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Cruxpoint Health Breakthrough, Inc.

## ***Lose Weight And Keep It Off***

### **1. To lose weight create a sustainable burn rate that exceeds usable (bio-available) calories consumed**

- Weight loss ultimately requires consuming fewer usable calories than you burn.
- “Sustainable” is key — overly aggressive deficits trigger rebound eating and slow your metabolism.
- Target: ~300–500 calories/day deficit for most people.

### **2. Prioritize protein at every meal**

- Protein increases satiety, stabilizes blood sugar, and preserves muscle mass.
- Higher muscle mass = higher metabolism.
- Target: ~ 0.8–1 gram per pound of goal (optimal) body weight per day.
- This may require a high-quality bone broth protein powder with collagen

### **3. Serious strength train 1-2 times per week**

- Strength training helps prevent the metabolic slowdown that happens with weight loss.
- It improves insulin sensitivity, posture, joint health, and long-term maintenance.
- Goal: Progressive overload — lift a little heavier or do a bit more over time.

### **4. Walk more — a lot more**

- Low-intensity movement is one of the most effective fat-loss tools.
- Walking doesn’t increase hunger like high-intensity exercise can.
- Target: 8,000 steps/day or more.

## **5. Improve sleep quality**

- Poor sleep increases ghrelin (hunger hormone), decreases leptin (fullness hormone), and disrupts metabolism.
- People who sleep <6 hours typically eat 200–500 extra calories the next day.
- Begin by improving sleep hygiene.
- Goal: 7–9 hours, consistent schedule, cool/dark room.

## **6. Eliminate ultra-processed foods**

- Ultra-processed foods are obesogenic.
- These foods are designed to override satiety and increase calorie intake.
- Focusing on whole or minimally-processed foods naturally reduces calories without “dieting.”
- Eliminate foods with most additives.

## **7. Control your environment**

Research shows environment affects willpower. Examples:

- Keep trigger foods out of the house.
- Prep healthy options ahead of time.
- Eat off smaller plates.
- Don't eat with screens.
- Most restaurants are obesogenic environments. Caution!
- Your environment should support your goals automatically.

## **8. Track something — not necessarily everything**

People who maintain weight loss long-term typically track one or more behaviors or metrics:

- Calories
- Protein intake
- Steps
- Weight
- Meals
- Workouts

Why: Tracking increases awareness and helps prevent “drift.”

## **9. Practice structured flexibility**

Rigid diets often fail. Flexibility prevents binge–restrict cycles. Instead:

- Use guidelines, not overly strict rules.

- Allow planned treats that are not excessive.
- Have go-to “damage control” strategies for social events or travel.

### **10. Build emotional regulation skills that don't involve food**

- A major cause of regain is emotional or stress eating.
- Develop alternatives:
  - Walking
  - Breathwork
  - Journaling
  - Talking to someone
  - Hobbies
  - Delaying urges for 10 minutes

The goal: Food stops being your primary coping tool.

### **Bonus Principle**

#### **Your identity must change, not just your habits**

Long-term success happens when you shift from:

“I’m dieting to lose weight” to “I’m the kind of person who eats well, moves daily, and takes care of my health.”