitness.com/challenge





1

You're Not Staying Hydrated

The most often overlooked key to weight loss and the easiest one to fix is: Drink more water. Why?

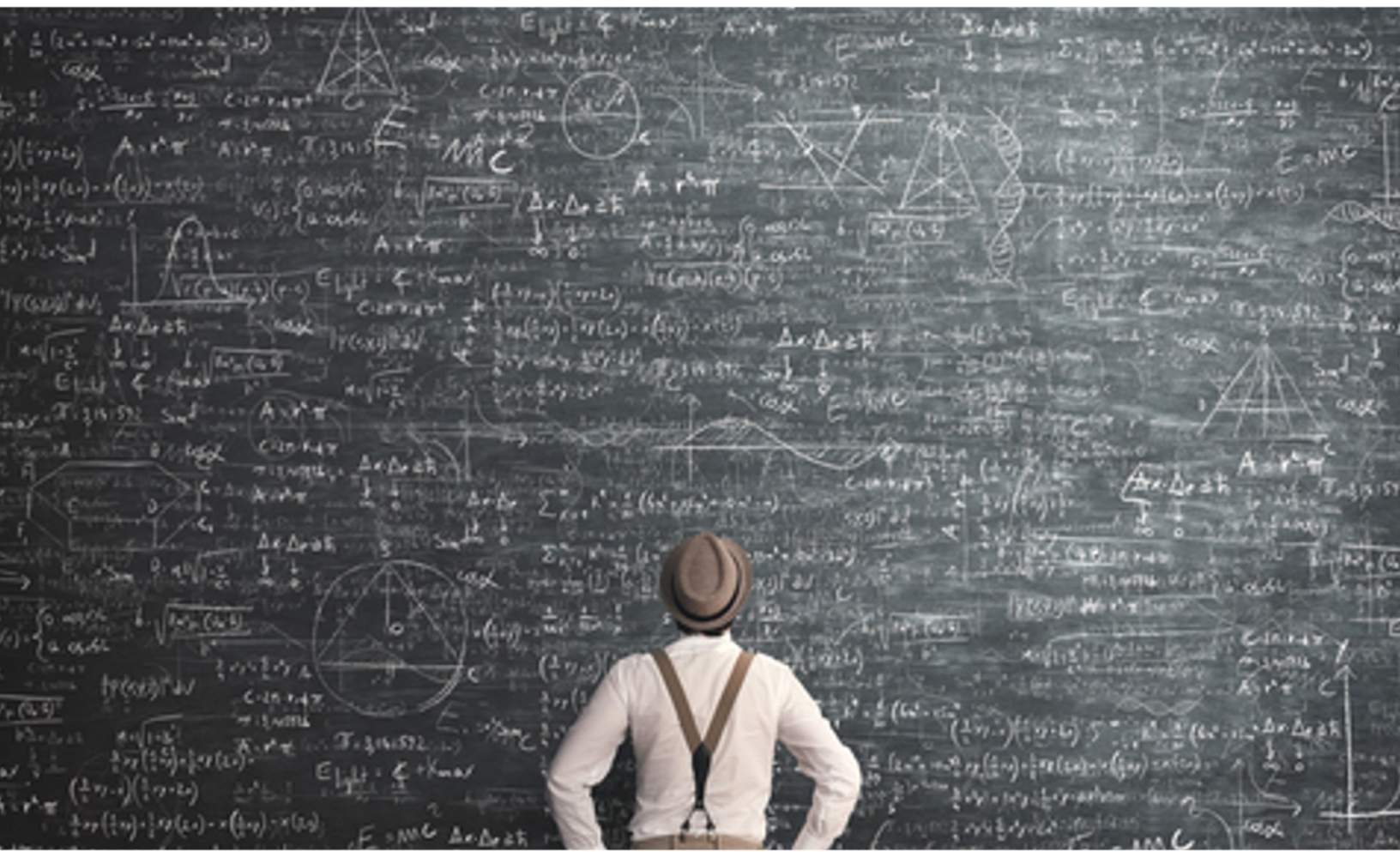
The most important reason to drink more water is that drinking water can lead to an increased metabolism, helping you burn more calories. When you are not properly hydrated your metabolism slows down—the last thing we need when trying to cut fat from our body. Think about it. Every metabolic system in your body requires water. Fat burning requires water. Exercise requires water. Digestion requires water, and on and on. Your body needs water to run just like an engine needs oil. When we are trying to run our body on deficient water we get sluggish. Performance decreases. We lose motivation.

Once you get in the habit of drinking enough water each day your energy increases, you'll find more motivation to exercise and you will sleep better.

How much water should you be drinking? For most people the answer is “a whole lot more than you currently are.”

As a starting point aim for a gallon of water each day.





2 You're Overthinking or Overwhelmed

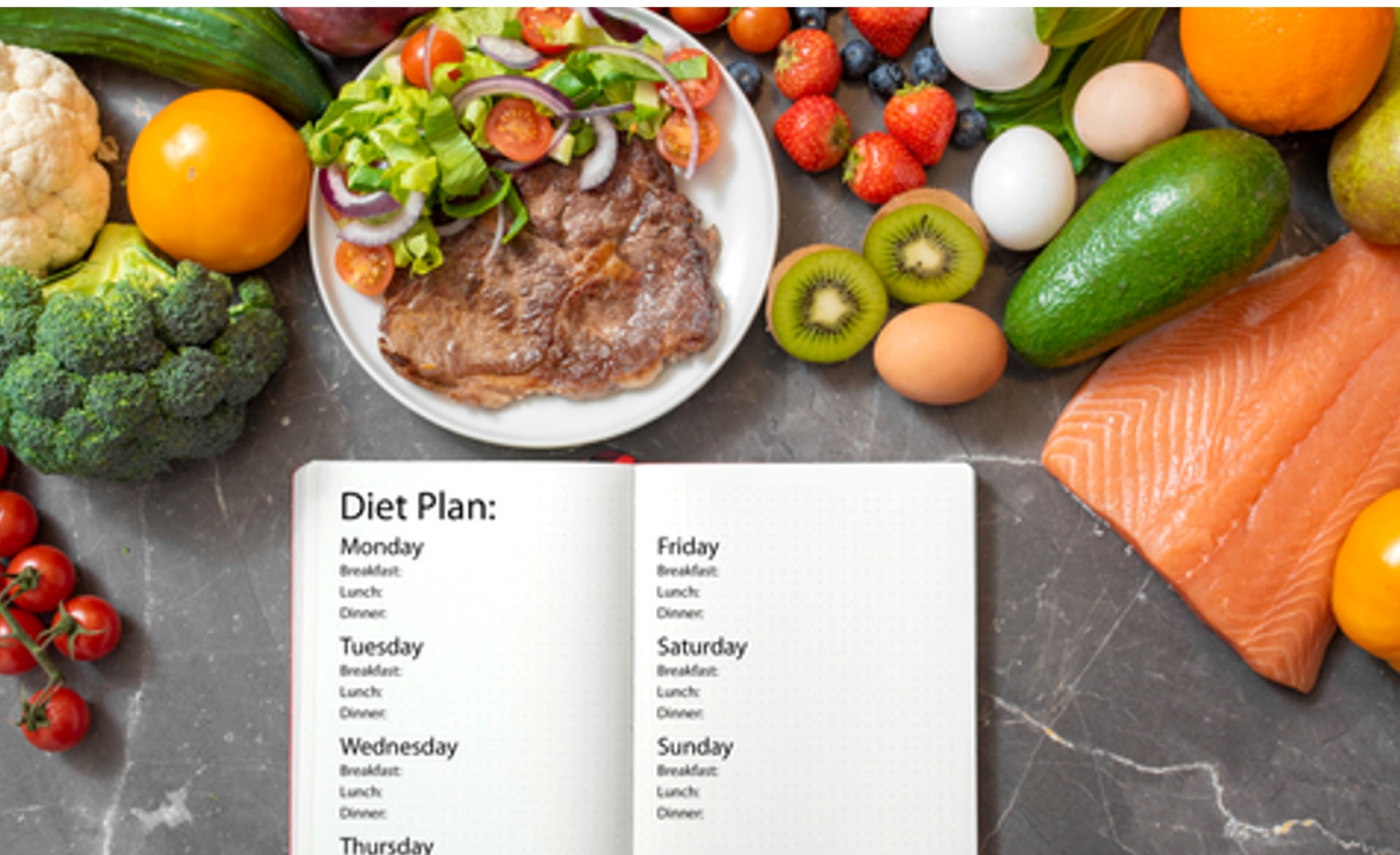
This is a very common cause of weight loss struggle. Weight loss has become a multi-billion dollar industry, with countless diets, exercise programs, pills, powders, & potions, all claiming to be the newest discovery to make it easy to take off pounds and get ready to hit the beach in record time. This leads to confusion and thinking that it is far more complicated than it really is.

Stop the madness. Weight loss happens, no matter what method you chose to follow, because you expend more energy than you take in. There is no magic formula and it isn't any more complicated than that for most people.

So let's simplify it once and for all. There is a common formula that has been used for many, many years in the fitness industry. It is a simple equation that gives you an easy way to think about how many calories you need to take in each day if weight loss is your goal. It is based on the idea that to maintain your body weight you need to consume 12 to 15 calories per pound of body weight.

12x method for estimating calories needed for weight loss: Multiply your GOAL body weight by 12. This is a good starting point for the maximum number of calories you should eat for weight loss. For example, if your goal weight is 150 pounds then simply multiply 150x12 and you arrive at a calorie limit each day of 1,800.





3 You're Not Tracking Your Calories

Monitoring your calories is mandatory. Here's why: Failure to track what you are eating is the number 1 reason people fail. They simply underestimate or under-report the amount of food they are eating. We see this time and time again. Journaling your food (either pen to paper or through an app) forces you to monitor what is passing your lips. Without this, it is too easy to underestimate how much you're eating.

Here is a real world example. If your target is not to exceed 1,800 calories each day and your guesstimate of calories in is off by 10% then you missed your mark by 180 calories. Over time this adds up to obesity in older adults. Simply by overeating by less than 10% of your total calories.

If that is true for weight gain, then the opposite is also true for weight loss. The number one factor to check when someone is not getting weight loss results is "are they tracking their food properly?". You will not meet your expectations for weight loss if you are under reporting your calories-in by as little as 10% each day. (And it is often much higher than this when you dig into it!)

We prefer tracking in a journal and leaving space for notes about water, exercise, sleep, and how you feel that day. But a fitness app like MyFitnessPal is great too.





4 You're Not Eating Enough Protein

Why is it harder to lose weight as you age? One reason is that we lose muscle as we age. This is bad because the less muscle you have the lower your metabolism and the lower your ability to burn calories and fat as fuel. So how do we rev up our metabolism and help preserve our muscle tissue? The first way is to consume more protein. The simple rule here is that we want our weight loss to be fat, never muscle. If you google "how much protein should I eat to lose weight" you get a bunch of confusing equations and you have to convert pounds to kilograms and , blah, blah, blah. Here is the simple formula to use when starting out:

Multiply your GOAL weight in pounds by 0.7 and this is the amount of protein in GRAMS you need to take in each day. This is a minimum. You can certainly go above this number as long as you are staying below your maximum calories.

For example, if your goal weight is 150 pounds then your protein intake each day must be at least $150 \times 0.7 = 105$ grams of protein.

Any less and you risk losing lean mass instead of fat; you will not be able to burn as many calories and you will feel less satisfied with your meals, leaving you hungry even after you eat.





5

You're Not Strength Training

Most people who start exercising for weight loss go to the gym and do hours of cardio and then skip weight training. This is non-negotiable: Strength training is mandatory for weight loss. Recall that we want to do everything in our power to preserve muscle tissue? You now know that less muscle = slower metabolism and therefore less muscle = harder to lose fat. So we want to preserve our muscle tissue so we can burn more calories all day long. Step 1 is to consume much more protein than you have been (and track it!). Step 2 is Strength Training, aka, Resistance Training.

How much Strength Training? Early on we recommend you get at least 3 Strength Training sessions in each week. Start with 20 minutes and work your way up from there

A solid weight loss journey focuses on daily exercise and incorporates both Strength and Cardio Training.

Combine your daily protein minimum consumption with weekly Strength Training to preserve your muscle tissue and turbo charge your metabolism.





6

You're Not Eating Your Veggies

The poor carbohydrate has gotten a bad rap. Of course we know sugar is bad and most simple carbs should be limited. But you need carbohydrates in your diet and the kind you need are rich in fiber, vitamins and minerals. These carbs are essential and they help you to feel fuller faster thus helping you to create that important daily caloric deficit.

So, we recommend starting your meal design with protein and then adding in all of the green veggies as you like. Kale, spinach, lettuce, broccoli and any other green leafy vegetables that you enjoy. Pile them on! The perfect meal is a big green salad topped with plenty of protein.

For our money, it's hard to beat the Cobb Salad!





7

You're Not Moving Enough

This is probably the biggest secret to making weight loss easier. More calories are burned throughout the day by normal activity than by intentional exercise. So, get up and move. Wear a pedometer, or better yet, an activity tracker like a Fitbit or Apple Watch so you can see your activity levels in real time.

Sitting in a chair all day in an office or watching tv all night in your easy chair leads to all kinds of bad things eventually. To make weight loss easier, simply move more all day long! (ever notice the person who is a string bean and can eat anything is also the person who can't seem to sit still?)

Here is the best way to make sure this is happening: Get more steps in each day. Start by tracking your steps. Whatever your current step count is, do more. Do a little at first, but quickly move beyond 10,000 steps each day if you can. The increased activity accumulates and adds up to increased calories out, and that means fat loss for you.

This is in addition to your exercise sessions. Get up and move throughout the day. The easiest way to do this is to schedule in a walk to start or end your day.





8 You Haven't Tried Intermittent Fasting

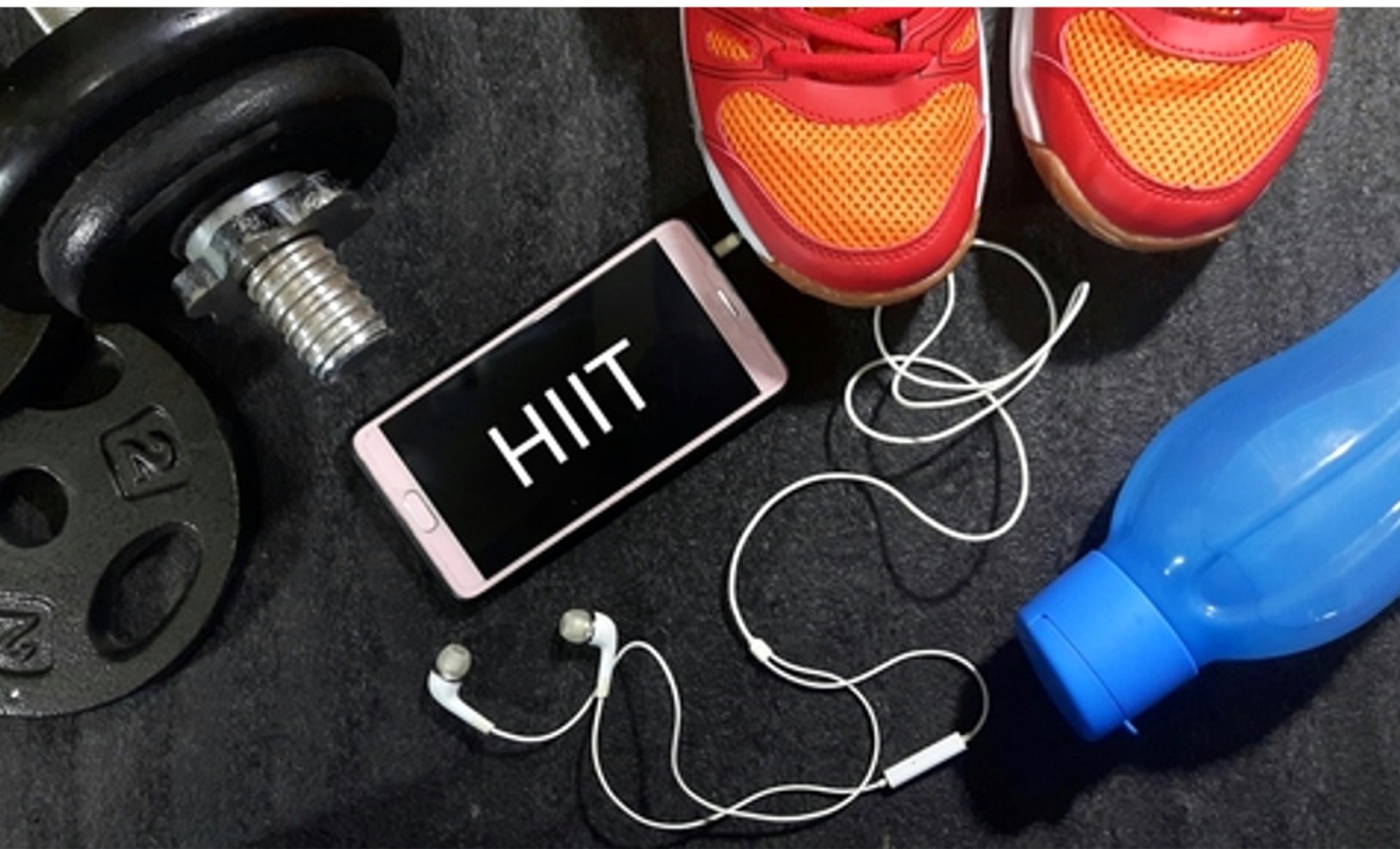
There are really 2 weight loss “hacks” that we talk about inside of the Orange Box Challenge. The first is Intermittent Fasting . There are volumes of resources on Intermittent Fasting and there isn't enough room here to discuss it in depth, but generally, creating an extended period of time with no calories is a great way to make sure you are continuously in a caloric deficit throughout the day. The main benefit of I.F. is that when you have zero calories coming in you give your pancreas a rest and insulin levels drop. When insulin levels are low your body is in a state that is ideal for using fat as it's primary fuel source.

Below are some resources if you want to learn more. But, if you want to accelerate weight loss, put Intermittent Fasting on your agenda. We recommend a 16 hour fasting window from 8 pm until Noon the following day. Break your fast with a meal that is protein, fiber and healthy fat rich. (like a Cobb Salad for lunch) Remember to track your calories, drink plenty of water, get your greens and your minimum protein.

<https://www.health.harvard.edu/blog/intermittent-fasting-surprising-update-2018062914156>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4516560/>





9

You Haven't Tried HIIT

The second weight loss “hack” we use inside of the Orange Box Challenge is High Intensity Interval Training or “HIIT” for short. A few times each week, incorporate a HIIT session into your program. HIIT is time efficient, only lasting 30-45 minutes at the longest, making it ideal for people with busy schedules. You get a full body workout in a short amount of time. With HIIT you see increased cardiovascular endurance and improved strength.

For weight loss HIIT training helps to increase metabolism which we know promotes weight loss.

Most useful for weight loss is EPOC which is short for “Excess Post-Exercise Oxygen Consumption”. This is also sometimes referred to as the “afterburn” effect and can last for several hours. This refers to the increased oxygen uptake that occurs after a high-intensity workout. Increased oxygen uptake helps speed recovery and increases metabolism which in turn helps to burn more calories.

Add HIIT in addition to regular workouts, not in place of. This will help accelerate weight loss.



Think Positive

Imagine

Believe

Achieve

10

You're Too Hard On Yourself

First, understand that weight loss does not occur in a straight line. That's why jumping on the scale every day is a bad idea. Weight loss is the result of caloric deficit over time—not over night.

So, be patient. Start with the easy stuff first. Increase your water intake. You can do this immediately. Move more. You can go on a walk tonight or first thing in the morning. Start journaling what you eat and target your minimum protein goal and your maximum calorie goal. You can start this with a notebook or on a fitness app. These changes alone are huge.

Most importantly, if you mess up a meal or a day, so what? This is a marathon. You're in it for the rest of your life and one meal or one day is meaningless. Focus on how far you have come each day rather than how far you still have to go. For example, if your goal is to drop 100 pounds and you have lost 20 in your first month, then celebrate your 20 and pay no attention to the 80 you still have to lose. This keeps you in the present and acknowledges the good work you have already put in.

Many weight loss journeys have come to a screeching halt because of 1 bad weekend. Don't let that be you.





11 Join A Fitness Challenge!

One of the key benefits of participating in the Orange Box Challenge is the community of people who are on the same weight loss journey together. Support and encouragement of one another as you go through the same process is really the key to your success.

The Orange Box Challenge brings all of the above 10 concepts to life over an 8 week course. We are right beside you the entire way providing you with live workouts, meal plans, Q & A, motivation and more. It is the fastest way for you to take a deep dive into creating the changes you need to get the results you want. Everything is recorded in the Private Facebook Group so you never have to miss a session.

Lives and families are being forever changed inside of the Orange Box Challenge. If you need to make a change for your physical or mental health, give it a look. If you have tried everything in the past but still struggle with weight, give it a look. If you are feeling tired, sluggish and generally unhappy with the way you feel, give the Orange Box Challenge a look:

www.orangeboxfitness.com/challenge

A new 8-Week Challenge starts soon!





"Hey this stuff is changing my family's lives, we have lost weight but the mental aspect is amazing to me. I don't think I have ever been so motivated to do this and achieve more since competitive sports. When you asked us to find our why is when it clicked for me, hit me hard. This is exactly what my family needed."

-Josh, OBF Member

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FITNESS



“ HOW HAS THE OBF CHALLENGE CHANGED OUR LIVES... ”

Friday Night Date Night started with a trip to Walmart so we could buy another step so we can do Meghan Dorschner's Step It Up workout together, also grabbed some spinach and almond milk. Then went to a movie and walked right past the concession stand...no popcorn or soda.

Discipline ✓

”

-JODY + DENNIS



Fat Loss Acceleration

Are You Maximizing Each Of These Areas?

- ☐ Drink at least your minimum acceptable amount of required water each day.
- ☐ Ignore fads and tricks. Weight loss is a simple (but not easy) process. Follow the rules that work every time.
- ☐ Follow the formula to estimate your initial maximum caloric intake.
- ☐ Follow the formula for the minimum acceptable amount of protein you should be eating each day.
- ☐ Design your meals around protein first, then add on vitamin, mineral, fiber rich greens.
- ☐ Track your food intake using a journal or a fitness app.
- ☐ Move more throughout the day. Work up to 10,000 + steps per day.
- ☐ Strength Train 2x to 3x every week.
- ☐ Experiment with Intermittent Fasting.
- ☐ Add High Intensity Interval Training 2x per week.
- ☐ Weight loss is a marathon. Do not let one bad day derail you.
- ☐ Find a support person or support group like the Orange Box Challenge:

www.orangeboxfitness.com/challenge

