



THE ULTIMATE GUIDE TO FAT LOSS



Contract Relax Fitness

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Fat Loss Without the Fads!

This is a quick fire guide to the basics of how to lose fat, tone up, and maintain your progress.

This is NOT a quick fix, or a fad diet that will give you the results you are looking for in a few weeks.

Fat loss must be done slowly, by changing your lifestyle and daily habits. This is the ONLY way you can hope to lose weight, and keep it off.

"If the methods are unsustainable the results are unsustainable."

It's all too common to lose weight very quickly on fad diets eating 800 calories, or drinking shakes instead of eating meals, but can you sustain that way of life forever?

No. And what happens when you hit your target weight, finish the diet and carry on your life as normal? You put the weight back on. You start another diet. The cycle continues.

This guide is going to teach you how to break that cycle, show you how to make progress and educate you on how to maintain it!



1 - Calories

Basal Metabolic Rate (BMR)

The first thing you need to know, is that calories are KING. There is no way around it - you CANNOT lose weight if you are not in a calorie deficit. All this means is you need to eat less than you burn. In theory, it's that simple.

So how do you work out how many calories you burn in a day?

First of all you need to work out your BMR. This is simply the amount of calories needed to sustain your body at complete rest. Yes, you burn calories at rest. Your body is still living and breathing and all the processes going on inside you need energy (calories). This is the main reason extremely low calorie diets do not work, as you need a certain number of calories each day, essentially just to live.

The easiest way to calculate your BMR is to type 'BMR calculator' in to google, and let the internet do it for you. Remember these calculators are only estimates, and they are based on your height, weight and age. You may want to use a few different calculators out there, and go with an average.

2 - Calories

Total Daily Energy Expenditure (TDEE)

Once you have your BMR, the calculator site will likely ask you to also work out your TDEE. This is the amount of calorie you burn on average every day, just going about your daily life; brushing your teeth, making breakfast, walking to work, drinking coffee at your desk, typing your emails, stepping in to the gym etc.

Of course this is going to vary every single day, but most people have a routine that allows them to burn roughly the same amount of calories on average per week.

To calculate your TDEE, you will need to answer HONESTLY how much activity you do. I'm sorry to say if you sit at a desk 9-5 every day, it doesn't matter if you do a 30 minute gym class in the evening, you are sedentary. It is important you do not over-estimate your activity, as this will give you more calories to eat throughout the day, and if this number is too much, you won't lose fat.

The number of calories the TDEE calculator gives you is known as your maintenance calories, this simply means you need this number of calories to maintain your current state. For fat loss to occur, you need to create a deficit. Once you've hit your goal, you re-calculate this number to maintain your new weight.

3 – Calories

Creating a calorie deficit

So now you know your maintenance calories, it's time to create a deficit. Generally speaking, you'd take 10-25% of your daily calories off your maintenance.

For example:

Maintenance calories = 2000 calories per day = 14,000 per week

10-25% = 200-500 calories

2000 - 200 calories = 1800 calories per day = 12,600 per week

Personally, I would always start on the lower end of the deficit, as most people generally want to be able to eat as much as possible and still lose fat. However, the most important this is to keep reassessing the situation every 2-3 weeks.

- Weight yourself
- Take progress photos
- Take measurements

This deficit should equate to roughly 0.5-1lb per week, so if you're not seeing any progress, simply create a slightly larger deficit, and continue reassessing until you are.

Notice how you have a weekly calorie goal as well; this takes in to account going slightly over calories one day, being slightly under the next etc. - as long as you have a consistent deficit over time, you will be making progress. Progress > perfection!

4 – Protein

The most important macro!

Protein is an essential part of fat loss for a number of reasons:

1 – It aids muscle growth and recovery after training in the gym.

2 – When in a deficit, it helps to maintain as much muscle as possible which will give you that 'toned' look as fat loss progresses.

3 – It helps you feel fuller for longer and less likely to overeat or snack.

However, this doesn't mean you need to go out and spend your hard earned money on all these different protein products. The best way you can get sufficient protein is from your normal diet: i.e. meat, fish, eggs, yoghurt, etc. The only reason you may need to purchase protein products is if you find yourself struggling to hit your protein goal.

So what is your protein goal?

There is a lot of conflicting information out there, ranging from 1.2–2.2g per kg of bodyweight. All this means is you need to multiply your bodyweight in kg by 1.2–2.2. I tend to start at 1.5–1.8, as you do want to be pushing yourself to the higher end, but this range will be much more achievable for a beginner.

E.g. $68\text{kg} \times 1.5\text{g} = 102\text{g}$ of protein per day

Protein = 4 calories per gram

$102\text{g} \times 4 = 408$ calories from protein per day

5 - Tracking

So how do you know you're hitting these numbers?

By tracking your calorie intake. It's as simple as that. Yes, it is more time-consuming as first, but if you're serious about fat loss, it is the quickest and most accurate way to know you're doing everything right.

The best and most common way to do this is by using an app called [My Fitness Pal](#). Some quick fire tips to using My Fitness Pal effectively:

- Adjust your calories to what you calculated above. DO NOT trust My Fitness Pal and give yourself a goal of losing 2lb per week. Again, this is going to be an unsustainable and unattainable deficit to keep up.
- DO NOT eat back the calories it gives you from exercise. Remember the calories you have calculated take in to account your activity already.
- TRACK EVERYTHING: oils, sauces, milk, juices, nibbles etc. Just because you don't track it, doesn't mean it's not being counted by your body.
- WEIGH YOUR FOOD IN GRAMS: do NOT use 'cups' or 'plates' or even tablespoons - you don't know how much is on each and this will not be consistent every time you have it.
- SCAN new foods where possible, and make sure you take in to account servings sizes compared to how much you are actually having.
- TRACK EVERYTHING. Yes, this is here twice, because it's important. Your body is the best calorie calculator you can use; if you're not losing the weight you want, you are NOT in a deficit, even if My Fitness Pal says you are.

6 - Activity

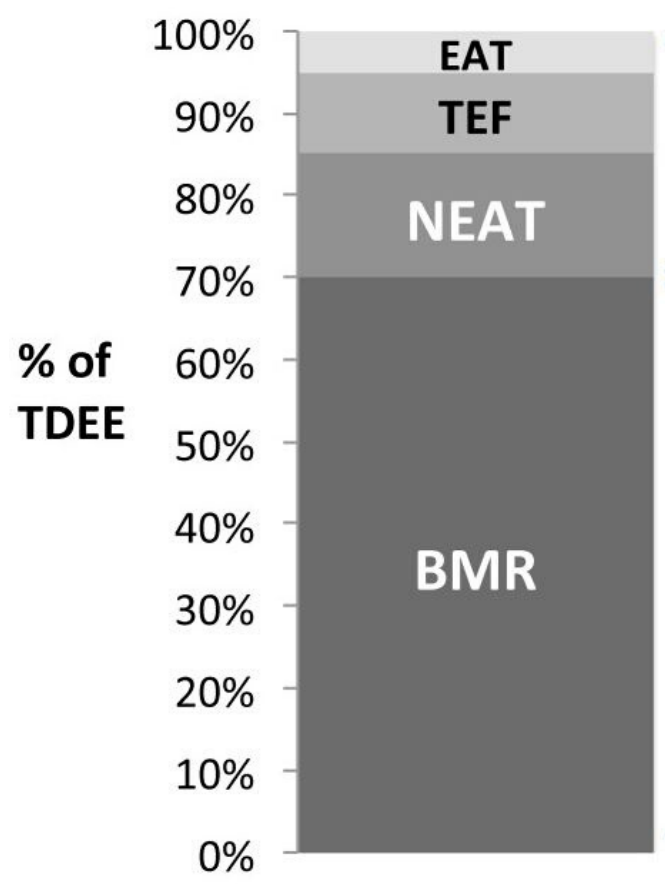
Non-Exercise Activity Thermogenesis (NEAT)

Forget your gym sessions (not completely, but for now), your NEAT is the most important activity you can do. NEAT is the activity you do outside the gym, or without the intention of burning calories. For example, walking to work, spring cleaning the house, walking around the supermarket etc.

Believe it or not, this is where most of your daily calories are burnt after BMR. Looking at the chart below, you'll see maybe only 10% of the calories that make up your TDEE come from EAT = which is your exercise activity thermogenesis (gym workouts/classes/home workouts etc).

When it comes to fat loss, general activity (e.g. step count, getting up from your desk every 30 minutes, parking at the far end of the car park) throughout the day is going to be a lot more beneficial than doing one 30 minute HIIT session and then sitting down with your feet up for the rest of the day.

Of course, prioritising the gym as well is only going to help you towards your goal!



7 – Activity

Resistance Training

NO ladies, weight training will not make you look bulky. Unfortunately for those of us girls who'd like to gain a lot of muscle, it is a painfully slow process for a female, and will not happen accidentally because you picked up a dumbbell! While NEAT is most important when it comes to fat loss, resistance training also has its place and should not be overlooked. Yes, resistance training will burn calories and increase your TDEE, it has a plethora of other benefits, not only for aesthetics, but for overall health:

- Growing or maintaining muscle will give you that 'toned' look as fat loss progresses
- Having more muscle can 'boost your metabolism'; this means the more muscle you have, the more energy it takes to sustain your body, and therefore the more calories you burn throughout the day.
- Improvements in strength and muscle mass = improved bone density and stronger joints; especially important as we age
- General fitness and endurance training will improve your cardiovascular health and decrease risk of diseases
- Improvements in core strength, stability, balance, flexibility and posture can come with regular training
- Regular exercise is also extremely beneficial for your mental health!

Find whatever style of training works for you, and most importantly, make sure you ENJOY it!

8 – Summary

To summarise this whole E-Book:

1 – Calories are KING. If you don't get them right = no fat loss.

2 – Eat enough protein!

3 – MOVE throughout the day

4. Yes, you can lose weight just by doing these 3 things, but don't neglect resistance training!

That's pretty much it. Let me know if you need any more help; either with calculating calories, or getting started with resistance training – my email is below.

I also have a 40 page nutrition guide and a 20 page meal ideas E-book worth £20. If you've made it this far and are still reading, just drop me an email and I'll get those sent over to you for FREE!

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