

TRAIN LIKE A KETO GIRL



MY BEST TIPS:

- To use a ketogenic diet to maximize lean muscle with minimal time
- To learn what is working against you with your current workout routine

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Most Girls Get It Wrong:

For most of my life I was told in order to lose weight, start with cardio, end with cardio and then add more cardio in the middle. I did this. I stayed fat and unhealthy. Please don't do this. Most conventional cardio is not only wasting your time, it could be causing detrimental results to your health program.

If you have any kind of stress or adrenal fatigue, like many dieters do, the added cardio is signaling your body to stress even more. This added stress is enough to slow your fat loss or halt it all together. Not only is it adding stress, but you just do not need it in order to lose weight. There are studies that show if you expend energy on that elliptical machine, your body will find ways to save on energy later. Maybe instead of sweeping your floors, you decide to sit on the couch and watch an old Roseanne rerun. Come on, Roseanne is funny, but do you enjoy getting smashed up pretzel crumbs all over your feet for the sake of hearing her pitchy "Dan" another time? Oh, and let's confirm, the pretzel crumbs came from your kid, not you. Because you are keto and pretzels and keto are not friends today.

I'm not saying all cardio is bad all the time, but if you are just starting out you really need to focus on what you are eating and leave the exercise on the backburner for a little while so your body can heal. The kitchen is where you heal. Spend that hour of cardio time making healthy fat bombs instead. You are going to have much more progress when you focus on food first!

Get Back to Walking:

Once you have the diet part down, you can begin to resume some relaxing forms of exercise. After all, the ketones should be kicking in by now and you will most likely want to move more. My favorite exercise to start with is walking around the neighborhood. Simple, right? Just walking for 30 - 60 minutes a few days per week is enough to really kick your ketones into high gear. I lost 60 pounds after my second baby with only a few walks each week and keto.

Walking can help you get necessary vitamin D! Most people are deficient in vitamin D. Getting out in the sun with at least 40% of your body exposed for a little while each day is so much more of an effective way to get your vitamin D than relying on a pill. Taking synthetic vitamin D may be causing you to overdose, which can cause problems at a cellular level. When you get vitamin D naturally from the sun, your body is smart enough to know when to stop consuming so you cannot overdose.

If you are able to walk in a fasted state, even better! This can put your fat burning machine into high gear for the day and stave off hunger just a little bit longer. Don't even get me started on how much more energy this will add to your day. If you are unable to walk first thing in the morning before you consume food, there is another trick you can do in order to get a similar effect: try to walk at least two hours after you consumed your last meal. This way you will be burning stored body fat on your walk instead of the food you just consumed. Wait at least an hour after your walk to eat anything else. Maximum fat burning!

Another trick I like to use on my walks is listen to health podcasts. Walking, especially in a fasted state, really clears your brain fog. This helps the important information sink in. You will have all the health smarts! Not only will you feel energized and ready to take on the world after your walk, but you will have gained another 30-60 minutes of knowledge to help you along your journey. I will include a list of my favorite health podcasts below.

Also, in lieu of spending hours upon hours on gym cardio machines that are just making your fat loss efforts harder with each minute, spend that time doing something you really enjoy. If walking isn't your jam, how about Ultimate Frisbee? Maybe take a leisurely bike ride? Connect with nature. Focus on staying active to stay young, not to burn calories. Enjoy life.

Yoga & Stretching:

As mentioned above, many chronic dieters are dealing with adrenal fatigue. Others have not exercised in years and will no doubt injure themselves trying advanced moves before they are ready. Before jumping back into a resistance routine, start with yoga.

A gentle yoga routine will work with keto to clear your brain fog, which will allow you to accomplish more each day. Relaxing at the beginning of your keto journey is far more important than stressing out your body even more. You are already making a huge lifestyle change with diet. Adding in a stressful gym routine is only a recipe for disaster. Start with a relaxing yoga routine to get all of the creakies and aches out.

Also, if you have aches and pains that do not seem to go away, try stretching via the Egoscue method. I was a very broken person after having my first son. Part of it was all of the inflammation that keto helped get under control, but some of it was due to having body parts I haven't moved certain ways in years. Posture therapy helped in ways I never even knew existed. There are several books and clinics that follow the Egoscue method. Fixing your posture will do so much in keeping you active for years to come.

Resistance Training:

Once you are into your keto journey and you feel the calling to get stronger, it is time to get back to resistance training. If you want to feel strong and look lean, lifting weights is key. Spending hours on the cardio machines will make you look lanky and malnourished; weights will make

you look sexy and toned. If you prefer to look like Gumby, cardio on. Otherwise, learn how to lift some weights. Oh, that's what we are about to learn.

I began working out at a gym the day I turned 18. My eyes lit up when I saw the room full of treadmills, elliptical machines and a track where you could run and watch tv at the same time. If only I knew then what I know now, I would have been spared years of my life wasted on those machines. My typical routine was go to the gym (usually hungry and shaky because I was a carb burner and counting calories), hop on a cardio machine for anywhere from an hour to an hour and a half and then commit to the weight room for thirty minutes, only to be bored and hungry after only ten. This routine got me nowhere fast, and I ended up eating an entire package of cookies soon after my healthy gym session. I never connected the dots. My waistline did.

Twenty years later, for the first time in my life, I have muscle tone! This happened because I figured out how to train like a strong keto girl! Here is how you can do the same:

My typical gym workouts consist of **45 minutes of resistance training**, followed by a **20 minute HIIT cardio session**. I know I keep bagging on cardio, but A. this is my treat at the end of my weight session and B. 1-2 HIIT cardio sessions per week is another way to get those ketones to max out for you. Oh, and I have kids that currently hate the gym daycare, so I only am able to make it once or twice per week for this routine. I would recommend you go **no more than 3-4**, and that's only if you enjoy it. AND, that's only if your adrenal fatigue and other hormonal issues are well into the healing process. Seriously, do not rush this. You will get there. You will not heal if you are continually stressing an already overstressed body. It took me three years of posture exercises, walking and inner healing before I got back into the gym. Now I am stronger than ever.

Training with weights will help you get stronger. That was my whole purpose for getting back into the gym. I had horrible posture and constant back pain. Getting into the gym to work on my core muscles (abs, butt and back) really turned that around for me. It took three different chiropractors telling me I needed stronger butt muscles to correct my back pain before I actually got up and strengthened my butt. If you have back pain, see your chiropractor regularly and then get into the gym to strengthen your core. Take it slowly at first so you do not injure yourself further. Look on Pinterest or Google for an appropriate core strengthening routine for your current fitness level.

Training with weights will help you stay younger. Nothing is sadder than a person in their 60's who cannot walk without the use of a cane because that person never took the time to use his/her muscles appropriately. Sitting on your couch lifting a can of Coke during commercials just does not have the same effect as standing in the gym and lifting dumbbells a few times per week. It doesn't take a lot of work at the gym to keep you young, but you do need to work on the strength part at least a little bit if you do not want to require someone lifting you out of the chair so you can use the restroom. Trust me, I know people like this. It is sad.

Training with weights will *not* help you lose weight. Weights are important. Weights are necessary. Weights will not help you lose fat though, so if you are aiming for more sessions to gain more muscle in hopes of burning more fat, that's just not how it works. The amount of muscle you add to your body really does not equate to all that much more "calorie" burn, so more does not always equal more. Do as much resistance training as you enjoy, but don't force it. Unless you were like me and didn't enjoy it at all, then force it a little. You will get to the enjoyment part eventually.

A few tips to gain maximum strength quickly:

1. **Complete your resistance routine fasted.** A lot of members of the gym community believe you need to eat a banana or down a protein shake in order to effectively make it through your gym routine. Those people are missing out on some really great benefits of training fasted.
 - a. When you train in a fasted state, your HGH (human growth hormone) is high, causing you to add more muscle quickly. If HGH sounds familiar, this is what professional athletes were taking synthetically to hit homeruns out of the park. HGH in it's natural form is so much better for your body. Have you seen Sammy Sosa recently?
 - b. HGH is typically highest around 36 hours of fasting. If you do alternate day fasting, go to the gym the morning after your fasted day to maximize those gains. If you are not interested in fasting to that level, even just going after 12-14 hours of fasting can get you great results. This is my typical routine and it is working like a charm. Like a hard, sculpted charm.
 - c. If you are practicing intermittent fasting, do not make your workout day a fasting day. Yes, I said go to the gym fasted. Still true. But if you are resistance training, make that a day you eat at some point. Your body can use that nutrition for recovery. If you plan to fast multiple days in a row, that is a completely different topic.
2. **Enlist a pro:** If you are new to resistance training, consider enlisting a professional to teach you proper form and technique. What is the point of strengthening yourself if you are doing it all wrong? *A word of caution with the pros:* use them for their knowledge of proper form, but be wary of their nutritional advice. Many of them are stuck in the days of leotards and leg warmers when it comes to nutrition.
3. **Start with resistance machines:** If you are new to resistance training, start with the machines that commonly have directions right on them. If you are still confused, look around to see how other people are using the machines. Then pick a low weight to start so you learn proper form. Very soon you will be increasing your weight steadily. Make sure you are using slow and controlled movements. If you are jerking the machine, you are using momentum to do the work, not your muscles. Also remember to squeeze at

the top of each rep. I still work with many resistance machines, and I am experiencing exceptional results!

- 4. *Tune others out:*** Once you get the machines down, put in some headphones and lift! 90's rock and gangsta rap (the easy stuff, think LL Cool J or Dr Dre) are my jams! With ketones flowing and the music pumping, this will really get you in the mood to get down to business. Also, worrying about what everyone around you is doing will just distract you from your ultimate goal of buffness.
- 5. *Increase weights or reps each week:*** If you hang out on the machines for 15-20 reps for 3 sets, you are wasting a lot of time. The way to get stronger faster is less reps with heavier weights. If you can make it through 15 reps in one set, your weight isn't heavy enough. The general routine I follow is:
 - a.** Pick weight where I can perform 6-8 reps before my muscle gives out.
 - b.** Rest 30-60 seconds.
 - c.** Repeat up to 3 more rounds of exercise.
 - Week 1: perform 2 sets
 - Week 2: perform 3-4 sets
 - By week 3, I raise the weight and go back to 2 sets
 - I continue with the heavier weight until I can make it to 4 sets. If you have a lot of time to spend at the gym, some people go up to 6 sets. Somewhere between 4-6 sets at the same weight signals it is time to raise the weight again. Sometimes this takes only a week; others it will take 2-3 weeks.

My goal is to lift either more sets or a heavier weight each week. Most people who are performing 15-20 reps of an exercise are not increasing their strength very quickly. I do not have a lot of time to waste in the gym, so I am looking for maximum results each time.

When I am working through my reps, I find it more motivating to repeat to myself the reasons I am there instead of counting to 6 or 8. For instance, I have had pretty bad posture for most of my life. I used to drool over people with perfect posture like your dog drools over your dinner. In order to improve this, I needed to work on my core muscles big time! Instead of getting bored counting to 6 each time, I might say something motivating like: I-Want-A-Stronger-Back-Now. Or I-Love-My-Sexy-Toned-Shoulders. Sometimes at the end if I know I can make it a few more reps that are not planned, I might throw in a *bitches*. Like I-Am-Stronger-With-Each-Rep-Bitches, because I clearly have watched too many episodes of Breaking Bad and that's just how my brain works. Make your mantras work with whatever makes you feel stronger and empowered. I happen to dig Jesse Pinkman in my time of empowerment.

I also carry the mindset that my gym time is time for me to get stronger, so I am not tempted to give up mid-routine and jump on an elliptical instead. I try to save a little time at the end of the workout for a cardio treat, because yes, I do enjoy cardio in moderation.

HIIT - High Intensity Interval Training:

Once you are healed and ready to step up your burn, give a HIIT workout a try. I always save this for the end of my workout because using weights first will burn up all of your stored glycogen. When there is no glycogen leftover, this intense cardio will give your body no choice but to burn stored fat. The key to HIIT is to keep it to only 1-2 sessions per week. There is no need to stress out your body anymore than that, so don't be tempted.

There are strong sprinters in this world and there are gangly marathoners. Be a strong sprinter! HIIT takes the best part of sprinting and gives your body a chance to burn a little extra fat in between sprints. A good HIIT workout is made up of very high highs and very low lows.

Take my typical HIIT workout on a treadmill, for instance. I walk at a very slow pace of 2.8 MPH for 2 minutes and 30 seconds, then I run as fast as I can for the next 30 seconds, typically somewhere around 8.5-9.0 MPH. I repeat this 3 minute interval for up to 20 minutes. The 2 minutes and 30 seconds in between sprinting is the time your body is using to burn stored fat, so don't skimp on that part. Also, if you wait to eat at least 60-90 minutes after your HIIT workout, your body will be at maximum fat burning mode for that time!

Just think about all your wasted cardio of the past and how you can get far greater results in just 20 minutes per week! I remember a news story once where the anchor said you would need to exercise at intense levels for 90 minutes, five days per week just to *maintain* a recent weight loss. Welp, they were wrong. Please quit trusting the media outlets for your health advice. Less confusion, less wasted time, less sheeple to follow the masses. The overweight, unhealthy masses.

If you do decide to add in the HIIT to your routine, remember weights ALWAYS trump cardio. Weights are going to get you to your goal of being strong and lean. HIIT cardio is just the cherry on top. Do you need a cherry to really enjoy the entire cupcake? Wait a minute, we are keto - we don't eat cherries or cupcakes! Let's say HIIT workouts are the 88% dark chocolate at the end of dinner. I don't need it, but it makes me happy so I eat it. By itself it will not get me to my goal, but it is way better than the junky stuff sold in the candy aisle. Ok, this entire analogy is spinning way out of control. (spinning....more wasted hours of my former cardio addict life. Plus I thought I might die after some of those classes)

Do more, but only when you are ready: Sticking with a ketogenic diet is going to give you far more energy than you ever even knew was possible. Don't waste that energy hanging out on the couch. Get up and do more, but only when you are ready. There is no rushing the rest of your life. Take your time to heal, feel good and love this new life you have chosen for yourself! Then get out there and see what you are capable of.

Suggested Health Podcasts:

Keto Talk with Jimmy Moore

Kick It Naturally with TC Hale

Keto For Women Show with Shawn Mynar

The Keto Diet Podcast with Leanne Vogel

Low Carb Conversations

Fasting Talk (Listen for me on episode 27!)