



FAT LOSS PRINCIPLES

POWER OF WILL

POW! FITNESS

FAT-LOSS



WHEN IT COMES TO FAT-LOSS YOU NEED TO UNDERSTAND THE CONCEPT OF ENERGY IN VS ENERGY OUT.

Energy balance refers to the amount of energy consumed compared to the amount burned through physical activity and other processes in the body.

Energy balance influences health, energy levels, how much body fat + muscle you hold right through to how well you can perform in exercise. We record this by counting the calories within food.

> ENERGY IN

The food we consume

< ENERGY OUT

The energy burnt through planned exercise and our day to day activity. Generally people who are more active and move around more in their day will burn a lot more than someone who is sedentary most of the day. This is why recording daily movement with a pedometer is crucial.

OTHER FACTORS INCLUDING DIGESTION, MUSCLE MASS, ILLNESS AND MEDICATIONS USED WILL INFLUENCE HOW MUCH ENERGY WE USE UP.

CALORIES

Calories provide us with energy which is then transferred in to physical work and heat.

SURVIVAL

Our bodies need a specific amount of energy to go about our day to day activities. Each person is different therefore it is vital to track your energy levels, bodyweight and visual look. The body does not respond well to high levels of food and excess energy. This can lead to obesity and all the complications that come along with it.

BODYWEIGHT

Total energy balance over time will be an important predictor to whether you gain, lose or maintain weight.

Don't expect massive changes overnight. Adaptation takes time.

WHY CALORIES MATTER

NEGATIVE BALANCE $-$

This involves burning off more energy than you consume (**deficit**) which in turn will cause weight loss. An energy deficit will promote stored body fat and carbohydrates to be used as an energy source. Caution should be taken as a drastic energy deficit will cause negative effects in the body including muscle mass being lost.

POSITIVE BALANCE $+$

This involves eating more calories than you burn off (**surplus**) which results in weight gain. The size of the surplus will influence how much weight you gain and the quality of it (**muscle/fat**).

EQUAL BALANCE $=$

(MAINTENANCE) is when the amount of calories you take in is equal to the amount of calories you burn off. This results in zero change to bodyweight over time.



WHAT TO TRACK

YOU MUST TRACK THE FOLLOWING 5 FACTORS TO MAXIMISE YOUR RESULTS



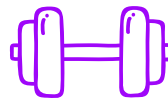
WEIGHT



APPEARANCE



DIET



EXERCISE



ACTIVITY

TO LOSE A SERIOUS AMOUNT OF FAT YOU MUST STAY WITHIN A NEGATIVE BALANCE. THIS CAN ONLY BE ACHIEVED BY BURNING OFF MORE THAN YOU CONSUME.

The main factors that determine positive factors are **diet, physical activity & prescribed exercises.**

Other important measures:

BODYWEIGHT

People often use bodyweight as the main measure of progress, it is important but not to be relied upon 100%. The scale weight you read will change depending on factors such as bowl content, food eating prior to weighing, stress levels, hormones, water intake, time of day, medications and illnesses. To get the most accurate reading you must record it either every 3rd day or every day and work out the average of the week.

APPEARANCE

This one for me personally is a huge progress indicator. Asses yourself day to day if you see a visual change, this is progress! people will comment on how you look also especially if you have not seen someone in a while and they comment on your appearance. Use this positive feedback as motivation to keep going.

PHYSICAL SIZE

Girth measurements around certain areas will be another great indicator of progress. See it simply go by how your clothes fit and measure around your waist two inches above the naval every 2 weeks. Take the average of 3 measurements.

Q: HOW BIG SHOULD THE DEFICIT BE?

While extreme deficits have their place for the morbidly obese, they are futile for somebody at a healthy weight looking to lose fat mass. They will encourage a blow out mentality where you do great all week then binge one day and ruin your weeks progress. A small deficit of 20% is a great starting point. Assess your maintenance calories then subtract 20%. (You can find a calorie calculator on my website).

Generally the more fat you have the larger the deficit can be, if your already lean then a small deficit over a longer period of time would be a smarter choice. Think of it as easing your way into your new body rather than starving yourself into it. It may take a little longer but it will be far more sustainable. I will be working this all out for you so no need to stress!

YOUR DEFICIT MUST BE SLOW AND TACTFUL FOR LONG TERM FATLOSS SUCCESS.

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