

085: Breaking Down the Science of Weight Management


10 Point Checklist

Sylvia Tara

Want to gain as much knowledge as possible out of Get Yourself Optimized? Read on below for a **10 point checklist** that gives the next, real steps you can take for introducing these insights and optimizing your life.

Get **YOURSELF OPTIMIZED**

HOSTED BY **STEPHAN SPENCER**



"You should respect your fat. It's not just sitting there as some unsightly body part that we have to get rid of. It's actually a great service. Learn to love it, keep it in the right places."

SYLVIA TARA

10 STEPS YOU CAN TAKE TODAY

**Want to take charge of your health, wellness, and success?
Here are 10 steps that can move you closer to your goals – today.**

- Reframe my thinking on fat. It isn't just fat; it also functions like an endocrine organ, releasing hormones and is positively linked to brain size and several of my body's systems.
- If my body fat percentage is too high, focus on losing just 7% of my body fat. This can improve my insulin sensitivity by 57%.
- Get tested for AD-36 if I have concerns about my weight. This virus can make it easier to gain weight and harder to lose it.
- Eat more fruits and vegetables. This actually tilts my microbiome toward that associated with a leaner body type.
- Order a test kit and get my microbiome tested. ([uBiome](#) is an example of a company that does this.) This offers insight into how my microbiome is helping or hindering my weight journey.
- Let go of my guilt about dieting issues. Calorie restriction and weight loss are harder for some people than others due to biological and psychological factors.
- Research diets, then pick one as if I plan to stick with it for six years. This way I'll end up with a diet that's sustainable for me instead of just a crash diet.
- Get my genes tested by [Simplified Genetics](#). Follow the recommendations they offer for exercise and diet based on my DNA.
- Try intermittent fasting for the next 30 days. If I'm a man, fast for 14 hours a day. If I'm a woman, fast for 16 hours a day. This means I can only eat during the other eight to 10 hours.
- Monitor what I eat closely and track how my weight changes. Small things can have big impacts on different people, so monitoring myself will teach me how my body reacts.

To view the transcript, resource links and listen to the podcast, visit:

<https://www.getyourselfoptimized.com/breaking-science-weight-management-sylvia-tara/>