

# HOW DIETING HURTS WELLNESS

Intermittent fasting and carb cycling are the foundation of the FASTER Way to Fat Loss, however, there is another key component to the best program on the market—**macronutrient tracking and timing!**



FASTER WAY  
TO FAT LOSS®

While the FASTER Way is a gluten-free, dairy-free program, there is otherwise a *ton* of flexibility within the eating window! The reason we believe in this approach so whole-heartedly is because it allows for variety, an individualized approach, and some fun through discretionary calories. Those are things that lead to sustainability, which will ultimately get our clients off of the diet rollercoaster and closer to the long-term, sustainable results they want.

## Macronutrient Overview

There are three macronutrients: proteins, carbohydrates and fats. Each gram of protein and carbohydrate is equivalent to 4 calories. Each gram of fat is equivalent to 9 calories. While it is important to consider calorie intake, namely that we are eating enough, **it is incredibly important that we move past counting calories alone, because not all calories are created equal!**

**Traditional diets that have you focus on a significantly restricted caloric intake often do not account for the quality of the calories you consume.** This leads to lots of “skinny-fat” people who may not look terribly unhealthy, but who are lacking the nutrients their bodies need. This is why FASTER Way clients focus on fueling their bodies with the right macronutrient amounts! A simple calorie goal can help you lose weight, but will not necessarily help you lose fat, nor does it necessarily contribute to better overall health.

## Fats

For a long time, fat has been demonized in the health and fitness industry. However, fat itself will not make you fat. In fact, healthy fats, as part of a clean diet, will support your metabolism, cell signaling, immunity, hormone production, and can improve your mood, body composition, and cardiovascular health.

Fats are necessary for your body to function well. However, it is important to note, that because fats are high in caloric value, you need to pay attention to how much fat you are consuming even if the fats you are eating are, in fact, healthy fats.

## **Proteins**

Protein is absolutely critical to changing your body composition. Protein consumption aids your body in replacing worn out cells and muscle repair AND helps your body produce more glucagon, which aids your body in burning fat. Protein also has significant effects on your hormone levels, immune system, and overall brain function. Without sufficient protein you aren't giving your body what it needs to repair and build your muscles, both of which improve your metabolism and aid in fat burning.

## **Carbohydrates**

Carbohydrates, especially complex carbohydrates, are incredibly important to fueling your workouts, increasing your energy levels, and triggering the release of insulin. This is why we practice carb cycling in the [FASTER Way to Fat Loss](#). Consuming carbs at the right time will teach your body to reach into your fat stores for energy during and after a workout. However, there are other times when consuming carbs will spike insulin levels in a way that is detrimental to fat burning. Understanding when to consume carbs is a critical piece of becoming a fat burner vs. a sugar burner.

## **So, do you count calories?**

Kind of. We do have a calorie goal each day and emphasize reaching it in order to fuel our workouts properly. However, it is not okay to just meet your calorie goal without meeting your macronutrient goals. Meeting a calorie goal by consuming the right ratio of each macronutrient will help you do more than just lose weight—it will help you burn fat, increase energy, and boost your overall mood.

## **Is there any room for fun foods?**

Absolutely! After we meet our macronutrient goals, there are days when we have some discretionary calories to spend... That's why we enjoy a treat on leg day! Can someone say hello Saturday donut?

Counting macros is truly a key part of the [FASTER Way to Fat Loss Program](#). We focus on eating enough of the right things, at the right times, for the right reasons so that we become fat burners. This leads to a flexible lifestyle, improved moods, increased energy, and better overall health!

Join us for the next round to see what the FASTER Way will do for you! Move past the quick fixes, restrictive diets, and the mindset that you'll never succeed. Come join a community that wants to see you THRIVE and live your best life as your healthiest self!