

Nine Healthy Ways to Make the “CUT”

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Cut out that stubborn last bit of fat and maintain your beautiful and natural shape.

1. Set goal of “cut”– Lean muscle mass will give definition resulting in muscle definition to be shown on the where the fat has been depleted. Your goal can be gauged by the following:

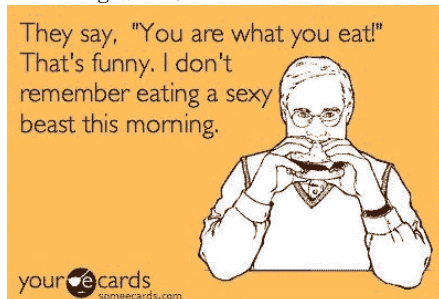
a) Body fat: Skin calipers, bioelectric impedance, hydrostatic weighing, DEXA scan, air-displacement, plethysmography.

ACE Body Fat % Chart		
Description	Women	Men
Essential fat	10-13%	2-5%
Athletes	14-20%	6-13%
Fitness	21-24%	14-17%
Average	25-31%	18-24%
Obese	32%+	25%+

Chart by American Council Exercise

b) Pant size: No need for any fancy tools or scale simply try on your old college jeans and feel your fit.

2. Understand what and when you consume. Evaluate yourself through a calorie/nutrition app to scale your nutritional balance (carbs, fat, protein) and your habits of snacking. Some people like sweets that contain large amounts of sugar holding water. High sugar consumption leads to binge crashes leading your to retain water. Additionally, an improper balance of protein can transfer into fat if over consumed vs. carbs. Once you understand what and when you eat you will see the tradeoff with looking lean rather than gaining fat or holding water.



3. Sodium Intake. The amount of sodium you consume is directly proportional to what amount of water you retain. Significantly decreasing your sodium intake will result in less water weight and a slimmer physique. Recommended sodium intake: American Heart Association (AHA): 1500 mg <http://authoritynutrition.com/how-much-sodium-per-day/>

4. Train past your plateau. If your exercise regimen is already consistent yet your are not getting the results you should try:

- Bumping up your intensity
 - Add volume
 - Challenge your core
 - Change your routine to keep your body surprised.
- This will allow your body to continue to strengthen and revolve in your desired transition. You can find ideas ins sources such as health magazines, YouTube, fitness sites, BodyBuilding.com, friends, fitness professionals etc.

5. Adding in 4 minutes to your routine. Try the Tabata protocol.

Increase your heart rate at its MAX level and boost your calorie burning rate for the day. This can be accomplished by taking a 20 minute treadmill jog down to a high intensity 4 minute. This protocol saves you time and gets you toned. <http://www.tabataprotoocol.com/>

6. Giving fair play between strength, cardio, flexibility, and balance.

You need muscle to burn fat, cardio to burn carbs, flexibility to increase your range of motion to max your movement in routine, and finally; balance to maintain a strong core. With all these ingredients put in one gives a solid foundation to meet your goals of a toned body. You can evaluate and assess yourself in a personal health diary to stay on track utilizing each method.



7. Build posture like a model/ soldier. Models can have a straight walk and perfect balance as for a soldier is steadfast and long lasting. Both ends of the spectrum stand upright, lean, and give a toned look. Good kinetic alignment can lead to fewer injuries and also fat burn evenly through the body allowing the textbook anatomy look. Getting the cut– shoulder back chest forwards, neck aligned, pelvis neutral. Try to focus on one posture hold for the whole week and alternate different postural areas each week until your body is comfortable holding upright.



8. Support system of someone who can relate. It's nice to have a pal or more joining you for healthy fun and challenge. Examples:

- Running buddy once a week.
- Try a 30 day consumption challenge– Sugar lent, 10 glasses of water a day, Gluten free, Detox etc.
- 45 minute circuit at your local gym.

You don't need to join a cult or over obsess. Having a friend, relative, trainer or significant other with the same goals can be helpful with motivating each other.



9. Dedication: Just like everything else in life needs dedication to bring success even your own personal health will need dedication. The way you mold yourself internally will show externally with practice and determination.



