



A FEW WORDS ON FAT LOSS

There are a variety of reasons why you might want to lose fat: to reduce the risk of chronic diseases such as diabetes and heart disease; improve energy levels; and achieve a leaner physique. A healthy diet plus incorporating exercise and physical activity into your daily routine can help with fat loss. The key to success is slow, steady, and sustainable so before you begin working towards your goal of fat loss there are a few fundamentals you need to know.

- The **ONLY** way to achieve fat loss is to maintain a **CALORIE DEFICIT** over time, eat less and/or move more but how you do this is up to you.
- There is no “best exercise for fat loss”, choose something you **ENJOY** and that works towards your fitness goals.
- There is no “best diet for fat loss”, do your research and select a diet strategy that you will be able to **CONSISTENTLY** stick to.

Stick to the above and you're off to a great start, continue reading for some useful information to help you further along your fat loss journey.

The calorie deficit

A calorie is a unit of energy, so in simple terms: you need to consume less energy than you use in a day to achieve a calorie deficit. This is much easier to do if you know your TDEE (total daily energy expenditure). Once you know your TDEE you can subtract a percentage of calories from it (15% is a good start) to create your calorie target. You can then track your calories to ensure you are not exceeding your daily target. If you exceed your target on one day, deduct it from the next day's calorie target.

Remember that weekends count, you can still eat out or enjoy the occasional 'fun food' item but plan for it by subtracting 150-200 kcals off your daily target throughout the week. Research the calories of your favourite 'fun food' to help keep you on track. If you don't want to track calories, then choose a diet strategy that creates the calorie deficit for you.

Burning calories

Probably easier than you think, you burn the biggest chunk of your TDEE during rest. This is called your basal metabolic rate (BMR). Second to BMR is non exercise thermogenesis (NEAT), this is all your general movement throughout the day. Increasing your NEAT is your secret weapon as the more you start to move throughout the day the more energy you will use.

The best way to increase NEAT, without breaking a sweat is:

take the stairs a couple of times during the day	go to the loo on a different floor/level
park furthest away from the entrance	stand more than you sit
household chores	take a walking break.

Tracking fat loss

Scales **do not** measure fat loss – they measure weight loss. Sure, as you lose fat you'd expect your weight to go down however many things can effect your weight that you have no control over. Pictures and measurements don't lie. Both are fantastic measures of fat loss that you should consider tracking monthly.

TOP TIPS

- **BE FLEXIBLE** – enjoy your food, take your time eating it, eat a healthy balanced diet and include your favourite treats in moderation.
- **PROTEIN** – prioritising protein in your diet will help you feel fuller for longer, reducing the likelihood of snacking.
- **HYDRATION** – drinking plenty of fluid (non-alcoholic and unsweetened) is another way to control those hunger pangs.
- **TARGETS** – stick to your calorie target (weekly), a protein target and steps target are also a great idea, work these targets around your lifestyle to ensure they're attainable.
- **SLEEP** – seven to nine hours is recommended. Lack of sleep will disrupt your hormone balance making it much harder to move more and stick to your dieting strategy.