

Serious Losing – Dropping body fat the serious way

Ok, some basics to follow before we get into a basic outline of how you do it.

- 1 If you don't have good health, you won't lose body fat. You may drop weight, much of which will be muscle and water, but you won't be able to burn fat. For women, this is typically evidenced by a pear type shape, with a lot of weight on the glutes and thighs. It is your bodies attempt to hang onto some fat and water to see it through the crisis catabolic state of low calories ad low quality food. The upper body, usually underused, is eaten away as the body has no choice but to go to its own tissues for fuel. Hormone imbalance and health problems are common with this condition.
- 2 Any diet without exercise, both cardiovascular and resistance is a waste of time. Your body needs to increase its metabolic rate, by adding or improving the efficiency of the muscle mass you have. For women, lifting weights is very unlikely to result in huge "Arnie" type muscles; they simply don't have the correct hormone balance to support huge growth. Aim for around a 50/50 split in your training, and always apply the correct progression and intensity required.
- 3 Missing meals, or even worse, not eating, will not get you lean and keep you lean. I have worked with women who follow a no food plan, starving themselves thin, even if their hair fell out and they were on anti-depressants! Forget that, all that will happen is that eventually when you do eat you will gain even more weight, as your body tries to protect itself against the next period of fasting.
- 4 Without drinking adequate water, you have no chance of being healthy and getting lean. Fat burning itself is a toxic process, your fat stores a lot of rubbish, so when you burn it, you release a lot of toxins into the blood stream. Being well hydrated not only helps maintain a decent metabolic rate but is also essential to help with the detoxification process following fat loss.

Basic Sample Program for Weight Loss

The following is a 4 meal day, so it is easy to use and will still hit the mark. It's a good starting point for anyone wanting to drop some body fat, whilst being easy to organise and achievable for anyone, no matter what line of work. Meal times are suggested, and can be moved to suit you. The key is to eat often, so never more than 4 hours maximum between meals.

REMEMBER, THIS IS A SAMPLE PLAN, MEANING IT IS WRITTEN TO GIVE YOU A GENERAL IDEA OF HOW YOU SHOULD BE EATING TO MAXIMISE HEALTH AND CUT BODYFAT. EVERY CLIENT I WORK WITH HAS A DIFFERENT PLAN BASED ON THEIR STARTING POINT, LEVEL OF FITNESS, AND COMMITMENT TO HOW THEY WILL EAT. IF YOU WANT TO KNOW MORE ABOUT YOUR DIET, THEN DROP ME AN EMAIL.

Meal 1

Oatmeal made with water and semi-skimmed milk
Egg white omelette

Meal 2

Tuna/ham/chicken/turkey
Large mixed salad
½ apple

Meal 3

Lean chicken/turkey
Raw carrots
½ avocado

Meal 4

Grilled chicken/white fish/turkey
Green vegetables

Quick Convenience Replacement

This can be used at any time if you are not able to get real food. If you are unable to stop at all, add some oats or oat-bran to the protein powder and water and drink that. It offers a perfect quick fix alternative.

Natural Whey protein shake
Almonds
Apple

In terms of calories and sizes, we'll aim for around 12-15 calories per pound of bodyweight, target bodyweight. Fat doesn't need to be fuelled, so if you are eating to be 200lbs, then your calories intake for the day is 200x12-15. Take 40% of that and make it your protein and carb levels for the day. Then do the same with your carbs, then the remaining 20% is your fat intake, which will occur naturally in the foods listed. Reduce the carbohydrates in the last meal, so it is purely vegetable based, that is another good way to help with fat loss.

Progression

One of the biggest problems people face is their plan losing efficiency. If you think about it, that is common sense. What works for you one week, may not work the next. Once your body thinks it is being starved, the calories drop too low, then body fat reduction won't happen. If anything, it may increase. You need to evaluate your plan weekly, making subtle changes to meal sizes, timings, the amount of exercise you do, and the intensity of how you do it.

Conclusion

The food about are all clean and offer health benefits. Any plan I write for any client, will never include empty calories, or foods made using additives and chemicals. Health should always come first, get that bit right and the rest will follow.

SJ