

# *The Fundamentals of*

# FAT LOSS

# AND

# WEIGHT CONTROL



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# Introduction



## **Let's get you started in the right direction!**

- If you are having difficulty with weight control
- If you've tried diet after diet...and nothing seems to keep the weight off
- If you've been eating lettuce by the truckload until you started to look like a rabbit
- If you've worked out at the gym or pounded the pavements morning and night...until you couldn't move another muscle

and...

you can't seem to lose any more weight, in fact, you seem to be gaining more than you're losing...you're probably wondering what more you can do...am I right?

There are limits to how long you can keep up this kind of fight with the odds seemingly stacked heavily against you. It seems like the success of that goal weight and dream dress or trouser size is playing over and over in your mind like some kind of mirage...a desert oasis that you just can't get to.

## **The objective of this eBook is to**

**Provide you with 18 Fundamentals of fat loss and weight control** so that you can make informed choices about your future ideal size and your overall health and wellbeing

## **So what are you waiting for...**

## **Let's GET STARTED!**

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## The Fundamentals of fat loss and Weight Control

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**Q: Do the majority of people on fat loss and weight control programs find lasting success with their method of choice?**

A: Statistics show that virtually all industrialized nations on earth are getting fatter...and while some people may get short term benefit from certain weight control methods; very few seem to find enduring success, the kind that lasts a lifetime.

Now don't get disheartened at this point. It is possible to have lasting success, but you need to understand some fundamentals...and then apply them to your life, slowly, deliberately and definitely.

**Concerning trends**

The United States Centers for Disease Control Statistics from 1960 through to the present day show an alarming trend in weight gain in the general US adult population. Other industrialized nations mirror this trend.

- **In 1960 the percentage of the US adult population that was either overweight or obese was 24%.**
- **In 1997 it was in excess of 50%.**
- **By the end of 2007, 64% of US adults were classified as being either overweight or obese.**

**The trend is very obvious and the seriousness of the issue goes far beyond cosmetic appearances.**

During the time these statistics have been collected, popular dieting and weight loss methods have been aggressively marketed to the population and judging by the size of the weight loss industry...dollar value wise, millions of people have been encouraged to give virtually anything a try, experimenting and hoping that the next 'big thing' will result in them becoming the 'next small thing'.

## Fat Loss Key 2

# Win the Battle Against Excess Energy Intake



Food actually has stored energy that gets digested and 'burned' by your body to fuel all the chemical reactions that make your body work. Food energy is expressed in either the metric unit kilojoules (kJ) or the more common unit of Calories.

1 Calorie, with a capital C equals 1 Kilocalorie (kcal). 1 Calorie or Kcal equals 1000 calories, small c.

If you're checking labels, make sure you have this clear in your mind.

Protein, fat, carbohydrates, fiber and alcohol (ethanol) **all contain calories.**

Antioxidants, minerals, vitamins, spices, black tea, black coffee and water contain **no calories at all.**

**If the energy that you are consuming in your food is continually greater than the energy you are burning through activity and normal resting body function you will obviously have a surplus of unused food energy which your body begins to accumulate. You experience this as weight gain and the accumulation of excess body fat.**

Most people understand that Calorie restriction will eventually lead to weight loss, although interestingly enough, you may not lose all the weight you would expect simply by restricting Calorie intake. Your body strives to keep you well and as a result it will slow down and impede the weight reduction process in order to ensure your survival.

There is also an inherent danger with relying on Calorie restriction as your sole method of weight reduction. The vast majority of people do not eat enough nutritionally balanced food in their daily diet. Restricting Calories in an already poor diet will further limit the required nutrients to keep you healthy long term.

## Fat Loss Key 2



Food Energy per 100gms	Calories	Kilojoules
Regular Hamburger	235	987
Fries	265	1113
Chocolate Ice cream	320	1344
Strawberries	26	109
Cabbage	15	63
Celery	6	25

The table above gives you a brief idea of the kinds of foods you should limit or avoid versus the kinds of foods you could eat plenty of and still not exceed your average recommended daily energy intake. I would make an *occasional* exception for chocolate ice cream!

The table is not meant to be a dietary recommendation in isolation but it does show you that eating vegetables and fruits would allow you to accumulate less total food energy per 100g weight of food than the equivalent in junk food.

**Your recommended average daily energy intake level is a result of the combination of several factors that are unique to you.**

1. Your height
2. Your weight
3. Your age
4. Your amount of accumulated daily physical activity...the type of activity and the duration of that activity. e.g. walking at the mall for one hour.

**A 165 pound (75kgs) forty five year old male has an approximate daily food energy requirement of 2571 Calories (10800 Kilojoules)**

**A 120 pound (55Kgs) forty five year old female has an approximate daily food energy requirement of 1762 Calories (7400 Kilojoules)**

## Fat Loss Key 2



Now, don't get all hung up on numbers, I just want you to understand that you can't exceed your personal daily energy requirements day in day out and expect to achieve and maintain a goal body size.

The food energy that you have consumed must end up somewhere. It doesn't just disappear. You either use it as fuel or you store it.

**Don't think numbers...think balanced nutrition!**

If you eat lots of vegetables...some raw such as salad vegetables and some lightly cooked with spices and seasoning at each meal along with small to moderate serving sizes of protein and you keep your carbohydrate portions such as breads, grains, pasta and rice small to moderate...you will find that you start to move yourself towards a more nutritionally balanced but still pleasurable and satisfying diet that will better match your daily energy requirements.

### **At each meal time**

- **One half of your plate should be seasonal vegetables or salad vegetables,**
- **One quarter of your plate should be your choice of protein and**
- **The final one quarter of your choice of carbohydrate such as rice, legumes, sweet potatoes.**

Some people use vegetables as some sort of inferior afterthought to a main dish...while others don't use them at all.

**Eating patterns that are unbalanced form the basis of many people's issues with weight control and fat loss.**