

Fat Loss After 30

5 Keys to Success

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1. Focus on Protein Intake

After 30, metabolism gradually slows down. Prioritizing lean protein like chicken, fish, eggs, or plant-based protein supports muscle retention and keeps you fuller for longer.

2. Strength Training Over Cardio Alone

Cardio helps burn calories, but strength training preserves and builds lean muscle, which is crucial for long-term fat loss and metabolism support.

3. Prioritize Recovery and Sleep

Quality sleep and recovery allow your body to repair and regulate hormones. Poor sleep can increase cravings and slow fat loss.

4. Manage Stress

High stress increases cortisol levels, which can lead to fat storage around the midsection. Incorporate stress management techniques like walking, stretching, or meditation.

5. Stay Consistent with Nutrition

Instead of crash diets, build a balanced plan with whole foods. Include fruits, vegetables, whole grains, and lean proteins for sustainable progress.

Ready to Take the Next Step?

Book your free consultation today and start your personalized fitness journey.

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