



Trim Healthy Podcast with Serene & Pearl

Episode 361 – You will FAIL if you make ____ your New Year's resolution!

Air Date 12/27/23- [Watch Here](#) ~ [Listen on iTunes](#) ~ [Listen on Spotify](#)

Quotables

- “The real goal isn’t weight loss... it is to become a metabolic burning machine. Don’t shoot for weight loss... shoot to become a BURNER. Because when you’re a burner, you’re going to lose FAT and *not* lean body mass. And it’s a real-life, sustainable approach.” – Serene
- “The over-simplistic just lose weight... New Year, New You will leave your metabolism worse than it was before. It will.” – Pearl
- “After menopause, Pearl became ‘skinny fat’ and lost precious lean body mass when she approached this wrong. I’ve been skinny fat too. Your muscles are marbled with fat.” – Serene
- “You want muscle to be muscle and fat to be fat! You DON’T want fat in your muscles.” – Pearl
- “Don’t get distracted by trying to lose fat. Focus on having a burning diet. Don’t chase the fat off your body. Chase the burning life. Become a burner. Embrace burning exercise. It’s slow and sustainable.” – Serene
- “If you want to be a burner, you’ve got to care.” – Serene
- “We want to be beautiful, strong, healthy feminine creatures.” – Pearl
- “Weight loss on its own will lead to a broken metabolism!” – Serene
- “Even I’m an athlete now!” – Pearl
- “Don’t you dare go a day without carbs, more like only a couple of meals without carbs!” – Pearl
- Moral of the story? If you do the protein right, and if you do the strength training... the fat will start to take care of itself. Become a BURNER.” – Pearl

Trim Healthy Mamas...It's time to BURN!

From Serene and Pearl... We do have to urge you not to make weight loss your goal for the New Year. We repeat... DO NOT make weight loss your goal. Some may, rightly, push back. You may say, "This isn't healthy for me" or "I have weight to lose, and I have to do something about it," or "I have inflammation and high blood sugar. Help!"

Here's the thing, if it's just about *weight loss* ...you will get lighter, but you will lose your *lean body mass* and your metabolism *will* slow down. Don't shoot for weight loss...Shoot to become a **BURNER**. Because when you're a burner, you'll lose FAT and *not* lean body mass. And it's a real-life, sustainable approach. We are going to deep dive into the science around igniting a burning metabolism in our upcoming book... This isn't a fast change... it's slow fat loss and it's sustainable.

We must ask... what is worse? Losing lean body mass or gaining weight? And, the answer is, emphatically, losing lean body mass is much worse. You're losing your furnace. What is this furnace? The majority of what it's composed of is lean body mass – or muscle tissue. And the health of your muscle tissue directly correlates with how you eat. Additionally, those with insulin resistance gain fat in their muscles, and you don't want fat in your muscles! You want muscle to muscle and fat to be fat!

Tender meat in animals, for instance, is achieved by giving them abundant grains and they remove the protein from the animals' diet. High-spiking carbs without protein anchoring them.

How Do You Become "A Burner"?

- **Don't get distracted by trying to lose fat.** Focus on having a burning diet. Don't chase the fat off your body. Chase the burning life. Become a burner. Embrace burning exercise. It's slow and sustainable.
- **Embrace the 3 "Nerd Levels" of Protein** (or at least start with 2 of 3)
 - **Level 1:** Anchor every meal in protein... and major on protein snacks.
 - **Level 2:** You need 25 grams of protein at every single meal. For most, this is to sustain your muscle mass.
 - **Level 3:** You ensure the protein is bioavailable and it always includes 2-3 grams of leucine.
- **You can't get to this burning state on "no carb" or "low carb."** We need "**healthy carbs!**" You are going to lose muscle mass on Keto... you need the carbs for muscle mass. So, the added importance of carbs, along with protein is an important point to highlight. We simply didn't understand the crucial role of carbohydrates in building lean body mass back then. We have always loved those healthy carbs, but now we love them even more. The carbs help you stay and be a burner.

- A huge part of the evolution that we have gone through is that we're not just going for weight loss... **we're shooting for being burners**. We hold onto all the good truths of Trim Healthy, but we are building on the foundation and pushing ourselves (and leading others) into *even greater health*. Weight loss on its own will lead to a broken metabolism! And then the road to recovery is even more difficult. So, we must be loud and proud that we aren't going to lead people down that road. We want the greatest health and long-term results. We're burners, and we want you to burn too!
- And finally, such an important part of this journey is **resistance training**. You can start with our Workins – do them for a couple of months to rehab your core and then transition yourself to lifting heavy. Or start directly with our heavy lifting series on our new Tribe Healthy YouTube channel (it builds back lean body mass while protecting your core). Our definition of “heavy” is that it will be unique for each person. You want heavy enough to put stress on your muscles but not so much that you injure yourself and are at complete failure by the first set. you safely max out on your weight.
- How many times a week should you be lifting heavy? We recommend getting to three times a week for women. And you need to get good nights of sleep to build muscle. Get at least 7 hours... but you need to get your hormones in check to get good nights of sleep, and this is one of the reasons we are going to be launching our hormone optimization program this year.

Concluding Notes

As females, we are not wanting to look so muscled up that we appear masculine. We are not seeking Mrs. Hulk's physiques. We want to be strong, healthy yet feminine creatures. Women who *look* built are usually one of three things.

1 – genetically special

2 – on steroids

3 – genetically special plus their diet is not dialed in so large layers of fat cover the muscle

We used to say that Crossovers (XOs) were only for those at goal weight or pregnant or nursing mothers etc. Now we say, that wisely put together Crossovers can be something to enjoy while you're on your way to goal weight along with S and E meals. They can help keep your journey sane and your thyroid nurtured.

Even I (Pearl) am an athlete now... We were talking to this incredible doctor, *Dr. Stacy Simms* (our interview with her will come out in this upcoming new year), and I told her I'm not an athlete, but she said 'Do you strength train, and do you do it on purpose? My answer was a resounding “Yes”!! She responded with this... “You ARE an athlete.”

What's the moral of the story? If you do the protein right, and if you do the strength training... the fat will start to take care of itself. ***Become a BURNER.***



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We've each created our workout series with a primary focus on strength training. All our workouts are designed to help you become a burner! What's a burner? Someone who reverses insulin resistance and burns through food fuel and blood sugar even amid hormone challenges! You will find a workout series that fits your lifestyle. Or pick from our many workout options according to your lifestyle. You can do all our workouts at home or take us to the gym on your phone.

Pearl Here - My sessions are just 25 minutes long and are so simple! All you need are some dumbbells. They're perfect if you're at a beginner or intermediate fitness level. But in no way are they insipid. Your body will transform!

Serene Here - My sessions are 45 minutes long and I use a barbell, but I show mods on how to use other simple things like dumbbells. If you're like me and a total dork about getting your lean body mass back and building some serious tight, high glutes... join me! My workouts are for intermediate or advanced fitness levels, but beginners are welcome if you want to use the mod boxes.

We also have 10-minute workouts - These are called Fit 10 - led by our cousin Cal, a retired marine and expert fitness coach. They're perfect if your life feels too busy for exercise or if you can't fit one of our sister sessions in. They'll get you fully fit in just ten minutes.

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