**Chalene:** Welcome, you’ve found the Chalene Show. This is a show with tips, shortcuts and advice from the experts to help you create a crazy, ridiculous, amazing fun-filled turbo charged life. And this is a fit tip episode. These episodes I’ve designed to help you be your best physically.

The quick and simple and I designed them around ten minutes or so, so that you can digest them quickly and then get to the good stuff, the weekend. And this episode is all about weekend weight loss. Now, that might sound like a complete oxymoron because so many people spend their weekends just in gluttony, drinking extra, going out to dinner, consuming extra calories, eating things they normally wouldn’t eat and then on Mondays, like, I got to get back on track or I’m going to start my diet on Monday.

I think that a healthy lifestyle should be something that we try to adhere to seven days a week. I think we need to stop looking at the weekends, as that time when we give ourselves permission to blow it and start all over and punish ourselves on Monday. So be open minded to this, I’ve got a lot to cover and a short amount of time, so I’m going to speak quickly. Put your seatbelts on.

First of all, have an open mind, okay? Because this first one is probably going to make some of you have heart palpitations. And if it does, we need to talk. And by the way, if you’re listening to this on Sunday, no big deal, we can start this next weekend but the weekend that you try this, I want you to decide on Thursday that starting Friday, Saturday and Sunday, there will be no alcohol consumed.

What? Somebody call Betty Ford. I’m serious. And guess what, you can do it. Don’t freak out. You’re just as fun and you’ll have just as much of a great time with your friends, socializing without hitting the bottle, without a glass of wine. It’s just a habit. And if it’s not just a habit, if it something that’s turned into, like your starting to

squeeze your steering wheel and you’re shaking and you can’t imagine doing whatever it is you do on Fridays, Saturdays and Sundays without your alcohol, then, people, there’s an issue.

You need to be able to have a great time and enjoy yourself and enjoy conversations without alcohol. Now, why am I doing this? Why am I doing this to you on the weekend? I just want you to try it one weekend. Okay? But you need to make that decision on Thursday.

Alcohol has extra calories, way more calories than what most of us assume. And they’re filled with sugar, not only that, it diminishes our ability to make good decisions about our food. It slows our metabolism. It makes us slur our words, it makes us say things we regret the next day, you feel bloated and puffy and it’s just something you don’t need this weekend.

Number 2, this is a weekend for weight loss, so that means, alright here we go, three days of steady state, long endurance, cardio. Now you might say, I don’t get it Chalene, you always talk about hit training and changing it up and doing all these different types of fitness programs that aren’t necessarily long, steady state cardio. I know, but I’m talking about you hitting Monday morning and getting on the scale and going, “Whoa, that’s crazy.”

I actually lost weight this weekend. So, in order to do that for this weight loss weekend, you are going to do three days of steady state, long endurance cardio. What does that mean? It means something that’s not that hard on your body, it’s a longer workout like sixty to even ninety minutes of steady state.

So I’m not talking about doing intervals, I’m talking about a long run, a long bike ride, a long steady slow jog, power walking, things that keep your heart rate at a relatively high rate specifically that would mean a scale of one to ten, you’re giving yourself a intensity

score of around a six or seven not eight, nine or ten but like a six or seven if ten is like completely breathless and you can’t keep going.

Now, the reason why I want you to do that is it’s a great way for fast weight loss. Yes, you’re going to lose a lot of water. No, I don’t recommend you do that seven days a week because ultimately, that’s not going to help you but if we’re talking about a weekend quick fix, this is going to work.

Now, here’s the next piece in this. This part is extra for those of you who are like, “Oh, I am doing this. I’m so doing this. I want you two of those days, maybe its Friday and Sunday, maybe its Saturday and Sunday. Two of those days, I want you to do fifteen-minute hit workouts.

A hit workout is high intensity interval training that means you’re going to work at your maximum heart rate for approximately thirty seconds to a minute and then you recover from anywhere from ten seconds to thirty seconds. What is an example of hit training? Hit training should be something that is so hard physically and from a cardiovascular standpoint, that you couldn’t continue doing it for more than say a minute or so.

You want to pick an activity where you’re like, I can’t keep going. so it’s really difficult. Sprints, working at a high intensity jump roping, box jumps, I mean, I have tons and I’m not trying to promote my own stuff because there’s plenty of it on YouTube. But if you go to my YouTube channel which is youtube.com/chalenejohnson, but if you just type in Chalene Johnson and you find my channel, you will see I have a playlist on my YouTube channel, that’s all free workouts. Click on that. I’ve got tons of great hit workouts that you can do at home with no equipment.

Number 3. You’re going to do a late start, and an early finish. I’m referring to your eating. I want you to start later in the day on

Friday, Saturday and Sunday, that means I don’t want you to have your first meal until 11 a.m. What? It’s three days; you’re not going to die. You tell me you wanted to lose weight this weekend, I’m giving you the secret sauce people and you’re going to end early. That means I need you to have your last meal on Friday, Saturday and Sunday by 7 p.m. Yes! I know that’s an eight hour window.

And if you want to know more about eating within an eight-hour period, please listen to the first episode that I recorded for this show with Melissa McAlister but just trust me, we ain’t got time to waste, it’s the weekend, you want to do this.

Number 4, extra sleep. Yep, you’re going to get an extra hour a sleep each day. One hour. That’s it, no excuses. What else is there to say? Go to bed. I don’t care how you do this. You either have to go to bed an hour earlier or sleep in an hour later and make arrangements, just teach your three-year old how to wake up and make breakfast for the family. I mean, he’s got to start being responsible at some point. I mean, there’s nothing more to say, I need you to get an extra hour of sleep, you figure out how to do that. I don’t know how to do it for you, but you can figure it out and if it’s important, you’ll find a way.

Number 5, we’re not going to restaurants this weekend. It’s one weekend. You’re going to save some money. You will save a lot of calories and there’s other ways for you to engage and be social other than going out to dinner with friends. Now, if this is something that’s just going to kill your significant other because he’s so or she so looks forward to dining out on the weekends, well, make them some other promise “bom chikka bow wow” that would get them very excited about the weekend.

Number 6, BYOF, bring your own food. So if you’re going to a birthday party or you have something planned at work and it happens to be on the weekend, some place where you know

there’s very little you can do to control your food consumption, then bring your own food. Are people going to look at you strangely, maybe. And they may not even notice. The other thing that you could do is make healthy choices once you’re there. But that leads me to number 7.

Number 7 is I need you to consume raw vegetables, about a cup before lunch and dinner. Here’s why. Researchers at Penn State University recently found that test participants who ate raw fruit and raw vegetables before consuming a meal, consumed nearly 200 calories less than those who did not. I would like for you to specifically because we’re talking about losing weight this weekend. I would like for you specifically to consume raw vegetables.

Raw vegetables are extremely high in fiber, that’s going to immediately fill you up. I definitely find that I eat way less and I feel much better if I consume raw vegetables before my meal. That’s why you may need to BYOF. You might need to bring a baggie filled with sliced cucumbers. Just sprinkle a little bit of salt in there and maybe some lime juice or lemon juice or, I love cucumbers with just a little bit of vinegar over them, I mean there’s so many ways that you can consume raw vegetables that’s quite delicious.

Have you tried baby bell peppers? That’s like candy; they’re so good. So many delicious raw vegetables that you can choose to eat before you have your lunch or dinner.

Number 8, you need a partner in crime. You need a war buddy. You need someone who’s going to crawl through the trenches with you. I would love for this to be your significant other. Now, it’s all about in how and when you ask. So don’t tell people what to do, don’t tell people what we are going to do. Rather, be very sexy about it and invite your significant to join you on this weekend warrior adventure. All right?

And maybe there’s a special reward on Sunday night, if you know what I mean. Now, if your significant other is unwilling to participate, fine. Then you’re going to turn to one of your strongest friends. And by strong, I mean this is someone who is not going to let you off the hook and together, you will go to war. It’s a weekend that we’re going to wage a war against all of our unhealthy habits.

OMG, I did it, less than 10 minutes. Okay, so all I have to do is to tell you this. If you would like to do this for more than just a weekend, please, feel free to download my free seven day diet: its recipes, workouts, and resources all free. It’s pretty awesome. Go to cjsevenday.com. I just realize I have 15 seconds. So I’d love to know. Do you know about my other podcast show? It’s called   
“*Build Your Tribe*.” I need your opinion. Should I combine these two shows? Let me know your answer by going to my blog. Love yah. Bye. Three. Two. One.

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