

WEIGHT LOSS

101

**CHEROKEE
FAMILY
HEALTHCARE**

Disclaimer

The information contained in this ebook is for educational and informational purposes only and is not intended as medical advice. It is not intended to diagnose, treat, cure, or prevent any disease, nor should it be used as a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or another qualified healthcare provider with any questions you may have regarding a medical condition.

The nutritional information provided in this ebook is based on current scientific understanding and is subject to change as new research becomes available. The authors and publisher make no representation or warranties concerning the accuracy or completeness of the ebook's contents and specifically disclaim any implied warranties of merchantability or fitness for any particular purpose.

The authors and publisher shall have no liability or responsibility to any person or entity with respect to any loss or damage caused or alleged to be caused directly or indirectly by the information contained in this ebook. Any reliance you place on such information is therefore strictly at your own risk.

The opinions expressed in this ebook are those of the authors and do not necessarily reflect the views of the publisher. The publisher does not endorse any specific product or service mentioned in this ebook.

All trademarks, service marks, trade names, logos, and graphics used in this ebook are the property of their respective owners.

Introduction

WEIGHT LOSS BASICS

When it comes to weight loss, it's essential to grasp the fundamental principles that govern the process. This knowledge will empower you to make informed decisions and take effective steps toward achieving your weight loss goals. In this section, we will delve into three key concepts: calories in vs. calories out, the significance of creating a calorie deficit, and the role of metabolism in weight management.

Calories In vs. Calories Out

Weight loss is often simplified as a matter of calories in vs. calories out. Simply put, this concept revolves around the idea that you need to consume fewer calories than your body expends in order to lose weight. Calories in refer to the energy derived from the foods and beverages you consume, while calories out represent the energy your body uses for daily activities, exercise, and maintaining bodily functions. By creating an imbalance where calories out exceed calories in, your body turns to stored fat for energy, leading to weight loss over time.

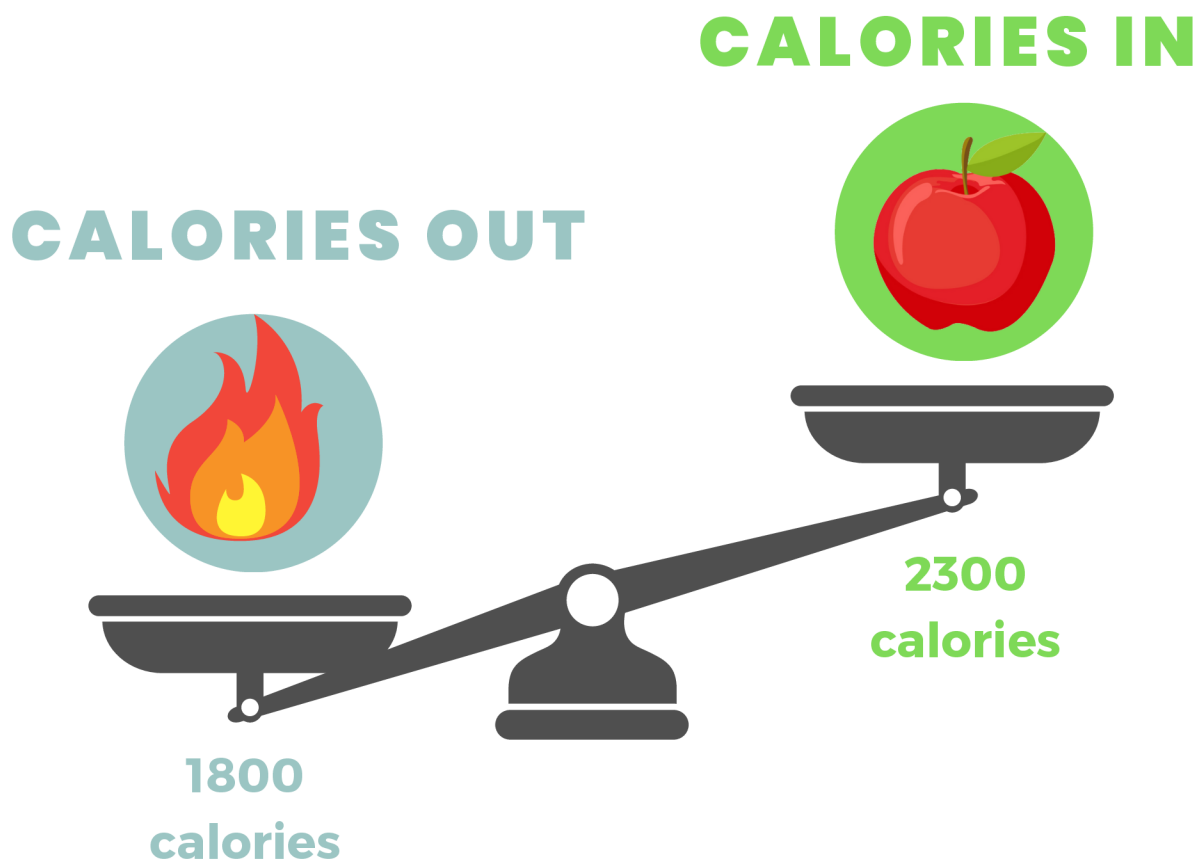
Creating a Calorie Deficit

Creating a calorie deficit lies at the core of successful weight loss. A calorie deficit occurs when you consume fewer calories than your body needs to maintain its current weight. This deficit forces your body to tap into its fat stores to compensate for the energy shortfall, resulting in weight loss. It's important to note that a moderate calorie deficit is recommended to ensure sustainable weight loss. Drastic calorie restrictions can lead to muscle loss, nutrient deficiencies, and a decrease in metabolic rate. Gradual and steady weight loss is generally more effective and sustainable in the long run.

The Role of Metabolism

Metabolism plays a vital role in weight management. It refers to the complex biochemical processes that convert food into energy and regulate bodily functions. Basal metabolic rate (BMR) represents the energy your body requires to carry out essential functions at rest. Several factors influence your metabolism, including genetics, age, body composition, and activity level. While it's true that some individuals have naturally higher metabolic rates, there are strategies to boost metabolism, such as regular exercise, strength training, and consuming adequate protein. Building lean muscle mass can help increase your BMR and improve overall weight loss outcomes.

Understanding these basic principles sets the foundation for your weight loss journey. By creating a calorie deficit through mindful eating, regular physical activity, and optimizing your metabolism, you can achieve sustainable weight loss. It's important to remember that weight loss is a multifaceted process that requires patience, consistency, and a holistic approach encompassing nutrition, exercise, and lifestyle factors.



Goal Setting

Setting specific, measurable, achievable, relevant, and time-bound (SMART), goals is crucial for your success in the weight loss process. In this chapter, we will delve into the importance of goal setting, guide you in defining your personal fitness and body composition goals for the summer, and provide you with valuable tips for setting realistic goals and tracking your progress effectively.

Importance of SMART Goals:

SMART goals provide a clear framework for your journey and serve as a roadmap toward your desired outcomes. Let's break down each component of a SMART goal:

Specific

Your goals should be specific and well-defined. Rather than a vague goal like "get in shape," consider specific objectives such as "lose 10 pounds" or "increase muscle mass in my arms."

Measurable

Goals should be measurable so that you can track your progress and determine when you have achieved them. This could include using metrics like weight, body fat percentage, or clothing size to quantify your progress.

Achievable

Ensure that your goals are realistic and attainable. While it's important to challenge yourself, setting unattainable goals can lead to frustration and disappointment. Consider your current fitness level, lifestyle, and time constraints when establishing your goals.

Relevant

Your goals should align with your personal values and aspirations. They should be meaningful and relevant to you, reflecting what you truly want to achieve and why it matters to you.

Time-bound

Set a specific timeframe for achieving your goals. Having a deadline creates a sense of urgency and helps you stay focused. For example, you could aim to reach your goal by the end of the summer or within a specific number of weeks.

REALISTIC GOALS AND TRACKING PROGRESS

Start with Small Steps

Break down your larger goals into smaller, manageable steps. This allows you to focus on achievable milestones along the way, building momentum and confidence as you progress.

Make Goals Personal and Meaningful

Connect your goals to your personal motivations and reasons for wanting to improve your fitness and body composition. This emotional connection will help you stay committed and motivated.

Use Quantifiable Measures

Set goals that can be measured objectively. Instead of saying, "I want to get stronger," consider a goal such as "I want to increase my bench press by 10 pounds."

Track Progress Regularly

Keep a record of your progress using a journal, spreadsheet, or fitness app. Document your workouts, measurements, and any other relevant data. Regularly review your progress to see how far you've come and identify areas that may require adjustments.

The Importance OF NUTRITION

Cherokee Family 
HEALTHCARE

Calorie Management

Nutrition is closely linked to calorie intake and expenditure. Understanding the balance between the calories consumed through food and the calories burned through physical activity is vital for weight loss. A weight loss guide should educate individuals on how to create a calorie deficit by making healthier food choices and controlling portion sizes.

Nutrient Density

Nutrition is not just about calories; it's also about the quality of your food. A well-rounded weight loss guide should emphasize the importance of nutrient-dense foods. These foods provide a high amount of essential nutrients while being relatively low in calories. Encouraging individuals to focus on fruits, vegetables, lean proteins, whole grains, and healthy fats ensures they receive vital vitamins, minerals, and fiber for optimal health.

Satiety and Hunger Management

Nutrition plays a significant role in managing hunger and promoting satiety. Certain foods, such as those rich in protein and fiber, help individuals feel fuller for longer, reducing the temptation to overeat or snack on unhealthy foods. Educating individuals on the importance of including protein, fiber, and healthy fats in their meals can help them feel satisfied and curb cravings, ultimately supporting weight loss efforts.



Energy Levels and Physical Performance:

Proper nutrition directly impacts energy levels and physical performance. A weight loss guide should highlight the significance of consuming balanced meals that provide sustained energy throughout the day. Emphasize the importance of carbohydrates as the primary fuel source for physical activity and the role of proteins in repairing and building lean muscle mass.

Lifestyle and Long-Term Sustainability:

A weight loss journey is not just about shedding pounds temporarily but also about adopting sustainable lifestyle changes. Nutrition education should focus on helping individuals develop healthier eating habits that they can maintain in the long run. Teaching them about portion control, mindful eating, and making informed food choices empowers them to make healthier decisions beyond their weight loss goals.

Incorporating these key points into a weight loss guide ensures that individuals receive comprehensive nutrition information and understand its critical role in achieving their desired outcomes. By promoting a balanced and sustainable approach to nutrition, individuals can successfully reach their weight loss goals while also improving their overall health and well-being.



What are **MACRONUTRIENTS?**

Macronutrients are nutrients the body requires in large amounts to maintain proper growth, development, and functioning. The three main macronutrients are carbohydrates, proteins, and fats.

CARBOHYDRATES

Carbohydrates are the body's primary source of energy. They are broken down into glucose, which the body uses for fuel. Carbohydrates can be found in foods like grains, fruits, vegetables, and sugars.

PROTEINS

Proteins are important for building and repairing tissues, making hormones and enzymes, and maintaining a healthy immune system. Proteins can be found in foods like meat, fish, dairy, beans, and nuts.

FATS

Fats are important for energy storage, insulation, and cell membrane function. They are also important for the absorption of certain vitamins. Fats can be found in foods like oils, nuts, seeds, and fatty meats.

In addition to these three main macronutrients, fiber is also considered a macronutrient because it is a type of carbohydrate that the body cannot digest. It is important for maintaining proper digestion and bowel function. Fiber can be found in foods like fruits, vegetables, whole grains, and legumes.

Macronutrients

CHEATSHEET for Proteins

FOOD	CAL	PROTEINS	CARBS	FATS
Beef, ground (80% lean)	254	17g	0g	20g
Beef, filet mignon	271	20g	0g	8g
Beef, sirloin steak	250	26g	0g	10g
Chicken breast, skinless	165	31g	0g	1g
Chicken thighs, skinless	209	26g	0g	9g
Turkey breast, skinless	104	29g	0g	1g
Turkey, ground (80% lean)	171	18g	0g	10g
Pork chop, center loin	221	26g	0g	9g
Pork tenderloin	143	23g	0g	3g
Pork, ground (80% lean)	287	18g	0g	14g
Salmon, wild-caught	206	20g	0g	13g
Sardines	208	25g	0g	11g
Tilapia	96	26g	0g	2g
Tuna	116	30g	0g	1g
Shrimp	85	24g	0g	1g
Butter	717	0.9g	0g	81g
Cheddar cheese	403	25g	1.2g	33g
Colby cheese	394	23g	1.6g	29g
Cottage cheese (regular)	342	6g	4g	34g
Cottage cheese (low-fat)	72	10g	2.8g	1g
Cream cheese (reguar)	342	3g	3g	34g
Cream cheese (low-fat)	246	7g	3g	10g
Feta cheese	264	14g	1g	21g
Gouda cheese	356	25g	2g	28g
Yogurt, Greek (regular)	97	10g	4g	10g
Yogurt, Greek (low-fat)	73	9g	3.6g	2g
Eggs	155	13g	1.1g	11g
Tofu	76	8g	2g	6g
Tempeh	193	19g	9g	11g

*All values are per 100g of the product

Macronutrients

CHEATSHEET

for Carbohydrates

FOOD	CAL	PROTEINS	CARBS	FATS
Oats	389	11g	66g	6.5g
Brown rice	111	2.7g	23g	2.6g
Quinoa	120	4.4g	21g	6g
Barley	354	2.3g	28g	1.2g
Whole wheat bread	247	9.4g	49g	2.4g
Whole wheat pasta	131	13g	26g	1g
Buckwheat	343	13.3g	71g	2.7g
Rye	335	6g	79g	1.5g
Sweet potatoes	86	1.6g	20g	0.1g
Potatoes	87	2g	17g	0g
Corn	96	3.2g	19g	1.1g
Peas	81	5.4g	14g	0.4g
Pumpkin	26	1g	7g	0.1g
Squash	45	1g	4g	0.1g
Yams	118	1.5g	28g	0g
Lentils	116	9g	20g	1g
Chickpeas	364	8.9g	27g	6g
Black beans	341	8.9g	23g	0.9g
Kidney beans	127	8.7g	22g	1.1g
Navy beans	347	8.2g	24g	0.1g
Lima beans	338	7.8g	15g	0.3g
Apples	52	0.3g	14g	0.1g
Bananas	89	1.1g	23g	0.3g
Oranges	47	0.9g	12g	0.2g
Grapes	69	0.7g	18g	0.1g
Melons	34	0.8g	8g	0.1g
Peaches	37	0.9g	10g	0.2g
Pears	57	0.4g	15g	0.1g
Mangoes	60	0.8	15g	0.3g

*All values are per 100g of the product

Macronutrients

CHEATSHEET for Fats

FOOD	CAL	PROTEINS	CARBS	FATS
Butter	717	0.8g	0.6g	81g
Ghee	900	0g	0g	99g
Margarine	717	02.g	0.3g	80g
Mayonnaise	684	1.1g	3.2g	75g
Olive oil	884	0g	0g	100g
Coconut oil	862	0g	0g	100g
Avocado oil	884	0g	0g	100g
Flaxseed oil	884	0g	0g	100g
Avocado	160	2g	8.5g	15g
Almonds	579	21.2g	21.6g	49g
Walnuts	654	15.2g	13.7g	65g
Pecans	691	9g	3.9g	72g
Cashews	553	18.2g	30g	44g
Macadamia nuts	718	7.9g	4.5g	76g
Brazil nuts	656	14.3g	2.3g	66g
Peanut butter	589	25g	20.6g	50g
Almond butter	614	21.2g	18.7g	50g
Flaxseeds	534	18.2g	28.8g	42g
Chia seeds	486	16.5g	42g	31g
Sunflower seeds	584	20.7g	20.7g	51g
Pumpkin seeds	559	30.2g	10.7g	49g
Hemp seeds	553	31.5g	3.4g	49g
Tahini	633	17g	17g	53g
Olives	115	0.8g	3.8g	15g
Dark chocolate	604	5.5g	45g	30g

Calculate Your **MACRONUTRIENTS**

Calculating your macronutrient recommendations involves determining your daily calorie needs and then allocating a percentage of those calories to each macronutrient: carbohydrates, protein, and fat.

Here are the general steps to calculate your macronutrient recommendations:

- Calculate your daily calorie needs: This can be done using an online calculator or through a formula that takes into account your age, gender, weight, height, and activity level.
- Determine your protein needs: Protein needs vary depending on factors such as age, gender, and activity level. Aim for 0.8-1 gram of protein per pound of body weight as a general guideline.
- Allocate calories to carbohydrates: Carbohydrates provide energy and should make up the bulk of your calorie intake. A good starting point is to aim for 45-65% of your total daily calories to come from carbohydrates.
- Allocate calories to fat: Fat is important for hormone production and other bodily functions. Aim for 20-35% of your total daily calories to come from fat.

Fill in any remaining calories with your macronutrient of choice: After determining your protein, carbohydrate, and fat needs, you may have some remaining calories to allocate to a macronutrient of your choice, such as fiber or alcohol.

What are **CALORIES?**

Calories are a unit of measurement used to quantify the amount of energy in food. When we eat food, our body breaks it down into its component nutrients, including carbohydrates, protein, and fat, and then uses these nutrients to provide energy for various bodily functions.

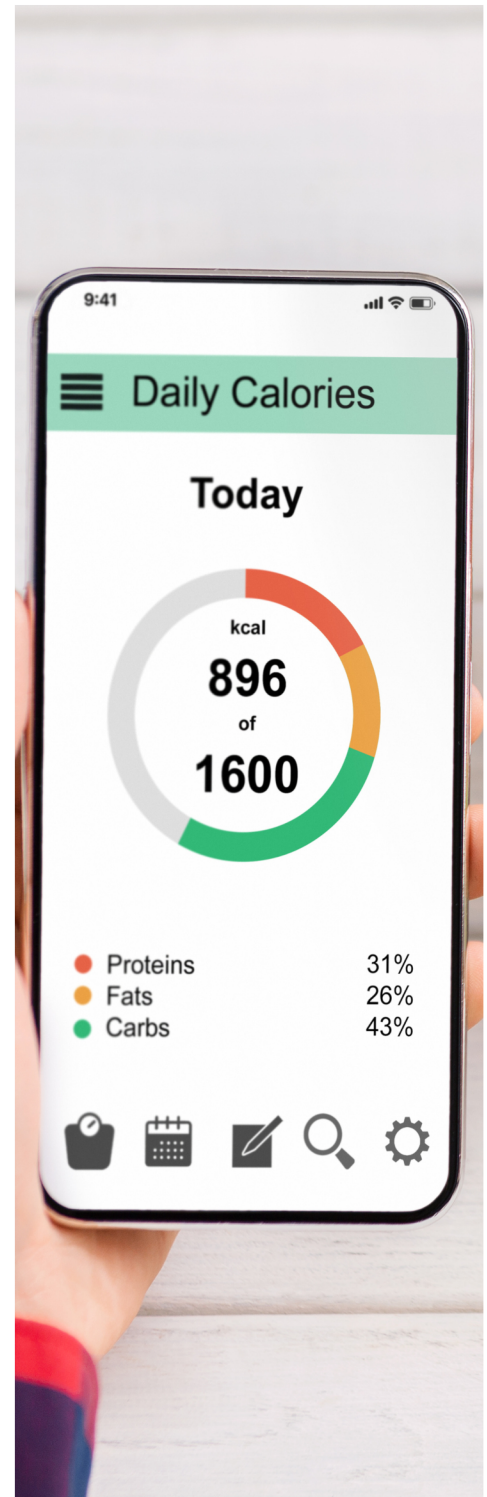
Each macronutrient provides a different amount of energy per gram:

- Carbohydrates: 4 calories per gram
- Protein: 4 calories per gram
- Fat: 9 calories per gram

Alcohol, although not a macronutrient, also provides calories at a rate of 7 calories per gram.

The number of calories an individual needs varies depending on age, gender, weight, height, and activity level. Generally, the average adult needs around 2000-2500 calories daily to maintain weight.

It's important to note that while calories are important for weight management, they are not the only factor to consider. Other factors impacting weight include hormonal imbalances, stress levels, sleep quality, and medication use.



Let's say that you are a 35-year-old female who weighs 170 pounds and is 5'11" tall. You work out three to four times weekly and have a moderate activity level.

To calculate your macronutrient recommendations, you can follow these steps:

1. Calculate your daily caloric needs using a BMR calculator (more details on how to calculate it on page 17). Let's say your BMR is 1,800 calories.

2. Factor in your activity level. If you have a moderate activity level, you can multiply your BMR by 1.55. This would give you a daily caloric requirement of 2,790 calories ($1,800 \times 1.55 = 2,790$).

3. Determine your desired macronutrient ratios based on your goals. Let's say you want to follow a balanced diet with a macronutrient ratio of 40% carbohydrates, 30% protein, and 30% fat.

4. Calculate your daily macronutrient intake. To do this, multiply your total daily caloric intake (2,790) by the percentage of each macronutrient you want to consume. In this example, you would need:

- 1,116 calories from carbohydrates (40% of 2,790)
- 837 calories from protein (30% of 2,790)
- 837 calories from fat (30% of 2,790)

Cherokee Family 
HEALTHCARE

Activity Level Factors

1. Sedentary (little or no exercise): BMR x 1.2
2. Lightly active (light exercise): BMR x 1.375
3. Moderately active (moderate exercise): BMR x 1.55
4. Very active (hard exercise or sports 6-7 days a week): BMR x 1.725
5. Super active (very hard exercise or sports, physical job): BMR x 1.9

COMPOUNDS OF A BALANCED MEAL

We're all busy people, but without being prepared we are drastically decreasing our chances of success, whether that is a weight loss goal, a performance goal or simply a health goal.

Not having time to prep our healthy meals means we are more likely to reach for that fast food lunch or convenience store snack.

COMPOUNDS OF A BALANCED MEAL

Let's start with what a healthy and balanced meal should look like. Keep in mind all of the components of a balanced meal while planning out your menu and shopping list.

Protein

1-2 palms

Lean animal or plant-based protein.

Vegetables

1-2 fists

Always include a serving of greens and other vegs.

Carbs

1-2 cupped hands

Whole grain pasta, rice, potato, millet, etc.

Healthy Fats

1-2 thumbs

Nuts, seeds, avocado, plant oils, etc.



Lifestyle AND BEHAVIOR CHANGE

To achieve and maintain a beach-ready body, it's essential to focus on overall lifestyle changes rather than short-term fixes. Sustainable changes in your daily routines and behaviors can have a significant impact on your physical health, mental well-being, and long-term success. By adopting healthier habits, you can establish a solid foundation for maintaining your desired body composition and overall wellness.

Sleep

Prioritize quality sleep by aiming for 7-9 hours of restful sleep per night. Sufficient sleep promotes optimal recovery, supports healthy hormone regulation, and improves overall energy levels.

Mindful Eating

Practice mindful eating by paying attention to your body's hunger and fullness cues. Slow down, savor each bite, and eat without distractions. This allows you to enjoy your meals and helps prevent overeating.

Hydration

Make it a habit to drink an adequate amount of water throughout the day. Staying hydrated supports proper digestion, metabolism, and overall bodily functions.

Consistency

Consistency is key when it comes to lifestyle changes. Aim for small, manageable changes that you can sustain over time rather than drastic, short-lived modifications.

One Week

WEIGHT LOSS WORKOUT ROUTINE

Day 1: Full-Body Strength Training

- Warm-up: 5-10 minutes of light cardio
- Squats: 3 sets of 12 reps
- Push-ups: 3 sets of 10 reps
- Lunges: 3 sets of 12 reps per leg
- Bent-over Rows: 3 sets of 10 reps
- Shoulder Press: 3 sets of 12 reps
- Plank: Hold for 30 seconds to 1 minute
- Cool-down: 5-10 minutes of stretching exercises

Day 2: Cardiovascular Exercise

- Warm-up: 5-10 minutes of light cardio
- Interval Training: Alternate between 1 minute of high-intensity exercise (e.g., sprinting or jumping rope) and 1 minute of moderate-intensity exercise (e.g., brisk walking or jogging) for a total of 20-30 minutes
- Cool-down: 5-10 minutes of stretching exercises

Day 3: Active Rest or Low-Impact Cardio

Engage in a low-impact activity such as brisk walking, cycling, or swimming for 30-45 minutes. This helps to keep your body active while allowing for recovery from the previous workouts.



Day 4: Upper Body and Core Strength Training

- Warm-up: 5-10 minutes of light cardio
- Dumbbell Chest Press: 3 sets of 10 reps
- Lat Pulldowns: 3 sets of 12 reps
- Dumbbell Bicep Curls: 3 sets of 10 reps per arm
- Tricep Dips: 3 sets of 12 reps
- Russian Twists: 3 sets of 12 reps per side
- Bicycle Crunches: 3 sets of 12 reps per side
- Cool-down: 5-10 minutes of stretching exercises

Day 5: Cardiovascular Exercise

- Choose your preferred cardio activity, such as running, cycling, or using an elliptical machine. Aim for a moderate-intensity cardio workout for 30-45 minutes.
- Cool-down: 5-10 minutes of stretching exercises

Day 6: Lower Body Strength Training

- Warm-up: 5-10 minutes of light cardio
- Barbell Squats: 3 sets of 10 reps
- Romanian Deadlifts: 3 sets of 12 reps
- Walking Lunges: 3 sets of 10 reps per leg
- Calf Raises: 3 sets of 12 reps
- Glute Bridges: 3 sets of 10 reps
- Cool-down: 5-10 minutes of stretching exercises

Day 7: Rest and Recovery

Take a day off from structured exercise to allow your body to recover and recharge. Engage in light activities such as walking or gentle stretching.



Cherokee Family 
HEALTHCARE

CONCLUSION

Congratulations! You have reached the end of the Weight Loss Guide: 101. I hope that this comprehensive guide has provided you with valuable information and practical tips to help you achieve your weight loss goals. Remember, weight loss is a journey that requires dedication, consistency, and patience. Here are some key takeaways to keep in mind:

Set Realistic Goals

When embarking on a weight loss journey, it's essential to set realistic and achievable goals. Aim for gradual and sustainable weight loss rather than quick fixes, as this promotes long-term success.

Balanced Nutrition

Focus on consuming a balanced diet that includes a variety of nutrient-dense foods. Fill your plate with fruits, vegetables, lean proteins, whole grains, and healthy fats. Limit your intake of processed foods, sugary snacks, and beverages.

Portion Control

Pay attention to portion sizes to avoid overeating. Use smaller plates and bowls, and listen to your body's hunger and fullness cues. Avoid eating in front of screens or distractions, as it can lead to mindless eating.

Regular Physical Activity

Incorporate regular exercise into your routine. Aim for a combination of cardiovascular exercises (such as walking, jogging, or cycling) and strength training exercises (such as weightlifting or bodyweight exercises) to promote fat loss, muscle toning, and overall fitness.

Stay Hydrated

Drink plenty of water throughout the day to stay hydrated. Water helps with digestion, regulates body temperature, and can help curb cravings. Avoid sugary drinks and excessive alcohol consumption.

Mindful Eating

Practice mindful eating by savoring each bite, eating slowly, and paying attention to the sensations of hunger and fullness. This helps you develop a healthier relationship with food and prevents overeating.

Sleep and Stress Management

Prioritize quality sleep and stress management in your weight loss journey. Lack of sleep and chronic stress can disrupt your hormones, leading to weight gain and difficulty losing weight. Aim for 7-9 hours of sleep per night and find healthy ways to manage stress, such as through meditation, yoga, or engaging in hobbies.

Seek Support

Surround yourself with a supportive network of friends, family, or a weight loss community. Share your goals and challenges with others who can provide encouragement and accountability. Consider working with a registered dietitian or a healthcare professional for personalized guidance.

Remember, everyone's weight loss journey is unique, and what works for one person may not work for another. It's important to find an approach that fits your lifestyle and preferences. Be patient and kind to yourself throughout the process, celebrating small victories along the way.

Good luck on your weight loss journey, and may you achieve your health and wellness goals!





ARE YOU **READY** ?

Cherokee Family
HEALTHCARE 

THANK YOU!

Connie & Greg

www.cherokeefamilyhealth.com