



FEMFATLIFE

Understanding Calories & Fat Loss

FAT LOSS MANAGEMENT

Weight control really boils down to one thing — **CALORIES!!**

Despite all the diet strategies out there, weight management still comes down to the calories you take in versus those you burn off.

Fad diets may promise you that cutting carbs or eating a vegetarian only diet is the secret to weight loss, but it really comes down to eating fewer calories than your body is using if you want to shed fat.

This is called a **"CALORIE DEFICIT"!**

FUEL FOR YOUR BODY

Calories are the energy in food. Your body has a constant demand for energy and uses the calories from food to keep functioning. Energy from calories fuels your every action, from fidgeting to doing a CrossFit workout.

Carbohydrates, fats and proteins are the types of nutrients that contain calories and are the main energy sources for your body. Regardless of where they come from, the calories you eat are either converted to physical energy or stored within your body as fat.

These stored calories will remain in your body as fat unless you use them up, either by reducing calorie intake so that your body must draw on reserves for energy, or by increasing physical activity so that your body must burn more calories.



FEMFATLIFE

Understanding Calories & Fat Loss

ENERGY BALANCING

Your weight is a balancing act, but the equation is simple:

Eat more calories than you burn, you gain weight.

Eat fewer calories than you burn, you lose weight.

In general, if you cut 500 to 1,000 calories a day from your typical diet, you'll lose about 1 pound (0.5 kilogram) a week.

This relationship between 'energy in' and 'energy out' is called the **Energy Balance Equation**, and it's the most commonly accepted model for calculating a person's energy balance and how much weight they'll lose or gain over time.

It is important to remember that when when you lose weight, you usually lose a combination of fat, lean tissue and water.

CUTTING CALORIES

Cutting calories requires change but you don't have to do anything drastic and it doesn't have to be difficult. Some of these simple changes can have a big impact on the number of calories you consume:

- Skip high-calorie, low-nutrition items altogether
- Swap your favourite high-calorie food for lower calorie options
- Reduce your portion sizes
- Stop eating when you're 80% satisfied
- Change your cooking methods to cut hidden calories



FEMFATLIFE

Understanding Calories & Fat Loss

CUTTING HIGH-CALORIE, LOW-NUTRITION ITEMS

Skipping one or two high-calorie items is a good place to start when cutting calories.

For example, you could skip the following:

- your morning latte
- soda at lunch
- bowl of ice cream you always have after dinner.

Think about what you eat and drink each day now and then identify items you could cut out completely.

If you think that skipping your indulgence will leave you with a craving, try a low-calorie substitution instead.

SWAPPING HIGH-CALORIE FOODS FOR LOWER CALORIE OPTIONS

Simple substitutions can make a big difference when it comes to cutting calories.

For example, you can save about 60 calories a glass by drinking fat-free milk instead of whole milk.

Instead of having a second slice of pizza, reach for some fresh fruit.

Snack on air-popped popcorn instead of chips.

Wine and soda water instead of a full glass of wine.



FEMFATLIFE

Understanding Calories & Fat Loss

REDUCING YOUR PORTION SIZES

The sizes of your portions affect how many calories you're getting.

Twice the amount of food means twice the number of calories.

It's common to underestimate how much you're eating, especially if you're dining out.

Controlling your portions is a good way to control calories.

Don't confuse a serving with a portion. A portion is the amount of food you put on your plate.

A classic example is pasta. I could easily eat 2 cups of pasta for 414 calories when really I only need 1/2 cup at 103 calories.

Try these tips to control portion sizes and cut calories:

- Take slightly less than what you think you'll eat. If you're still hungry, eat more vegetables or fruit later.
- Eat from plates, not packages. Consider using a smaller plate or bowl.
- Be sure to check the Nutrition Facts panel for the serving size and number of calories per serving. You may find that the small bag of chips you eat with lunch every day, for example, is two servings, not one, which means twice the calories you thought.
- Use a calorie counter. Check out reputable resources that offer tools to count calories, such as websites or smartphone applications like Calorie King or My FitnessPal.



FEMFOTLIFE

Understanding Calories & Fat Loss

EXERCISE FOR FAT LOSS

There are three types of exercise we need:

- NEAT
- Strength
- Cardio

NEAT

NEAT stands for non exercise activity thermogenesis

In basic terms NEAT is all of the calories your body uses for activity outside of your structured exercise regime, like coming to a PT session or going for a planned hour of exercise somewhere.

NEAT is a great way to rev up your metabolism!

The best way to increase your NEAT:

- Track your steps (you don't need a fancy tracker).
- Track daily for one week without changing your routine
- Find the daily average for 7 days
- If it is under 7500 increase by 500 to 1000 steps per day
- Keep going until that number is habitual
- Then add another 500-1000 steps and go again
- Repeat until you're at a minimum 7500
- Just ratchet it up a little bit at a time
- Reaching 10000 steps is not really required. Risk of death continues to decrease with more steps taken but science tells us that it levels off at around 7,500 steps per day -- less than the 10,000 steps often recommended, although 10k steps certainly won't hurt you!



FEMFOTLIFE

Understanding Calories & Fat Loss

CARDIO AND STRENGTH

Sure, you could drill yourself into the ground with long, gut-busting workouts. But why?

It is proven, you can get great results with about 5 hours of structured exercise per week.

The trick is to make those hours count. Here are some general exercise guidelines to follow:

Do **STRENGTH TRAINING 3 DAYS A WEEK** for about 45 minutes. Choose complex exercises with lots of moving parts that give you bang for your buck, such as:

- pullups and pulldowns
- rows and lunges
- push-ups and presses
- squats and deadlifts
- swings and carries

Think movements rather than body parts. Think quality rather than quantity. Put some tough stuff together in a circuit and give it all you've got.

Do **CARDIO HIIT 2 DAYS A WEEK** for about 15 minutes. Think intervals or sprints on a treadmill or bike

Ensure you do **MOBILITY WORK EVERYDAY** for 10 minutes.

Fill in the rest of the time with **ACTIVE RECOVERY** which is where you can increase your **NEAT** by doing gentle, moderate movement like walking, swimming, yoga, taking the stairs instead of the elevator, and just plain old "stay moving".



FEMFOTLIFE

Understanding Calories for Fat Loss

NO PERFECT FORMULA TO FAT LOSS

It is important to remember that your body is not a machine. Any formula you use to determine your fat loss calories is an estimate and you need to continually adjust based on your unique results.

While the 'Energy Balance Equation' determines body weight, it doesn't tell us much about body composition, which is influenced by things like sex hormone levels, macronutrient intake (especially protein), exercise style / frequency / intensity, age, medication use, genetic predisposition, and more.

Understandably, people can get really frustrated and confused with the 'Energy Balance Equation' when the numbers don't seem to add up, or their results don't match their expectations.

This is a good lesson, by the way, about the importance of adjusting your expectations to match observable reality.

How much you can lose or gain will depend on your age, your genetic makeup, your biological sex, if you've had relatively more or less body fat and for how long, what medications you're taking, the makeup of your microbiome... and probably a whole lot of lifestyle factors we don't even know about yet and some we do like stress and sleep.

It is important to show yourself some compassion during this process and not give up, but rather try one habit change at a time to see what works and what doesn't.

Research shows that self-compassion and flexible eating is associated with lower BMI, a healthier body weight, lower self-reported calorie intake, less anxiety and stress, and a better relationship with food.



FEMFOTLIFE

Understanding Calories for Fat Loss

BEST PLACE TO START

“Eating less and moving more” is a really good place to start for most of us who have gained some unwanted fat over time.

Follow these steps to get started:

1. Track your food and calories for 2 weeks.
2. Track your exercise for 2 weeks, including NEAT and planned workouts.
3. Track your weight everyday for 2 weeks.

Assess the result after 2 weeks.

Stayed the same?

If your weight stays the same for the two weeks, consider this your maintenance energy in and out.

Lost weight?

If you lost weight, just continue with these calories and exercise regime if you feel they are sustainable.

Gained weight?

If you gained weight, follow the guide on the next page to set yourself a calorie deficit and try to add in some more physical activity.

Once you decide what path to take, stick to it for about 4 to 6 weeks and then follow the above steps again to reassess.



FEMFATLIFE

Understanding Calories for Fat Loss

YOUR UNIQUE CALORIE DEFICIT

FORMULA 1 - if you have less than 20kg to lose, multiply your **body weight** in pounds (LBS) by the 10, 11 or 12 multiplier.

FORMULA 2 - if you have more than 20kg to lose, multiply your **milestone goal weight** in pounds (LBS) the 10, 11 or 12 multiplier.

If you have more than 20kg to lose, it is crazy to think you should eat the same amount of calories as someone who is much smaller, be that because you have more body fat or more muscle.

The more body mass you have, the more energy you require to function properly, to not feel too fatigued and to be able to sustain a calorie deficit long enough to see sustainable results.

Under eating and crash dieting does you zero favours.

So if you have a fair bit of weight to lose, your initial goal weight should not be your ultimate goal weight. Choose a more achievable **milestone goal weight** and use that in your calculation in Formula 2..

MULTIPLIERS

10 = sedentary

11 = sit all day and workout sometimes, not much NEAT

12 = active at work, workout several times a week, 7500+ steps



FEMFOTLIFE

Understanding Calories for Fat Loss

EXAMPLE SCENERIO

Example of a 180 pound (81kg) women with less than 10 pounds (4.5kg) to lose:

- 180lbs (81kg) x 12 = 2160 calories
- 180lbs (81kg) x 11 = 1980 calories
- 180lbs (81kg) x 10 = 1800 calories

Example of a 330 pound (150kg) women with more than 44 pounds (20kg) to lose:

Firstly she would choose a milestone goal weight of perhaps 20% less than she is now, so about 264 pounds (119kg).

- 264lbs (119kg) x 12 = 3168 calories
- 264lbs (119kg) x 11 = 2904 calories
- 264lbs (119kg) x 10 = 2640 calories

Use a range and not just the one set amount of calories, because hitting the number right on the dot is hard and you want to remove the feelings of failure. So if your calories are 2900, shoot for 2850 to 2950.



FEMFOTLIFE

Understanding Calories for Fat Loss

THE 80/20 RULE

A **Calorie Deficit** is **KING** when it comes to fat loss, however this is not the only thing that matters.

Nutrient quality is still important for your health, so although eating a diet of cream biscuits in a calorie deficit will see you potentially lose weight, you will be very sick, not to mention how hungry you will be.

The more processed foods you eat, the more likely you are to go over your calories because food companies make them super palatable and addictive.

Your **80%** should be whole, nutrient dense, minimally processed foods that come from the ground, have a face or come from something with a face.

Your **20%** can be chocolate, cakes, burgers etc. Some people like to have a little something each day but some find if they do that they overeat, so they just leave it for a couple of times a week or even a month.



FEMFATLIFE

Understanding Calories for Fat Loss

THE 80/20 RULE

You do not need to be 100% spot on with your calorie deficit but you do need to be certain you are hitting your target 80% of the time.

- Allow yourself some 'treats'.
- Allow yourself to take a day off exercise.
- Allow yourself a glass of alcohol.

However when we are trying to reach a goal we need to get a little strict on ourselves. Take a look at this visual below to see what 80% consistency looks like over 28 days.





FEMFOTLIFE

Understanding Calories for Fat Loss

THE ONE THING MY MOST SUCCESSFUL CLIENTS DO

The one thing my most successful clients do each night before they go to bed is this --->>>

PRE LOG THEIR FOOD AND ACTIVITY THE NIGHT BEFORE

Use a calorie counter. Check out reputable resources that offer tools to count calories, such as websites or smartphone applications like Calorie King or My FitnessPal.

- Prelog protein for each meal first.
- Prelog vegetables for at least 2 of your meals
- Prelog fruit for at least one meal
- Prelog the rest of your calories, keeping in mind the 80/20 rule
- Prelog what activity you have planned for the following day

Then work your plan!

For the 80/20 rule, when you need to mix your calories around to fit in a special occasion, log the thing you want most, like cake at a birthday and then work the plan around it.

You are not married to the plan. If by chance you are not in the mood for the food you logged or you end up going out then you can sub like for like.



FEMFOTLIFE

Understanding Calories for Fat Loss

YOUR ACTION PLAN

Putting it all together

Replacing high-calorie foods with lower calorie alternatives and reducing your portion sizes can help you cut calories and improve weight control. For a successful — and sustainable — weight management plan, you also need to increase your physical activity. Combining regular activity and healthy eating will best help you achieve and maintain a healthy weight.

STEP 1

Work out your calories using the formulas above, then have your coach check your numbers. Ensure you show the working out you did to get them.

STEP 2

Begin pre-logging your food tonight for tomorrow.

STEP 3

Work your plan and adjust as required

STEP 4

Try hard to hit 80% consistency and check in with your coach for accountability.