



This is the *Health Matters* podcast.

The Bodybuilding Approach to Health and Weight Loss with Summer Breskow

I'm your host Kimberley Payne and this is the show for women who want to improve their spiritual and physical health.

In this episode, we'll be talking about macros. Each person needs a certain amount of macros—fats, carbohydrates, and proteins—each day to lose weight continuously.



This week we're talking with Summer Breskow. Summer was once 295 pounds and very miserable. She lost over 140 pounds by eating healthy and exercising. She designed comprehensive methods to help her clients shed fat and build muscle, while eating tons of food. She doesn't sell any products or endorse any pills, shakes, lotions, or potions. She has years of knowledge about nutrition and working out. Summer can not describe the joy her heart feels when someone takes her advice and gets happier and healthier because of it. It has really given her life purpose and she's passionate about sharing health with others. You can learn more about her at [Enough 4 God Fitness and Health Facebook support group](#). Welcome Summer.

Summer

Hello.

Kimberley

So we're just going to start off the bat with asking you what are macros?

Summer

Okay, thank you Kimberley. Basically macros are—there are a lot of different macros—but basically when you're talking about macros you're talking about fats, carbs, and proteins. A lot of people today

will start a new diet and they may or may not track their sugars, and their calories and things. But the best way to continually lose weight is to track your macros, which are your fats, carbs, and proteins. For every single body at their current weight they need a certain amount of macros to lose weight.

A lot of diets start you at the very bottom so therefore you lose a lot of weight very quickly but then you stall out because you're doing a lot of cardio, eating very minimal calories and macros, but then your body stalls out. When you're counting macros—fats, carbs, and proteins—you start at the very highest level that's geared towards your body weight right where it is right now and it allows you to lose. And every single time your body hits a plateau—because everybody hits a plateau—you just tweak your macros (fats, carbs, and proteins) a little bit and this allows you to continually lose weight to the very end until you reach your goal.

The other part of it that's really great is that it's very important for people to get enough protein. Protein is one of the most overlooked things in the diet. A lot of people will eat around 50 grams a day. But if you're getting the protein for your body size and the goal that you have, if you make that your first priority you will create lean muscle mass and therefore your body will be a fuel burning system that continually loses weight while you're eating lots of food.

Kimberley

Would you recommend protein powders or protein bars?

Summer

Yes, I would. There's a lot of different ways to get in protein every single day. Obviously there are people that say a lot of different things about protein but generally they want you to have one gram of protein per body weight or how much your body is supposed to weigh. So if a person weighs 150 pounds, or they're supposed to weigh 150 pounds, they may need 150 grams a day of protein. That's a lot of protein so where are you going to get those sources because you still want to keep your fats in check, you still want to keep your carbs in check. So where you get those sources is completely up to you. I do ask people if they'd like to have protein powders and protein bars. It's just a good way to get those things in and that you actually like to eat. But I also promote health. So I always try to get more natural protein powders, more natural bars that are void of chemicals and dyes and things like that. But protein powders and protein bars are an excellent source to get your protein in and still enjoy what you're eating.

Kimberley

So if I weigh 150 pounds but I should weigh 140 pounds, I should eat 140 grams of protein?

Summer

It's totally up to you. Either way would work perfectly for you it's just generally when you are counting macros you're going to be constantly, like I said, changing the numbers as you're hitting plateaus as you're losing weight. So there's two sides to it. The person can just do the protein geared toward what their ideal weight is and they'll never ever have to play around with protein macros. They'll never have to make them go up or go down. Or the person can start at the higher level—where they're at right

now, where their body weight is right now—and then they'll be continually tweaking their fats, carbs, and proteins. So either or, either way you do it works perfectly fine.

Kimberley

So what about your fats? How many grams of fats and how many grams of carbohydrates should we have?

Summer

Well again that's all geared towards your body weight. So every person, the amount they weigh right now, they need a certain amount of calories to lose weight, a certain amount of calories to maintain, and a certain amount of calories to gain weight. So once you conclude and figure out where those calories are for your body, then you go off the macros.

Say I need a 2,000 calorie diet to lose weight, then I break each one of those down. I know that I want to have 150 grams of protein because that's my ideal weight. So 150 grams of protein is already assimilated and I know that every gram of protein has four calories associated to it. So it's sort of like a plus and minus system where you just do the work. So once I have protein under the belt and I know exactly how many calories I'm having towards my protein, fat comes next.

Fat is always 25% of whatever your calories are. So if I have 2,000 calories I'm going to times that by 25% and that's going to give me a certain amount of calories that are going to come from fat. And then I just divide that by 9 and that tells me exactly how many grams I need towards my body. Because every gram of fat is associated with 9 calories.

Once you have the protein under the belt and once you have your fat under the belt, you'll know exactly how many calories you have left over and then that's your carb calories. Once you do that you just divide that by 4 and you know exactly how many grams of carbs you have because every gram of carbs is associated with 4 calories.

Kimberley

Wow, that sounds like a lot of math. How hard is this way of life?

Summer

It is a lot of math but also there's MyFitnessPal out there that will do a lot of the work for you. Once you figure it out it really takes probably 5 minutes to figure it out and then once you do it, you study those macros for a week or two weeks and then you're just playing with the numbers. So it's basically you don't have to be doing this whole process over and over again and figuring it out. You're basically just tweaking it a little bit on the down scale. So it's not that hard.

And as far as the way of life, I would say that it's not that difficult. Like anything when you start a weight loss program there's going to be a change of life. You're going to have to—whether you're counting calories or whether you're counting points or whatever you're doing—there's always some kind of change of life so you're not just eating regularly and not tracking anything. So there's always that level of commitment and work that's put into it but the thing that I love the most about it is that people can

count points and they can do a lot of different things but then they're always going to stall out. They're always hit that place where they're like, well I've lost 25 pounds and now my body's not losing anymore. So they get really frustrated and they usually just go back to the way things were before.

This system allows you to continually lose weight until you reach your goal so there's never that feeling where you're putting in all this effort and you're not seeing results. Plus it teaches you how to stay within your macros so that the weight comes off. And when you're tracking your fats, carbs and proteins the best part of it is that it comes from the foods that you already like to eat. If you are allowed 200 grams of carbs a day then it doesn't matter if it comes from a bowl of cereal or a bagel, or rice, or oatmeal. It doesn't matter where the carbs come from, it just matters that you have those amounts to either maintain or lose weight. That's the best part of it. It teaches you how to lose weight for the rest of your life or to keep the weight off eating the foods that you like.

Kimberley

So it really sounds like it helps with losing weight and then with those plateaus that everyone hits and then with maintaining the weight in the end.

Summer

Yes, that's the best part. You see results continually, you don't get frustrated and give up. And there's no thing where you get off the bandwagon and you go back to a different kind of lifestyle and then the weight comes back on. If you're going to eat ribs, if you're going to eat burgers, if you're going to eat spaghetti or fettuccini or whatever you can still have those things while you're counting macros. You just don't go over in your macros or go under. It allows that person to live a daily life like normal people where they're not on a program and then they're off a program.

Kimberley

Right, right. Now you had mentioned MyFitnessPal.

Summer

Yes, it's a free—that's what I tell all my clients, that's what I use myself—it's a free app for your phone and it's called MyFitnessPal. It's a free app for your phone or desktop and it's just a diary log. It logs your food. This is how you know what you're eating every day. This is how you know what your macros are because it will tell you how much fats, carbs, and proteins you've had all day long. It's how you can create your menus. It's where you create your menus. So if I know what I'm going to eat the next day I can sit there and play with the numbers so I can have pizza or I can have coffee or whatever I want but yet still hit my macros. So it's just a diary log of food and it does a lot of the work for you.

Kimberley

Well, it's obviously worked for you so it's definitely something that I would recommend trying.

Summer

The best thing, I lost all that weight, but I did it over a long period of time because I didn't have this system in play until the very end. I would go through 3-4 month plateaus where I was killing myself on the stair stepper, I was eating low low calories and I wasn't seeing any results. But once I figured out this program that's been around for ages, it's bodybuilding research, they've been doing it to compete in shows and give themselves the body that they exactly want for upwards of 50 years (Arnold Schwarzenegger is one of the first) so this is not common knowledge to everybody but it works. It works every single time and once I figured that out that's when the weight just shed off and I was able to create this lean muscle mass these curves that I wanted and it was really great.

Kimberley

Wonderful. We're going to move on to the BEEP round. Summer will give quick tips on the four disciplines of Bible study, eating healthy, exercise, and prayer or BEEP. So what do you have for us for a quick tip for Bible study?

Summer

My quick tip is that, of course I believe wholeheartedly that I couldn't do any of this without God in my life. So to have His Word in my life that's what encourages me throughout the day when I'm feeling low and feeling blue and feeling frustrated. I think it's really important that we read our Bible every single day. You know the Bible even says that we're supposed to look into it day, evening, everyday. At least morning, noon, and night.

The best advice I have is to have a Bible app. I have a Bible app on my phone, therefore every single morning when I wake up or every single night before I go to bed or if I have time throughout the day I can read some verses and I can meditate on it. And that's quick, it's easy. Most of us always have our phones with us so we don't have excuses, oh I left my Bible there or whatever. It's always with us and it's always accessible. If you just do a small amount every single day I think it's very encouraging .

Kimberley

Can you recommend a Bible app?

Summer

I have, I think it's called the Holy Bible. There's tons and tons out there. I signed up for the Holy Bible app but I also signed up for when you read the Bible in one year. So every single morning it has 5 or 6 chapters, from the beginning of times to the end of times, it has 5-6 chapters. It allows you to fit it in. And basically you're reading the whole Bible in one year. And it tracks you so you know if you've missed a few days or if you've fallen behind. It just keeps me motivated and on par with exactly where I want to be.

Kimberley

Fantastic. And your quick tip on eating healthy?

Summer

My quick tip on eating healthy is a lot of times people approach a healthy lifestyle as all or nothing and they feel defeated before they even begin. I think the best thing that somebody can do is add one healthy thing to their life. One healthy food or one healthy thing that is positive in their life and then take away one negative. When you do something like that it makes it on a smaller scale and then over a year you've added 5 or 6 healthy things and taken away 5 or 6 unhealthy things and it's something that's doable.

One thing that I like to give my clients and tell them to do is just to have one smoothie a day that has protein powder and lots of fruits, spinach and kale in it. Just have one smoothie a day and it doesn't matter what else you're eating throughout the day if that's the only thing you want to do at least you've added something very healthy to your lifestyle and you're going to see positive results from just adding that one healthy thing.

Kimberley

Love it. And your quick tip for exercise?

Summer

For exercise, basically it's all the same kind of momentum, same kind of idea system is that a lot of people when they look at exercise is like they think they have to go for an hour or something and they have to do it every single day. Just do something small. Commit to something small. Doing 10 push-ups or 10 sit-ups every single night before bed. If you commit to something small and you stick with it every single day then you can always add to it when you feel the momentum and the motivation to do so. But if you at least commit to that one small thing.

I love to do 10 push-ups, 10 sit-ups, and 10 jumping jacks. If you do that every single night then you've added this healthy thing to your lifestyle and it's going to motivate you to start other healthy things. But it doesn't take a long time. It probably takes 2 or 3 minutes every single night. So it's not a huge thing that you have to conquer. It's just something healthy and quick that you add to your lifestyle.

Kimberley

And your quick tip on prayer?

Summer

My quick tip on prayer is use it as much as possible. Prayer is the only thing that's going to get you through this when you're having bad days you have to connect with your Father. He's going to uplift you, He's going to strengthen you and your spirit. So I say pray as much as possible but the thing is people sometimes they think of prayer like this thing where they have to get to a quiet place or they have to be in this scenery or this situation. I say pray as much as possible throughout the day, anywhere, everywhere. If you're driving in the car turn off the music for a minute and pray. If you're going to the bathroom, go ahead and pray. If you're in the shower, go ahead and pray. If you could start and make it part of your daily life it becomes like you get these little pieces of energy, little nuggets of energy throughout the whole day where you're connecting with the Father and you're drawing from Him. It's not a big act, you just do it naturally. So that's my quick tip for that.

Kimberley

I love the idea of a shower prayer. That's fantastic. So every time you go into the shower you're prompted to pray. That's great.

Kimberley

Now I understand that you have a gift for our listeners. Can you tell us about that?

Summer

For each person who decides to contact me through this podcast, I will take 32% off my regular monthly fees for my program.

Kimberley

Thanks again to Summer Breskow for her expert advice and thank you for joining us today.

This interview has been brought to you by the [Flex Your Spirit e-course—stretching techniques to escape stress and journal writing to achieve a sense of health](#). You can discover more about this online course and other health programs at www.kimberleypayne.com.

If you liked this episode please help spread the word by leaving a rating and review on iTunes.

This has been the Health Matters Podcast, believing that prayer & Bible study are to the spirit what exercise and healthy eating are to the body.

Blessings on your journey to health.

About Kimberley Payne

Kimberley Payne is the host of the *Health Matters – Healthy Spirit Healthy Body* podcast. She is author of *Fit for Faith – a 7-week program to improve spiritual and physical health* and is a motivational speaker offering workshops and online courses based on her book. She hopes to inspire women to live happier, healthier lives that glorify God. She is happily married and lives with her husband in a village east of Toronto, Canada where she hikes and bikes. Visit her website at www.kimberleypayne.com

