

1 Page on Fat Loss

This is intended to get you thinking about your own habits. Which of these sound like you? Where could you make one change that would give you the most benefit? Check the box and brainstorm a plan to make meaning change.

How do you lose weight?

- Calories brought in must be less than calories used
- Undereating shuts down your metabolism
- Sleep keeps your hormones in balance

The difference between losing weight and losing fat

- Most people actually want to lose fat and only fat, not muscle or bone mass
- When eating to lose weight, it is likely that you will lose muscle mass

On eating

- Eat your healthy foods before indulgences to maximize nutrients, minimize calories
- Avoid packaged foods and drinking your calories
- Keep daily protein intake around 1 gram per pound of bodyweight, fats at about a third of your calories, and the remaining calories should come from healthy carbohydrates
- Eat slowly; try to chew each bite at least 25 times

On exercise

- Lift weights 3-4x/week to maintain muscle mass
- Do 10+ minutes of aerobic exercise every day (mold it into your routine)
- Walk as much as you can; 10,000 steps/day is a good target

On success

- First thing: Try writing down everything you eat or drink for three days (making sure at least one day is on the weekend)
- Plan and prepare meals before you eat them to prevent emotional decision-making
- Block off time in your schedule for exercise and meal planning and preparation
- Your performance doesn't have to be perfect, but consistency ensures you'll win
- Weigh yourself at the same time of day every week; eat a little less if you don't lose at least 0.5lb in a week
 - UNLESS you're already eating well below your basal metabolic rate (calculate that [here](#))