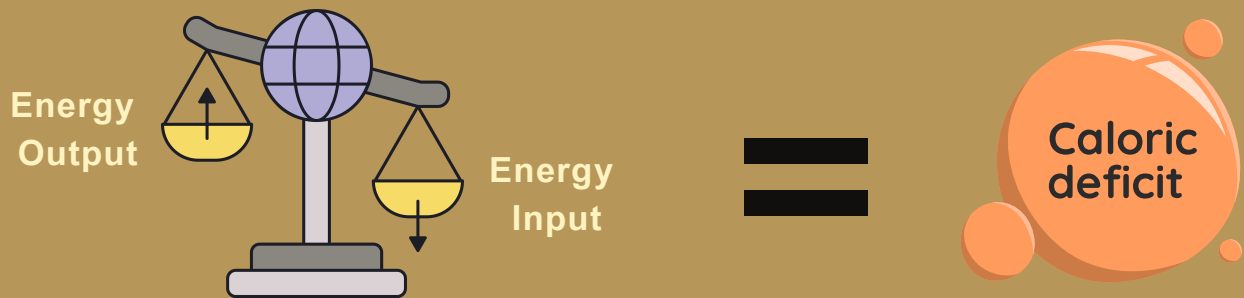


Fat Loss Guide



**WARNING: THE FOLLOWING PACKET
CONTAINS KEY INFORMATION TO MAKING
YOUR FAT LOSS PHASE A SUCCESS!**

The key is being in a *calorie deficit*.



A calorie deficit happens when you consume fewer calories than your body needs for its current weight. This forces your body to use stored energy, like fat, to make up the difference. Through consistency you can achieve gradual, sustainable weight loss.

However, it's crucial to ensure you're still meeting your body's nutritional needs and not drastically restricting calories, as this can have an opposite effect

You're body calories through a bunch of different methods beyond just physical activity. View the new page for more info on how the body burns calories



Energy Demands

Total Daily Energy Expenditure (TDEE)

Combination of BMR, NEAT, EAT, & TEF

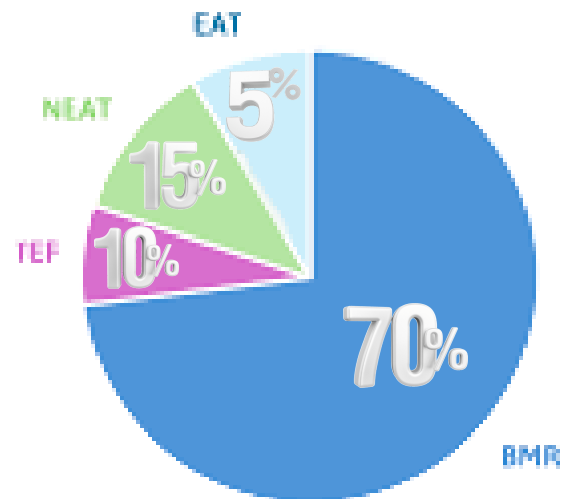
Energy Expenditure

Non-Exercise Activity
Thermogenesis

Exercise Activity
Thermogenesis

Thermic Effect
of Food

Basal
Metabolic Rate



Energy Intake

Calories
Consumed

Energy Balance

How does your body burn calories?

Calorie expenditure refers to the total number of calories your body burns in a day, comprised of several components:

Basal Metabolic Rate (BMR): BMR represents the calories your body needs to maintain essential functions while at rest, such as breathing, circulation, and maintaining body temperature. It typically accounts for the largest portion of total calorie expenditure, often around 60-75%.

Exercise Activity Thermogenesis (EAT): EAT includes any structured exercise or movement you engage in, such as jogging, cycling, strength training, or playing sports. Physical activity can significantly increase calorie expenditure, depending on the duration, intensity, and type of activity.

Non-Exercise Activity Thermogenesis (NEAT): NEAT encompasses the calories burned through activities other than formal exercise, such as walking, standing, fidgeting, household chores, and other daily movements. NEAT can vary widely between individuals and can have a significant impact on total calorie expenditure.

Thermic Effect of Food (TEF): TEF refers to the calories your body burns through digesting, absorbing, and processing food. Different macronutrients require varying amounts of energy to metabolize: protein typically has the highest thermic effect, followed by carbohydrates and fats.

Adaptive Thermogenesis: This component represents the calories burned in response to environmental factors, such as extreme temperatures or changes in altitude, as well as physiological factors like illness or hormonal fluctuations.

Fat Loss Key Tips

Prioritize Satiating Foods: Food that is more satiating will keep you feeling fuller even while eating less calories. View the following pages for ideas!

Eat Whole Foods: Focus on consuming whole, unprocessed foods like fruits, vegetables, lean proteins, and whole grains. These foods are more filling and nutrient-dense, helping you stay satisfied while reducing calorie intake.

Stay Hydrated: Drink plenty of water throughout the day. Sometimes thirst can be mistaken for hunger, leading to unnecessary snacking. Aim for at least 8 glasses of water a day, and more if you're physically active.

Prioritize Sleep: Aim for 7-9 hours of quality sleep per night. Poor sleep can disrupt hunger hormones, leading to increased appetite and cravings for unhealthy foods.

Fat Loss Key Tips

Manage Stress: Chronic stress can lead to weight gain by increasing cortisol levels, which can promote fat storage, particularly in the abdominal area. Practice stress-reducing techniques like meditation, deep breathing exercises, or hobbies you enjoy.

Be Consistent: Consistency is key when it comes to fat loss. Stick to your healthy eating and exercise plan even on weekends or during vacations. Small, sustainable changes over time lead to long-term success.

Track Your Progress: Keep track of your food intake, exercise, and progress over time. This can help you identify patterns, stay accountable, and make adjustments as needed to reach your goals.

Ditch The All Or Nothing Mindset: Not everyday will be perfect but DON'T ALLOW bad days to snowball you'll achieve your goals more than trying to be perfect will.

Satiating Foods

Satiating foods are those that make you feel full and satisfied, helping to curb hunger and reduce overall calorie intake. They typically have a combination of protein, fiber, and healthy fats, which slow down digestion and promote feelings of fullness. These foods are also more nutrient dense.

Although no foods are good or bad, there are foods that provide more bang for your buck per calorie. In a fat loss phase, where you are eating less calories, prioritizing those that will keep you full longer for less calories will make the process significantly easier.

The key for fat loss to be easy, is having a large majority of the meals be made up of satiating foods. You can definitely enjoy less satisfying foods but if a large portion of your calories are not coming from filling food, you will experience higher levels of hunger and discomfort and likely get less nutrients.



Satiating Foods vs Calorically dense foods

Satiating Foods



**Grilled Chicken Breast 6 oz
230-250 calories & 45g of Protein**

Will keep you full for hours

Less Satiating Foods



**Chick Fila A
12 Nuggets (no sauce)
400 calories**

**Less nutritional value and less
protein**

**Won't keep you full as long and you
will want additional calories from
sauce and fries.**

Satiating Foods vs Calorically dense foods

Satiating Foods



Less Satiating Foods



Oatmeal vs. Sugary Cereal:

Oatmeal is rich in fiber and complex carbohydrates, providing long-lasting energy and keeping you full for longer.

Sugary cereal is processed and often lacks fiber, leading to a quick spike in blood sugar followed by a crash, leaving you feeling hungry sooner.

Satiating Foods vs Calorically dense foods

Satiating Foods



Less Satiating Foods



Whole Fruit vs. Fruit Juice:

Whole fruit contains fiber and water, which help you feel full and satisfied.

Fruit juice is stripped of fiber and often contains added sugars, leading to a rapid increase in blood sugar levels without the satiating benefits of fiber.

Satiating Foods vs Calorically dense foods

Satiating Foods



Less Satiating Foods



Salad with Lean Protein vs. Fast Food Salad with Dressing:

A salad with lean protein (like grilled chicken or tofu) and lots of vegetables provides fiber, protein, and nutrients to keep you full. Fast food salads often come with high-fat dressings and processed toppings, providing fewer nutrients and less satiety.

Satiating Foods vs Calorically dense foods

Satiating Foods



Less Satiating Foods



Baked Potato vs. French Fries:

A baked potato with the skin on provides fiber and nutrients, promoting feelings of fullness.

French fries are often deep-fried and high in unhealthy fats and calories, providing little satiety and potentially leading to overeating.

Why is Sleep so Important?

Sleep plays a crucial role in supporting fat loss through various physiological mechanisms. During sleep, the body undergoes important processes that regulate metabolism, appetite, and hormone levels. Insufficient sleep disrupts these processes, leading to imbalances in hormones like leptin and ghrelin, which control hunger and satiety. When sleep-deprived, levels of ghrelin, the hunger hormone, increase, while levels of leptin, the satiety hormone, decrease, leading to increased appetite and cravings for high-calorie foods.

Additionally, inadequate sleep can impair glucose metabolism and insulin sensitivity, which may promote fat storage and hinder fat loss efforts. Furthermore, sleep deprivation can lead to increased levels of stress hormones like cortisol, which can promote abdominal fat accumulation. Therefore, prioritizing adequate sleep duration and quality is essential for supporting fat loss goals and overall metabolic health.

Most adults need 7-9 hours of sleep per night for optimal health, well-being, and cognitive function.

Why is Stress Management so Important?

Stress management is crucial for fat loss because chronic stress can significantly impact metabolism, appetite regulation, and fat storage. Elevated cortisol levels from stress can increase appetite, promote fat storage, and trigger emotional eating, leading to unhealthy food choices. Stress also disrupts sleep patterns, increases cravings for unhealthy foods, and undermines consistency in healthy behaviors like exercise and meal planning. By effectively managing stress, individuals can support their fat loss efforts by regulating hormones, reducing cravings, and maintaining consistent habits.

Tips for managing stress on next page



Tips for Managing Stress

Regular Exercise: Engage in physical activity like walking, jogging, yoga, or dancing to release endorphins and reduce stress levels.

Deep Breathing Exercises: Practice deep breathing techniques to activate the body's relaxation response and calm the mind.

Mindfulness and Meditation: Incorporate mindfulness practices or meditation into your daily routine to promote relaxation and reduce stress.

Healthy Lifestyle Habits: Prioritize healthy lifestyle habits like getting enough sleep, eating nutritious foods, and limiting caffeine and alcohol intake.

Time Management: Organize your tasks and prioritize your responsibilities to reduce feelings of overwhelm and stress.

Set Boundaries: Learn to say no to excessive commitments and prioritize your own well-being and needs.

Social Support: Connect with friends, family, or support groups to share your feelings and experiences, and seek support when needed.

Engage in Hobbies: Spend time doing activities you enjoy to relax and take your mind off stressors.

Limit Screen Time: Reduce exposure to screens and technology, especially before bedtime, to promote better sleep and reduce stress.

Seek Professional Help: If stress becomes overwhelming or persistent, consider seeking support from a therapist or counselor who can provide guidance and coping strategies.