

Nutrition Challenge Update: Week 7

02/28/2022

Challengers,

The challenge has ended. We hope you were motivated to create some discipline and new habits around your eating over the last 6 weeks. We also hope you came away with a better understanding of how to eat in order to fuel exercise, performance, and changes in your body composition.

As we mentioned in last week's update, we don't want the challenge to be the end of your good eating habits, but instead the beginning. To complete your full "diet cycle" of 8 weeks. Continue watching your quantities over the next two weeks. If you're cutting and your weight has stalled (and you still have room to decrease your intake), feel free to make another 10% reduction this week.

If you're gaining and you've stalled out, increase your intake by another 10%.

If you're still trending down (or up depending on your goals), keep your macros (intake) the same for another 2 weeks.

Then let your calories come back to your maintenance levels for a period of time (for more details on maintenance levels [see last week's update](#)). Keep *some* focus on your intake, but give yourself room to breathe. Then after 6-8 weeks of maintenance, take a stab at cutting or gaining again for roughly another 8 weeks.

Never depart fully from sound eating principles...

- Eat mostly whole foods, and minimize processed food.
- Get plenty of protein every day (roughly 1 gram per pound of ideal body weight)
- Aim for protein, carbs, and fat at every meal
- Do some basic prep of protein, carb, and veggie sources each week.

...But let your diet ebb and flow some throughout the year.

Keep trying to add more lean tissue. The more muscle you have in earlier decades, translates to more in later decades. This will help keep your body strong, functional, and more likely to keep a leaner overall composition in the long run.

If you'd like to keep track of your lean tissue. We can do InBody scans anytime of the year. Just ask a coach about scheduling one before a class.

Also, if you'd like to dive deeper into your nutrition, or have a more specific plan in terms of meal timing, macro-levels, and when to adjust, we work 1-on-1 with clients on their nutrition as well. Email case@4bfit.com if you're interested.

Scoring and Prizes

We'll select one male and one female winner for the challenge. Scoring will be based on:

- Attendance / Workouts Completed
- Tracking Sheets
- Difference in body fat (lbs) relative to starting body weight.
- Difference in muscle mass (lbs) relative to starting body weight.

Each winner will receive two months free membership!

To be in the running, be sure to **turn in your tracking sheet** on the table in the lobby, and **complete your 2nd InBody scan** by the end of this week.

We'll announce winners on Friday 3/11 in a final challenge email.

Good work on this year's challenge, and keep working on better fueling your body. Mastering your nutrition takes time. Avoid the fads and the quick-fix stuff, and stick to a balanced approach. Learn something new and improve a little more each time you diet.

We're always more than happy to answer your nutrition questions. Let us know if you have any!

[Here's the link to our challenge resources page if you missed any content up to this point.](#) We'll leave this page up if you'd like to reference any of this material in the future.