Twitter Thread by Chace Chambers



Chace Chambers
@ChamberofFit

If you want to get in the best shape of your life by 2023 read this:

Hey there, I'm Chace, I'm a fitness and nutrition coach.

I've dropped 25+ pounds in 3 months before and so can you.

Extraordinary things are possible with 3 months of focused, consistent work.

Here's your transformation plan:





1. Create a calorie deficit

70% of the US and 39% of the world's adult population is overweight.

To get in great shape you're going to have to create a calorie deficit and drop body fat.

This means eating fewer calories than your body burns daily.

Here's how you do this...

Use an app such as MyFitnessPal to calculate your calorie goal.

This is easy - download it, create an account, and pick your goals.

MyFitnessPal will calculate the number of calories you should eat daily to lose weight.

I recommend aiming to lose 1-2 pounds per week.

2. Eat more protein

Aim to consume 1g+ of protein per lb of body weight EVERY day

Protein helps you:

- build muscle (anabolic)
- stay full longer (highly filling)
- burn more calories (thermic effect)

Keeping protein high will make sure you are losing fat and keeping muscle

Be sure to track your food and protein intake with MyFitnessPal.

Otherwise, you will have no idea how much you are consuming.

High protein foods:
- meat
- eggs
- dairy
- seafood
- whey protein shakes

High protein is a non-negotiable if you are trying to get in amazing shape.

3. Limit alcohol

Alcohol is fine in moderation but...

If you're trying to get in great shape alcohol is your enemy.

Alcohol lowers leptin (fat-burning hormone) and negatively impacts muscle growth.

Alcohol is also loaded with calories and will easily ruin your deficit

4. Drink 1oz water per lb bodyweight

Staying hydrated will help you consistently stay in a calorie deficit.

Being dehydrated causes unnecessary feelings of hunger which often leads to snacking.

Drink a glass of water whenever you feel hungry between meals to prevent this.

Hydration habit tips:

- Drink two glasses of water every morning

- Drink a glass or two of water between meals

- Drink a two glasses of water with every meal

- Buy a half to full gallon bottle to carry with you throughout the day

5. Get 7-8 hours of quality sleep

Sleep is important for:

- controlling hunger
- hormone balance
- metabolism
- fat burning
- recovery

Aim for 7-8 hours of quality sleep to optimize fat loss and muscle building.

All of the sleep tips you could ever need are in this thread I wrote:

https://t.co/ihhFw8Eefd

> Do you sleep less than 7 hours?
>
> If so, your hormones, recovery, and health are suffering.
>
> Use these 8 tips to get the best sleep you've had in years:
>
> [Thread]
>
> — Chace Chambers (@ChamberofFit) July 20, 2022

6. Lift weights 3-6x per week

Muscle building checklist:

- train each muscle group 2x per week
- 10-20 sets per muscle per week
- train mostly in the 6-20 rep range
- aim to progress from week to week
- make sure you are training with a high intensity to retain/build muscle

Great training splits:

- PPL (push, pull, legs, rest, repeat)

- Upper Lower (upper, lower, rest, upper, lower, rest, rest, repeat)

- Full body (full body, rest, full body, rest, full body, rest, rest, repeat)

Pick a split that works for your schedule and stick to it.

7. Do Zone 2 cardio 4-5x per week

Zone 2 cardio is done at 60-70% of your max heart rate

Aim for 20-45 minutes each session

Easy max heart rate calculation: 220 - your age

Zone 2 cardio will increase your daily calorie burn and help you drop fat to get in shape.

Here is a great thread on Zone 2 cardio from @AJA_Cortes:

https://t.co/8o2sXGd4Sn

> ZONE 2 CARDIO EXPLAINE, and cardio as a whole (thread):
>
> If you understand cardio by the end of this thread, you'll have the tools to add years to your life
>
> And increase quality of life.
>
> -To start, here is a chart showing cardio zones, I will explain it in details pic.twitter.com/AaYk6q1QMi
>
> — Alexander Cortes PhD, Fitness, Nutrition, Fat loss (@AJA_Cortes) January 26, 2022

@AJA_Cortes 8. Have a daily activity goal

Your lift and cardio should not be the only movement you get all day.

A daily movement goal is a great way to make sure you keep your activity level high.

Aim to take 10,000+ steps per day and your transformation will be much smoother.

@AJA_Cortes Habits to get 10,000+ steps:

- walk while taking calls
- take your dog on walks
- take a morning or sunset walk

- park farther from entrances to work/store

To be honest you could probably drop fat by JUST walking more. Get up and move.

@AJA_Cortes 9. Adjust to beat weight loss plateaus

If your weight loss stalls for over a week here are your options:

- decrease calorie inake by 10%

- increase weekly cardio time

- increase daily step goal

Don't let plateaus discourage you, be prepared and make the necessary adjustments

@AJA_Cortes 10. Track your progress

Progress is impossible without measurement.

Track your weight to make sure it's moving in the right direction.

Track your food daily to make sure you're hitting your calories.

Track your workouts to make sure you're improving in the gym.

@AJA_Cortes Remember, no plan can be effective if you don't show up and put in the work.

To succesfully transform in 3 months you must have discipline and hold yourself accountable.

Do these 10 things consistently and you'll look like a whole new human in 3 months.

@AJA_Cortes TLDR;

Daily:
- Calorie deficit
- High protein (1g per lb)
- Drink water (1 oz per lb)
- Limit alcohol
- 10K steps
- Sleep 7-8 hours

Weekly:
- Do Zone 2 cardio 4-5x (20-45 mins)
- Lift weights 3-6x
- Track progress

@AJA_Cortes Thank you for reading.

I hope this thread motivates you to transform yourself.

If you enjoyed, please give the first tweet a RT so others can be motivated to tranform as well.

For more fitness and fat loss content follow me @ChamberofFit.

https://t.co/WqQhZr0I9G

> If you want to get in the best shape of your life by 2023 read this:
>
> — Chace Chambers (@ChamberofFit) September 10, 2022