

## Update 7, Nutrition Challenge 2023

2/24/23

Challengers,

You've made it! The challenge is over, but your healthy eating shouldn't end here. Six weeks can give you a jump start, but if you want to make lasting and significant changes to your health and/or body composition, balanced eating is something you should practice year round.

Your nutrition won't and shouldn't be perfect all the time. The trick is to keep your foundation throughout the year (80% compliant), with some stricter periods sprinkled in when you feel you're getting too far off track, or when you're chasing a specific performance or body composition goal.

In fact, your body actually prefers periods of cutting (focused on fat loss) or massing (focused on muscle gain), followed by periods of maintenance (matching calories consumed to calories burned and being less strict with your diet - the 80% mentioned above).

As an example, when we work with 1-on-1 nutrition clients, we typically cut or mass for 8-12 week periods, followed by 6-8 week maintenance periods.

Here's a list of habits you should aim to keep after the challenge:

### Nutrition After the Challenge

- Keep unhealthy foods out of your house
- Avoid snacking between meals
- Cook at home / Minimize eating out
- Keep the habit of a weekly bulk meal prep
- Minimize alcohol intake (2-4 drinks per week)
- Get a balance of protein, carbs, & fat at every meal

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### Tracking Body Composition Post-Challenge

The weight on the scale can only tell you so much about your health and body composition. Other things to keep in mind when searching for results from your training and nutrition include:

- General Mood / Energy Levels
- How Clothes are Fitting
- Strength / Performance in the Gym
- Blood Work Numbers
- Skeletal Muscle Mass (in pounds)
- Body Fat Mass (in pounds)

The last two bullets are good correlates for health and longevity and can be found on your InBody scan. In general we want muscle mass to trend upward and fat mass to trend downward.

That said, if you're eating less to cut fat or weight, your muscle mass will likely stay even, or it may even fall a couple pounds. The goal is to not let it fall more than a couple pounds over a cut phase, and then to regain that

muscle during a maintenance or mass phase. If you're sacrificing more than a couple pounds, it's a good sign you need to end the cut or bring your calories / food quantity back up a bit.

*\*If you're interested in keeping tabs on your Muscle Mass or Fat Mass after the challenge, 4B members can complete an InBody scan anytime for \$10. Just ask a coach and we'll get you scheduled in.*

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## Other Habits to Keep for Ideal Health & Body Composition

Beyond the nutrition piece, here are a few other important factors and habits you should aim to keep after the challenge:

- Practice resistance training 3x / week
  - Get as much low-level movement / general activity as possible outside of the gym
  - Get an additional 60-90 minutes of Zone 2 training outside of the gym each week
  - Keep a consistent sleep schedule
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## Lastly, here are your final two action items for the challenge:

- ☐ Sign-up for, and complete your 2nd **InBody Scan** by Friday, 3/3. These need to be done prior to working out to get an accurate scan.
- ☐ Turn in your **Challenge Checklist** at the front desk by Friday, 3/3.

*\*We'll calculate scores from the challenge the following week and will **announce the challenge winners on Friday, 3/10.***

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Good work! We hope you learned a lot and picked up some valuable habits during the challenge. Keep some focus on your nutrition, and let me know if you have any questions.