

## OPTIMAL WEIGHT LOSS/WEIGHT MAINTENANCE STRATEGIES

First of all, let me set the story straight. In order to lose body fat, you have to be in a calorie deficit. It's called the energy equation—calories in VS. calories out.

If you eat more than you burn off, you will gain fat. If you eat less than you burn off, you will lose weight. Body fat is what you want to lose, not water or muscle protein. There is an efficient way to lose body fat.

In addition, it does not matter what percentage of fat or carbohydrate your body is using during the workout. If your body does not stay in a calorie deficit after the workout, you will not lose anything. You may burn some fat during your workout, but your body will get it right back in that next meal.

### EXERCISE:

1. During the *aerobic workout*, incorporate higher intensity levels as often as you can stand it. This will increase your body's ability to burn more fat in two ways:
  - a. You burn more calories per unit of time, thus creating a greater caloric deficit.
  - b. You increase your anaerobic threshold over time—thus increasing the efficiency of your body to burn fat at higher intensities rather than only at lower intensities.

To do this, you interval train. After your warm up, you will gradually get your heart rate up to 60 – 70% intensity level for about 5 minutes. Then, every two minutes, get your heart rate up to 80% or higher for as long as you can stand it. Then go back down to a lower intensity until you recuperate. Then do it again!

2. In the *weight training workout*, challenge your muscles. Maximize the resistance so that those last few repetitions in the set feel hard! This will increase the density of your muscles, thus increasing your metabolic rate over time.

### DIET:

#### 1. Calories

--*Don't over-eat!* Once again, calories in VS calories out is the bottom line.

--*Don't under-eat!* Get enough for optimal energy and stay out of starvation mode. You usually can cut caloric intake about 20% - 25% and be in an appropriate caloric range. For example, if you have been consuming 2500 calories per day, cut down to 2000 calories per day. You will still feel comfortable with the calorie deficit and you can burn off additional calories in your work out.

Here is what happens when you don't consume enough calories.

2,000 per day is what your body needs to maintain your present weight  
- 1,200 is what you are actually eating  
800 deficit

First, your body takes the 1,200 calories you eat and lives on about 900 calories of it and stores the remaining 300 calories because it perceives that you are starving it and its going to keep some of it for later!

Then, the 800 calorie deficit you are in has to be obtained somewhere because your body really can't live on 1,200 efficiently, so it slows down your metabolism about 400 calories per day and it uses about 400 calories of muscle protein tissue for energy needs.

This is NOT what you want to happen. This goes against everything you have worked so hard for.

## 2. **Composition of your Diet:**

--*Optimal health is important.* All the nutrients have their purpose to keep your physiology working up to par. Eliminating certain nutrients impairs many physiological processes. Not only will your health decline, but the efficiency of your metabolism will decline.

So, Eat a balanced diet. Get food from all the food groups—fruits, vegetables, whole grains, lean proteins and low-fat dairy products. Try to limit your condiments and choose good plant oils for your fats (Olive, canola, other vegetable oils).

I know this “balanced diet” sounds so basic, but that's the great part about it. It is basic and that's why it's easy to do. Get back to the basics of good, healthy eating and stop trying these crazy diets that claim to be healthy for you.

## 3. **Frequency of meals is very important:**

a. Smaller meals:

--Provide energy flow all day long

--Digest easier, so there is less of a load on the digestive system

----More blood to the brain, not the stomach

----More blood to the muscles, not the stomach

--Maintains a normal blood glucose level, thus decreases hypoglycemia.

This keeps you from getting ravenously hungry and PIGGING OUT!

--No large insulin surge—eliminates the fat storage effect of insulin

--Increases your metabolism—kindling in the fire!

--Your body uses this kindling for energy, therefore it does not store your meals as fat.

b. *LARGE, but less frequent meals*, even though the caloric intake is the same, instigate more fat storage.

--You have periods of depleted energy because all the blood is going to the stomach to digest all that food.

--It's hard on the digestive system to handle all that food at once.

--Common cause of heartburn, acid reflux, etc.

--Metabolism slows down during long periods of not eating.

Let's say you eat 2000 calories per day.

If you distribute it throughout the day, your body uses it all up.

Breakfast	300 calories - uses
Snack	200 calories - uses
Lunch	500 calories - uses
Snack	200 calories - uses
Dinner	600 calories - uses
Snack	200 calories - uses

Total 2000

If you eat only one large meal a day and a few very small meals:

Breakfast	nothing
Snack	100 calories – uses
Lunch	200 calories – uses
Dinner	1700 calories - uses 800 – STORES 900!

If you do the same pattern all the time, your body will take from those fat stores during the first part of the day when you are not feeding it, but it's not as easy to get fat out of the cells if your body is not efficient at getting it out. Fit people will do better than nonfat, but most fit people are fit because they eat throughout the day like they are supposed to.

**NOTE: These figures are all hypothetical. They are presented in a ball park fashion just to get the point across to you. Every one is different and the calorie balance will not be the same from individual to individual.**