

Successful Weight Loss #1

If you are taking in more calories than you need the excess will be stored as fat on your body. It's that simple!

To reduce your fat stores and slim down, you need to create an energy imbalance; **reduce** the calories you consume in food and drink and **increase** the calories you expend in exercise.

To lose **500gms** of fat you need to create a **3500-calorie deficit**. For example in a practical context this means eating 250 fewer calories than you need each day and burning off 250 more through exercise. This way you would create a 500 calorie '**credit**' which, over the course of week, would total 3500. **In just six months this could result in a 10kg weight loss.**

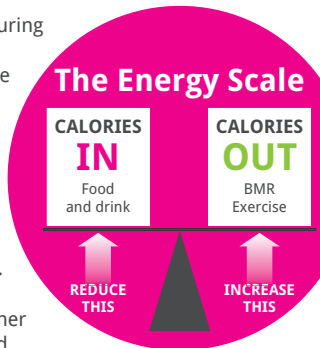
The Important First Step:

It is worth spending some time figuring out how you have gained weight. Think about the eating and exercise habits you have that you can consider changing, then come up with a weight loss strategy that fits with your lifestyle. We recommend the '3P' approach:

P = Planning: It's no use just 'wishing or wanting' to be slimmer. You actually have to **plan** how you will go about it. Your Personal Trainer can give you some useful ideas and advice.

P = Persistence: **Stick with the plan.** Slipping up occasionally is normal. What is important is not letting a small stumble turn into a major landslide.

P = Patience: It took **months**, if not **years**, to gain your extra weight, and it may take just as long to replace our bad habits with good ones and see the resulting **leaner, healthier you.**



FAQs

How fast should I be losing weight?
Everyone wants to see instant results but in our experience slow and steady tends to win the fat loss race. Weight loss at a rate of about 200-560gms a week is achievable for most people and is sustainable over the long term.

I've read that weighing myself isn't the best indicator of fat loss anyway? This is true. As you gain lean tissue (or muscle) the scales may go up yet you will be losing fat and centimetres. Measuring body fat percentage is more meaningful, as are simple circumference measurements of your waist, hips and thighs. A Personal Trainer can help here.

Should I eat little and often or just three meals a day? There are two schools of thought on this. Eating approximately every 3 hours can certainly keep blood sugar levels stabilised and eliminate the "I can't concentrate I'm so hungry" feelings that some people experience. On the other hand it seems that we mobilise fat more efficiently when our carbohydrate stores are used up approximately 4-5 hours after eating. It comes down to personal preference, no matter how you spread your calories over the day, remember that it is the total calories that count.

What is the GI diet? GI stands for Glycaemic Index and measures the rate at which food releases glucose into the bloodstream. Eating low GI foods is beneficial if you are trying to lose weight. The website glycemicindex.com has all the information you need to swap high GI foods for low GI ones.

What is BMR? Your Basal Metabolic Rate is the number of calories needed for normal body functions such as breathing, circulation and brain function at rest. See reverse to calculate your BMR.

#FitnessFact

Kilojoules vs Calories: Both are units of energy. Although we have used calories in this resource, if you relate better to kilojoules, simply multiply the calorie figure by 4.2.

For more information visit
synergyfitness.co.nz
or talk to one of our training professionals



Step 1: Calculate your Basal Metabolic Rate (BMR)

Women

$655 + (9.6 \times \text{weight in kg}) + (1.8 \times \text{height in cm}) - (4.7 \times \text{age in years})^*$

Men

$66 + (13.7 \times \text{weight in kg}) + (5 \times \text{height in cm}) - (6.8 \times \text{age in years})^*$

*Harris-Benedict Principle BMR

Step 2: Multiply your BMR by your current activity level

Activity Level**

1.200 = sedentary (little or no exercise)

1.375 = lightly active (light exercise 1-3 days a week)

1.550 = moderately active (moderate exercise 3-5 days a week)

1.725 = very active (hard exercise 6-7 days a week)

CALORIES required to maintain current weight

**Mifflin St Jeor Formula

Step 3: Subtract 250-500 calories from the current weight maintenance figure

(250 calories = % kg a week weight loss,

500 calories = % kg a week)

Step 4

This is your **daily net calorie figure** you should be aiming for in order to lose weight.

BMR

x

ACTIVITY LEVEL

=

CALORIE SUBTRACTION

-

CALORIES REQUIRED TO LOSE WEIGHT

=

Four Top Tips:

Keep a Record.

People who keep some sort of dietary and exercise record are more successful 'losers' than those who don't. You can do it online, on a simple Excel spreadsheet or in a journal but it is such an important factor we strongly recommend you take the time to do it.

Check 'non hungry' eating.

When you feel like eating check to see what kind of hunger you are experiencing. Is it 'mouth' hunger when you fancy the taste, 'emotional' hunger when you eat because you are bored, tired, lonely or upset, or is it genuine physical hunger? Remember, "if hunger is not the problem then eating is not the solution".

Measure your progress.

Setting goals and timeframes is always a good idea. Make sure they are realistic and then measure your progress with your Personal Trainer. Review them regularly and adjust if necessary.

Police your portions.

By reducing the amount of what you eat you will save calories and still be able to enjoy a little of what you fancy. Resist being 'upsized' when eating out and when serving yourself at home assess how your plate looks Half fill with vegetables and reduce the amount of meat and carbohydrate (rice, pasta, hoodies, potatoes etc).

➔ **Check our Online Calculators and Fat Loss Tools at synergyfitness.co.nz/fitness-toolkit** ➔