



## Guide to a Healthy Lifestyle and How to Do It

### The Focus

We want to make things as simple as possible and for this reason we are moving to the method of simple macronutrient counting. Macros are the three basic building blocks of our nutrition and are proteins, carbohydrates, and fats. On any label or when classifying foods, the most basic information is written by macros. We must have proper intake of the right amount of each macro daily and consistently through the week/months/years as it pertains to our activity level and the goals we set. Obviously if we are trying to burn excess body fat the levels of the macros are different than trying to grow as much muscle mass as possible.

The difference comes in the macro caloric value. We don't count calories but getting the right macros ensures our daily caloric intake is appropriate per our goal set and activity. Not all macros are created equal. For instance, below is the calories required to burn 1 gram of each macro and I also included "alcohol" even though it's not a macro. I'll explain in the section "Alcohol and Its Effects" later.

Protein: 4 calories per 1 gram

Carbohydrates: 4 calories per 1 gram

Fats: 9 calories per 1 gram

\*Alcohol: 7 calories per 1 gram

Our method ensures that you eat only what your body requires for daily energy demands.

Calories in less than calories burned = fat loss

Calories in more than calories burned = weight gain

This is why we don't count calories because the nomenclature of this in versus out applies to total weight and our focus is on lean body mass. LBM is a clear medical indicator of a person's health and determines more clearly how we look physically.

### Our friend Protein

Protein is the building block of tissue because all protein is broken down into branch chained amino acids or BCAAs. These are the things used to increase muscle fiber size, density, volume capacity, and contraction strength. We do a high protein diet which has many benefits.

#### Muscle and Strength Benefits

- Eating protein in a timely manner throughout the day helps muscle building through protein synthesis. Basically, muscles need to be fed protein to maintain or grow.
- It enhances our ability to recover after training so that we can train hard multiple times through the week without sacrificing growth or performance.



### Fat-Loss Benefits

- Protein digests slowly so we stay satiated or “full” longer which allows us to not overeat
- Protein stimulates the release of hormones that signal the brain to make you not “feel hungry”
- Retaining muscle mass or increasing muscle mass helps you lose weight since it maintains a higher metabolic rate demand which helps burn calories through the day. The more muscle you have, the more you get to eat...
- Maintaining or increasing muscle mass helps you burn the fat and look better which helps some people avoid the problem of dieting and looking “skinny fat.” Has anyone every lost the number of pounds they thought they needed to and then realized they don’t look like they had hoped or thought they would?

Our friend protein helps us gain lean muscle to perform better, helps us recover so we can maintain high performance, helps burn extra calories, keeps us from “feeling hungry,” AND helps us get the look we all want to achieve. Why wouldn’t we want to eat MORE PROTEIN?

### The Sensitive Carbohydrate

Carbs get a bad reputation because in the American culture we have been brainwashed to believe that carbs are better than fat and that fats make you fat. Carbs are a very sensitive area for people because they believe carbs are the enemy or that low carb is how we achieve the result we want. A sustainable nutrition program for a healthy lifestyle must balance carbs the right way so we don’t overdo them. Let’s face it though...carbs are SOOOO GOOD!!

While protein can’t be stored as body fat, carbs certainly can. If we get too much they are converted into molecules that can be stored as body fat. Carbs are a fuel source for your body. Your body will use carbs that are in your system first and then seek the other fuel source we will get to in the next section which are Fats.

#### Benefits of carbs:

- Serve as the primary and initial energy used in workouts or activity
- Work with protein to build lean muscle mass – so if we are eating the right level of protein AND carbs we not only have energy to do workouts or activity but any muscle recovery, repair, or growth can be accelerated by having the right kind and amount of carbs in the body
- They help reduce muscle breakdown which helps us recover and continue to be active and workout harder
- Carbs help speed up your metabolism since they require more breakdown for ready to use energy
- Carbs also can fill you up as well but eating the right ones determines the amount we get to feed on



Healthy carbs go hand in hand with speeding up the metabolism, building muscle mass, helping recovery, providing energy, and ultimately help us burn extra calories if paired with the right level of protein. This is a clear fact when people tend to not eat very much protein but get lots of carbs via vegetables and other sources. You will potentially lose weight eating only salads and minimal protein but you will lose some of the “good weight” which is muscle.

### **The Misunderstood Fats**

Of all the macros, fats are deemed as the evil culprit responsible for our excess body fat. It's true that they can be detrimental to a nutrition program but you **MUST** get fats at the right levels. Again, our culture has always been taught to choose low fat and we are the only major country that promotes low fat or fat free nutrition. Fats are vital for energy, vitamin absorption, joint and muscle health, digestive health, cardiovascular health, heart health, liver and kidney health...the list goes on and on.

Healthy fats are what we focus on. Monounsaturated fats (Omega 9) and Polyunsaturated fats (Omega 3) are the good ones. Trans fats and saturated fats are the ones we want to limit. As a rule of thumb 2/3 of your daily fats need to come from healthy fats at a minimum. The rest can be the other fats but we recommend staying away from bad fats all together.

The misunderstood fats play a vital role in nutrition. The level of fats determined by your protein and carb intake will bring faster, longer lasting, and healthier results than you can without them.

### **Water**

The average adult human body is around 60-65% water. To compare this amount and realize how important it is to get all the water you need think of this...the entire Earth's surface is 71 percent water. It's almost the same for the human body especially doing the intense training we do at OCF. On average, everyone should drink around a gallon of water per day. In summer months, it should be more.

Hydration is very important to nutrition. It is easy to determine if you are properly hydrated. When you go to the restroom the color of urine in a healthy body is like a very light “lemonade” yellow. Not Kool-Aid or fruit drink yellow. A very small tint of yellow is good. The darker the urine gets the less hydrated you are. Yellow, dark yellow, orange, and even brown like “apple juice” are signs of mild to extreme dehydration. Dehydration affects our ability to flush out toxins through our kidneys, it affects electrolytes and mineral levels which in turn affect energy, recovery, pain, etc. Some signs of dehydration are:

- Headaches
- Decreased speed
- Decreased reaction time
- Unrestful sleep
- Decreased coordination
- Muscle and joint pain



- Decreased power and strength

We should properly hydrate to give our body the right pH and fluids it needs to transport and flush out by-products of our training.

### **Alcohol – the rebellion of success**

The effects of alcohol on the body are widely misunderstood other than that its comfort, relaxing, etc. Alcohol will significantly slow progress.

Alcohol when trying to lose fat has these effects...

- It adds calories to your daily intake and plays no important role in the body like the macros do. Plus, you're more likely to indulge in high fat/high calorie foods while having a drink. Remember 1 gram of alcohol takes 7 calories to burn. Fat requires 9 calories
- Alcohol stops the fat loss process in the body by decreasing fat utilization. Remember healthy fats are important to absorb vitamins and minerals, play as a fuel source for any activity longer than 20 min on average, and help all other functions of the body. By drinking alcohol, you are telling your body to stop all fat utilization processes and prepare to starve.

Alcohol when trying for muscle/strength building and recovery...

- It limits protein synthesis or the building of new proteins to increase muscle structure
- It impairs sleep quality by increasing time in "light" or Non-REM sleep which means it's easier to wake up. It decreases your "deep" or REM sleep and in this stage of sleep is when your body uses the most calories for recovery, fat loss, and muscle building
- It suppresses your body's growth hormone production which plays a crucial role in muscle building and recovery

We prefer people not drink at all while on a plan to reach a goal but if you still want to have some alcohol we recommend no more than 1-2 drinks PER WEEK!!

These have 100 calories per drink

- 1 regular (not light) beer of 12oz
- 1 straight shot of 1oz
- 1 glass of wine of 5oz

None of this includes any mixers with them.

### **Sleep – the "other" macro**

We treat sleep as a macro. Why? Because during our sleep we burn calories, use the other macros to build and recover, decompress the day's stress, and reset ourselves for the next day.

If you get less than 8 hrs sleep per day this is what your body does:

1. Makes more ghrelin, the hormone that says "Go, eat more"...
2. Makes less leptin, the hormone that says "Stop" and tells your body it is full



### 3. Makes more cortisol which can increase your appetite

Do any of those sound irrelevant if we are trying to lose unwanted body fat? Without going too deep in the 4 stages of sleep just know that the REM cycle is the most important. It is the stage when the brain is most active and requires a massive amount of glucose. Glucose is basically blood sugar levels. Too little and we can't function properly mentally or physically and too much we store unwanted fat. During sleep from 0-8hrs you hit a REM cycle every couple of hours but the duration of the REM cycle increases the longer we are asleep. The longest REM cycle being from the 6-7 hour usually. So, what happens when you sleep 6 hrs or less? You cut off that last long REM cycle. A research study was done and over a year period of less than 8 hours of regular sleep could add up to 14 pounds of unwanted body fat. That's a lot of fat weight.

Sleep is also when your body recovers and rebuilds. Our method of training taxes multiple energy systems that have to be replenished. The majority of what you eat during the day isn't used until bedtime which means you're eating during the day not only keeps you energized and performing but it also is what gets utilized in sleep for fat loss or muscle gain.

We urge you to set a sleep schedule and stick to it as much as possible. This might require some major adjustments in time at home or working around your work schedule but you can't maximize your success with less than 8 hrs of sleep.

### **Timing is important...**

Our body wants a constant state of homeostasis, meaning it wants to be comfortable, rested, and no stress. Daily activity varies greatly from individual to individual so there is no one set measurement that says your body is "happy." Add intense training to that involving weightlifting, endurance, interval training, high power output, etc. and you find that while we feel best when we put our body through the wringer our body is SCREAMING and raising every alarm it can to correct the strain and stress. Your body will protect itself against what you are trying to do. Luckily our body is an incredible, adaptive machine but for you and your body to co-exist happily you must give it what it needs. We monitor our blood sugar levels to do this. If we keep our blood sugar level in a good range modeled around our activity then the body raises less alarms, has what it needs to adapt and correct, and will give you what you want.

We must eat the proper level of macros every 3-4 hours. This is an estimate but shouldn't be plus or minus more than 1 hour to maximize energy, fullness, and muscle building. Our template is designed to accommodate and help you set your daily schedule of eating.

Post workout your body is in the worst potential state since you have literally stretched tendons and ligaments, rip/torn muscle fibers, consumed all available energy, created by-products and trash in the blood stream, and created a very volatile state which can be anabolic or catabolic. We want to prevent it from going catabolic in most cases. You have a 45-minute window to get protein in your body after a workout. Any time after that and you negatively



impact your ability to recover and build muscle. Therefore, we make a post wod whey protein shake mandatory.

It is crucial to get all meals in at the suggested times. Most people don't regularly eat breakfast and this is one of the BIGGEST mistakes to make. After sleep, your body has rested and tried to recover from the previous day which means it used all the macros it could to ensure you awake ready for the new day. When you don't eat breakfast, you start the day in an automatic deficit which puts your body in "starvation mode" instantly and takes at least 6 hours of so after eating to get back to normal. You HAVE to eat breakfast.

### Lean Body Mass vs Body Weight

Many programs offered utilize total body weight as an indicator as to are you succeeding or failing. Body weight is simple and fast to get because you stand on a scale and judge your own success. The problem with this is that you don't know if the change in weight is good or bad. Most people if they want to gain want to see the number increase and if they want to lose see the number decrease. Here in lies the problem:

Let us say that a 140# year old woman wants to get down to less than 130# with her nutrition. First mistake is why did she arbitrarily use 10# lower as the weight she wants to hit and does she think that number will give her the look she truly desires? The answer is NO! Because fat and muscle looks different on the body AND because total body weight can't differentiate between fat and muscle there is no rhyme or reason why she should feel that 10# is the "look" she is after. She could literally lose 10# of fat but gain 10# of muscle and look COMPLETELY different than losing 10# of body fat only or 10# of muscle only. To make the change we desire to see, we must change the ratio between LBM and Body Fat.

For this reason we use LBM in our macro calculations so that we don't include unwanted body fat pounds to determine what we should eat and how much. Also, increasing muscle mass will lower BF% faster than simply losing 10# of fat. Wrap this example around your mind:

This 130# woman has 28% body fat. That means she has 36# of body fat and 94# of lean body mass. So

	Current	Scenario A	Scenario B	Scenario C
<b>Total Wt</b>	130	120	120	130
<b>Total LBM</b>	94	94	90	104
<b>Total Fat Wt</b>	36	26	30	26
<b>LBM %</b>	72%	78%	75%	80%
<b>BF %</b>	28%	22%	25%	20%
		<b>lost 6%</b>	<b>lost 3%</b>	<b>lost 8%</b>



Scenario A may be ideal but the reality of maintaining lean mass while restricting your nutrition is not realistic for general population. Scenario B is more real-world case. Scenario C is best case and achievable. But the problem with weighing on a scale is that if the woman is dieting for 9 weeks and the scale doesn't move at all then chances are she is defeated or has already started to adjust macros or nutrition more restrictive thinking she is not losing weight when in fact she is doing the best nutrition possible and probably looks very different.

This is why we don't like body weight and the scale to determine our success but rely on lean body mass and measurements and the scale is used just as a quick indicator of is something changing. Trading 1# of fat for 1# of muscle is the goal that's why we target Scenario C because she didn't drastically change her body weight but changed her body composition.

### **Our method...**

Given all the above information, we develop a template of eating for the individual based on lean body mass. This template utilizes calculations that allow you to lose the excess body fat per your daily activity level. We assume most adults have sedentary lifestyles and exercising at OCF is considered intense. All these factors come into play on the template you have been given. The template states when, what, and how much you should eat on training days and non-training days. You will eat 5 meals per day plus your post WOD protein shake. Spreading out the macro requirement throughout the day evenly starts you in the right direction and will yield great results.

For each meal we tell you, in grams, how much protein, carbs and fat you require. We want 75% of your carbs coming from vegetables and the other 25% from "healthy" carbs. We want your protein sources to come from lean protein or whey protein supplement. The fats we list are to be adhered to as well so you eat the right ones.

We don't recommend any cheat meals especially within the first 3 weeks of the challenge. We know sometimes it is difficult with family, vacations, work, events, etc. but those are the most usual times where we justify relaxing our plan. These moments are when you must plan better and be ready. If you fail to prepare then you are preparing to fail. If you know you are going out to eat then plan to bring something or if going to a restaurant we recommend you stay with easy choices like chicken or lean meats that are not covered in any cheese or sauces. Try and stick with just vegetables as the sides and stay away from bread, sweets, and alcohol. It may not be the prettiest or most pleasant meal of the day but lessen the impact of the outing by knowing you will eat this way. If you have a vacation planned then mentally prepare that when you eat you need to adjust to life away from your home and routine.

We don't use a scale to monitor success but we will use one to monitor changes and adjust. Every two weeks cycle you will see if the scale is moving up or down and depending on your specific goal we adjust there. You will get on a scale 3 times a week and take an average of that number to determine where you are at and after two weeks if the scale has moved downward 2# or so then we keep going as planned. If it hasn't moved downward then we adjust. Same



with mass gain. If it hasn't moved up in two weeks we adjust but if it has then we stay on plan. The scale is not going to determine anything except is our body composition changing and what direction.

We use the bod pod measurement machine which uses air density calculations to determine total weight, body fat and lean mass percentage. Using LBM, we have a precise indicator as to the result of your nutrition plan and how the composition of your body is being affected.

### **The Journey is most important...**

Using our method, the resources in this document, planning and executing your meal prep, exercising, and keeping your commitment to yourself and the goal you set will no doubt get results in our 9-week challenge. Remember that years of bad eating habits don't correct things in a few weeks. Learning what works best for you, your activity, your energy level, your recovery, and your body in general is the most important aspect of this challenge.

The challenge will end but the work continues. Adjustments will need to be made when the goal changes but we are here to help you and teach you how to enjoy this lifestyle. Giving up or failing means you are OK with failing yourself and when you are OK with failing yourself it's very difficult to truly help others as well.