

4 Steps To Lasting Fat Loss

What Should You Be Putting In Your Mouth?

02

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?

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

BOTH.

How Much:

04

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?

05

Use the following formula to find out:

Women: $655 + (4.35 \times \text{your weight (lbs)}) + (4.7 \times \text{your height (in)}) - 4.7 \times \text{your age (yrs)}$

Men: $66 + (6.23 \times \text{your weight (lbs)}) + (12.7 \times \text{your height (in)}) - 6.8 \times \text{your age (yrs)}$

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?

06

Use the following formula to find out:

$TDEE = BMR \times \text{Activity Factor (AF)}$

- 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**

$TDEE = 1490.8 \text{ (BMR)} \times 1.375 \text{ (lightly active)} = 2049.85 \text{ calories per day}$

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

What Is Your Calorie Goal For Fat Loss?

07

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?

What Kind:

08

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.

How QUALITY affects QUANTITY:

- 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.**



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!