

McRAE

STRENGTH & CONDITIONING

PRESENTS

THE LEAN BODY ROADMAP



*10 actionable steps to boost your
metabolism & burn more fat today*

THE LEAN BODY ROADMAP

10 strategies to boost your metabolism & burn more fat

If you're struggling to burn excess body fat you're definitely not alone.

Maybe you've managed to lose fat in the past but just couldn't seem to & keep it off.

Or maybe you're ready to make a change but you simply don't know where to start.

Regardless of where you're starting, by the end of this eBook you will have all the tools needed to begin your fat loss journey.



As a coach & trainer I've heard the same question asked over & over again:

"I've tried everything to lose fat. I've tried every diet under the sun, endured grueling workouts, spent countless hours on the treadmill & I've spent a small fortune on fat loss supplements. It all works for a little while but I always end up back where I started, sometimes even worse off. **What's the secret to losing fat?"**

MCRAE
STRENGTH & CONDITIONING

Quick fixes don't work!

It seems like everyday there's a new fad diet or magic weight loss pill, a new shortcut to success.

Spoiler alert: There is no shortcut to fat loss.

Sure you can drop 10 lbs in 10 days by doing one of those juice cleanses or starvation diets, but without addressing the underlying issues that got you there in the first place, you will put the weight right back on.

To truly change your metabolism, you have to **nail the little things day in & day out.**



Boosting your metabolism & burning fat isn't rocket science, it just takes doing the right things on a consistent basis.

To help you get started I'm giving away 10 metabolism boosting strategies & tips from my program that are guaranteed to help you lose body fat.

MCRAE
STRENGTH & CONDITIONING

1

Calories in vs. Calories out

This first step might seem super obvious but it's so fundamentally important that it bears repeating. **In order to lose weight you have to be in a caloric deficit.**

It's a biological fact & there is no getting around it. Simply put, you must consume fewer calories than you burn in order to lose weight. Pretty simple, right?

How it Works:

Calories are what your body uses for energy. Once your body's energy needs are met, all of the extra calories consumed are stored for future use, some in your muscles as glycogen, but most as fat.



So the only way to lose weight is to put yourself in a caloric deficit, forcing your body to burn its energy stores for fuel.

Take Action:

Use the [Harris-Benedict Equation](#) to calculate your Total Daily Energy Expenditure (how many calories you burn each day.) Once you've found your TDEE, subtract 500-700 calories, this will be your daily caloric range for weight loss. As your weight changes, so will your TDEE so you should recalculate your caloric needs every 1-2 weeks.

2

Drink plenty of water

Are you drinking enough water? Chances are that you aren't, especially if you've been working out hard trying to lose weight. Drinking water increases your metabolic rate meaning that you'll burn more calories. **Drinking a large glass of water 20 minutes before your meals will also fill you up & reduce the chances of overeating.**

How it Works:

A recent [study](#) found that by simply drinking 500ml (around 17 oz.) of water before breakfast, lunch & dinner, the subjects were able to decrease their body weight, BMI, & body fat percentage in just 8 weeks.

Take Action:

Take your body weight in lbs & divide it in half. This is how many oz. of water you should be drinking each day, 2-4 liters for most people.

Get a large water bottle & keep it within arm's reach at all times. Keep track of how many bottles you drink so that you know when you're hitting your goal.

For an extra metabolism boost, make it ice water (your body burns extra calories warming it up to body temperature).

3

Train for strength

Turn your body into a fat burning machine by increasing the amount of lean muscle mass on your frame. Muscle requires a higher number of calories to sustain itself, so the more muscle you have, the more calories you'll burn.

The most efficient way to pack on muscle is with compound exercises such as the squat, overhead press, deadlift & row. Compound exercises are so efficient because they work multiple muscle groups simultaneously which means you'll build more muscle in less time.



How it Works:

Muscle tissue burns nearly 2.5 times the amount of calories that fat does. So by increasing your lean muscle mass with strength training, you are priming your body to burn more calories throughout the day.

Take Action:

Start by incorporating full body strength training twice a week & allowing adequate rest between each session. As your body adapts to the stress of training, you can increase your number of weekly sessions. Train your entire body each session by doing at least 1 exercise from each of the 4 main movement patterns: squat, hinge, push & pull. By training each of these movement patterns, you'll really kick your metabolism into high gear by sparking muscle growth all over your body.

4

Know your Cardio

HIIT workouts combine short bursts of intense exercise with periods of rest or lower-intensity exercise while LISS workouts consist of a single longer bout of exercise at a much lower intensity.

HIIT is very time efficient & can increase your metabolic rate for up to 24 hours after your workout, but it's also harder on the Central Nervous System & takes longer to recover from. LISS uses fat as the primary fuel source & can help aid in recovery from harder strength training workouts, but you only get the fat burning benefit while you're exercising.

Reminder: You must be in a caloric deficit or neither of these methods will help you lose weight!

How it Works:

Studies have shown that both HIIT & LISS are effective ways to decrease your body fat percentage & improve overall body composition. However HIIT requires 40% less training time to achieve the same results. It all comes down to personal preference, **the type of cardio that will work best for you is whatever kind that you actually do.**



Take Action:

Use HIIT sparingly, no more than twice a week to start. Feel free to use LISS on training days or recovery days. To get the maximum benefit from LISS, exercise for at least 30 minutes in a fasted state (in the morning before you eat).



5

Choose Whole Foods

All calories are not created equal. Many processed foods have been completely stripped of their nutritional value & will not keep you full for long regardless of how many calories they have. A good rule of thumb, **if you can find it in nature, it's good to eat.**

How it Works:

Refined carbs are digested quickly, spike blood sugar & insulin levels, & due to their low nutritional value are considered "empty calories". Eating refined carbs will cause an insulin spike, which will lead to increased hunger cravings. Complex Carbs are slowly digested & keep you full for longer. Avoid pre-packaged & processed foods as much as possible.

Take Action:

Eat foods from the following list:

- Fruits and vegetables
- Nuts, seeds, and beans
- Milk and some dairy products
- Meat, poultry, and seafood
- Minimally processed foods

When starting out on your fat loss journey, don't worry about counting macros. Simply focus on hitting your caloric goal, staying hydrated, & eating as many whole foods as possible.

6

Track what you eat

What did you have for dinner last Tuesday? What about your lunch last Friday? If you weren't able to answer these questions with 100% certainty then you can't possibly know if your nutrition is where it needs to be to reach your goals.

How it Works:

Truth is, most people think they eat healthier than they actually do. Tracking your food intake forces you to take an honest look at what you're consuming which drastically boosts your awareness & accountability.

In a recent [weight loss study](#) with nearly 1,700 participants, **those who kept daily food records lost twice as much weight** as those who kept no records.

That's pretty powerful stuff!



Take Action:

There are multiple tracking apps like Lose It! or MyFitnessPal. These apps track useful information like calories as well as macronutrient breakdown.

If you're somewhat of a throwback like myself, simply keeping a handwritten food journal is a simple yet effective way to track what you're consuming.

Regardless of which method you decide to go with, make sure to log your food as you eat it. If you wait until the end of the day, your log will likely be inaccurate.

7

Get your Zzzs

If you're serious about fat loss then you need to be just as serious about your sleep! You can be doing all the right things like crushing it in the gym & eating clean, but if you're not getting enough sleep it could be sabotaging your progress.

Your body goes into repair mode during your sleep cycle so by skimping on sleep you're effectively slowing your muscle growth & metabolism.

How it Works:

Lack of sleep signals your body to release elevated levels of the stress hormones cortisol & ghrelin which can cause you to feel more hungry & store more body fat around your midsection.



Take Action:

The average adult needs 7-9 hours of sleep per night. By knowing this you can work backwards to figure out your ideal bedtime. For instance, if you wake up at 6 every morning, going to be between 9 & 11 would be ideal.

Next, create a bedtime routine that is free from cell phone & TV use as late night electronic use has been shown to negatively affect sleep patterns. Use this routine to start winding down 30 minutes to an hour before your bedtime.

8

Up your protein

Protein is hands down the most important nutrient when it comes to increasing your metabolism. Eating adequate amounts of protein not only helps build bigger muscles, which by itself gives your metabolism a boost, but it also helps regulate hunger & even plays a role in hormone production.



How it Works:

High protein diets affect both sides of the calories in/calories out equation. **High protein diets are highly satiating which reduces hunger cravings & ultimately how many calories you consume.** In one [study](#), subjects who got 30% of their calories from protein ate on average **441 less calories** a day than their low protein counterparts. Protein also takes more energy to digest which increases the amount of calories you burn throughout the day, even while you sleep.

Take Action:

Consume between 1-1.5 grams of protein for each pound of body weight, assuming you are on a training program. If you are not exercising regularly (why not?), eating .7-1 gram per pound of body weight will still help boost your metabolism.

9

Make a plan & take action daily.

Ben Franklin once said 'If you fail to plan, you are planning to fail'. Now that you have some tools to lose fat, it's time to make a plan & take action. **Start by addressing just one or two of the biggest obstacles that are holding you back** & make a plan to address overcome them every day. If you're eating well but struggle to find the motivation to exercise after work, make morning exercise part of your daily plan.

How it Works:

Consistency beats intensity. Every. Single. Time. Taking even the smallest daily steps towards your goals will really add up over the course of the next week, month & year. These small wins will compound on each other & start to build momentum that will carry over into other aspects of your life.



Take Action:

Use the [Daily Action Tool](#) to make a plan to overcome your biggest obstacles & form long term habits that will help you burn fat & keep it off for good!

10

Get an accountability partner

Picking the right support system will determine your accountability success. If you need guidance or advice from your accountability buddy, you should choose someone that is qualified to guide you. For effective partnerships you've got to choose someone who is as committed as you are & is genuinely interested in helping you succeed.

How it Works:

Having an accountability partner is a great way to ensure that you're continuously progressing towards your goal. If you happen to slip up & fall off of your action plan for one reason or another, this person can be a fantastic resource to help you figure out why you fell off track & how to prevent it from happening in the future.

Being accountable to someone else will encourage you to keep taking the necessary steps towards your goal especially when you're lacking internal motivation (which is bound to happen from time to time).

Take Action:

1. Pick someone you trust (preferably not someone you live with)
2. Share your specific goals with them
3. Write out the specific steps you will take to reach these goals (you can use the daily action tool)
4. Establish rewards & consequences for taking or not taking those steps
5. Set regular check in times, weekly works well



McRAE

STRENGTH & CONDITIONING

You now have a great foundational knowledge on how to increase your metabolism, now it's time to take action & put these strategies to work for you!

If you found this eBook to be helpful, please share it with someone else who could benefit from the strategies discussed inside.

If you still have questions about how to burn fat & build the lean body you've always wanted please reach out, I'd love to help.

You can contact me directly by email at daivd@mcrasc.com or schedule a free 15 minute strategy session with me **[RIGHT HERE](#).**

Thanks for reading!