4 Steps To Lasting Fat Loss

What Should You Be Putting In Your Mouth?

Food quantity: The amount of food (often measured in calories)

a person eats

Food quality: The type of food (often measured in macronutrients and/or food origin) a person eats

Which matters most when it comes to losing body fat and feeling your best? QUANTITY or QUALITY?

What Should You Be Putting In Your Mouth?

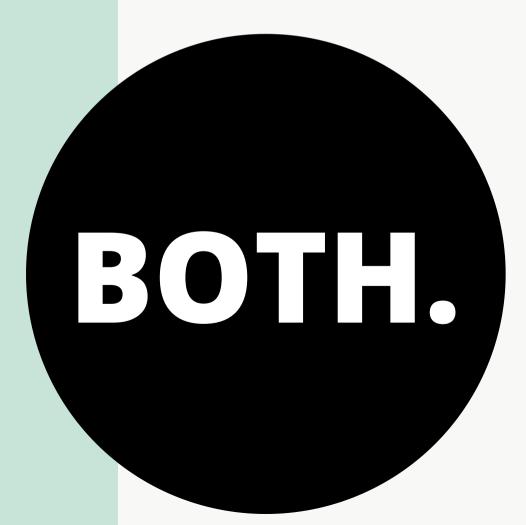
03

Food quantity: The amount of food (often measured in calories)

a person eats

Food quality: The type of food (often measured in macronutrients and/or food origin) a person eats

Which matters most when it comes to losing body fat and feeling your best?



How Much:

BMR: Basal Metabolic Rate is the number of calories required to keep your body functioning at rest

TDEE: Total Daily Energy Expenditure is the total number of calories required in a day when exercise is taken into account

Looking to maintain your weight? This is your daily calorie goal.

Fat Loss Goal: TDEE - 250-500 calories

Because a caloric deficit is required for fat loss, if someone is looking to lose weight, they need to eat less than their TDEE.

What Is Your BMR?

Use the following formula to find out:

Women: 655+ (4.35 x your weight (lbs)) + (4.7 x your height (in)) - 4.7 x your age (yrs)) **Men:** 66 + (6.23 x your weight (lbs)) + (12.7 x your height (in)) - 6.8 x your age (yrs))

Female Example:

 $655 + (4.35 \times 150 \#) + (4.7 \times 69 \#) - 4.7 \times 30 \text{ yrs}) = 1490.8$

BMR = 1490.8 calories per day

Now it's your turn! What is your BMR?

What Is Your TDEE?

Use the following formula to find out:

TDEE = BMR x Activity Factor (AF)

- Sedentary (little/no exercise) = 1.2
- Lightly Active (1-3 days/week) = **1.375**
- Moderately Active (3-5 days/week) = 1.55
- Very Active (6-7 days/week) = **1.75**
- Extremely Active (hard daily exercise) = 1.9

TDEE = 1490.8 (BMR) x 1.375 (lightly active) = 2049.85 calories per day

Now it's your turn! What is your TDEE?

What Is Your Calorie Goal For Fat Loss?

Use the following formula to find out:

Take your TDEE and subtract 250 for a conservative deficit.

Assess results and subtract up to 500 calories per day, if needed.

2049.85 (TDEE) - 250 = 1799.85 calories/day

Now it's your turn! What is your calorie goal for fat loss?

07

What Kind:

Whole Foods: foods that are not processed, or minimally processed.

Examples include: lean proteins, whole grains, legumes, fresh fruits and veggies

Processed Foods: food that has been altered in some way during the preparation process

Examples include: cereal, baked goods, frozen microwave meals, soft drinks, chips, deli meat, cheese, bread, etc.

NOTE: Not all processed foods are unhealthy, however, many of them do contain high levels of salt, sugar and fat.

Most processed foods are higher in calories when compared to whole foods, making it more likely that you will eat beyond your energy needs.

 Most processed foods are highly palatable when compared to whole foods, which will also result in you eating beyond your energy needs when you go back for more or have a larger serving.

It's for these reasons that fat loss is a much more achievable goal when your diet consists of mostly whole foods.

09



Your Action Steps:

- 1. Complete the equations on Slide 4 to determine your BMR, TDEE, and fat loss calorie goal.
- 2. Commit to swapping out a processed meal/snack for a whole food option instead.

Open Discussion!