

ESC

EATTOSUCCEED LTD

*Energy - Satiety - Confidence*

A photograph of three bodybuilders standing on a stage, viewed from behind. They are wearing blue, orange, and green shorts respectively. The background features a large 'UKBB' logo and other text like 'NUTRITION' and 'BORNE'.

# HOW TO LOSE FAT (WEIGHT) Fast – The BASICS

Designed produced by Conor Pillai –  
Director EattoSucceed Ltd

**Fat Loss:**

***The most important thing to consider before starting a fat loss program or even considering a weight loss program is why?***

- Why do you want to lose weight (remember this should be lose FAT not Weight)?
  - Is it for health?
  - Is it for longevity?
  - Is it for confidence?
  - Is it for acceptance?

**Emotional Connection:**

- You need to find a deep, intrinsic why...attach an emotional connection to it – or else you won't succeed.
- Once you know your why you'll be far far more driven to achieve your goals – here's a really powerful example ***"I want to lose fat because currently I am not fit enough to play with my young toddler, I feel out of breath and unable to keep up with him/her. If I manage to lose weight, I will be able to interact with my son/daughter without feeling fatigued or worrying"***
- or another ***example "I have my wedding coming up in 6 months time, I've always struggled with my weight/body fat and I've tried diets before but never managed to succeed. I want to look and feel the best I ever have for my wedding day, as that moment and the photos are forever"***
- Once you've attached this emotional value to your goal of weight loss here are a few strategies you can implement straight away to start losing weight.

**Basic Principles:**

- Basic principles – eat less and move more, of course this works, but here's a really simple way you can start – add a 10 min brisk walk in after every meal – this will help with insulin sensitivity, digestion and your exercise – x 3 a day and you've done 30 minutes more activity that you were doing before!
- If you want to accelerate your fat loss, ***reduce your portion size***, so if you're used to having a whole packet of porridge for example, half it, if you have a whole packet of microwave rice, half it.
- If you'd rather not change the amount you eat, change what you eat – ***make yourself feel fuller by eating higher fibre foods (fruit/veg) to bulk out your food.***
- If you're not a fan of fruit and veg, then you can do this through ***eating a higher protein meal*** – this will make you feel more satiated and fuller for longer, to help you go longer without eating.
- You can also achieve a higher protein intake through supplementation, adding in a whey - based protein shake as a meal substitute/replacement could help you achieve this without the addition of lots of additional calories (most diet whey's/whey protein isolates etc are between 100-150 kcals when mixed with water).

**Get Tracking:**

- If you want to get a little more **technical** then you need to work out your **maintenance calories and then your deficit from there** – there are plenty of calculators online that can roughly work out your calorie goals – download and make use of the **MyFitnessPal app**.
- Be **HONEST** with your inputs, i.e. your activity level and **don't overestimate**, if you're sedentary, you're inactive and unless you are doing a ridiculous amount of work in the gym, which is unlikely, your calorie targets won't be impacted massively.
- Work it out try those calories for **2 weeks**, track them by using **MyFitnessPal** and see if you **maintain your weight**, if you do then you know it's worked out well for you
- Then you can create your deficit – take approx 250 calories away from this daily (this could be one snack in some instances) track your weight average across two weeks and see if it changes – **without any change to your exercise if you are strict with your calories then you SHOULD and WILL lose weight.**

**Training Structure during Fat Loss/Cutting Phases:**

- Training structure is incredibly important during all training phases; however, it needs to be modified for cutting or fat loss phases in the following way:
- From a basic standpoint – from a resistance training perspective (which is vital to retain muscle tissue during cutting) you will want to be hitting free weights where possible!
- Focus should be on completing **compound lifts** as they are multi-joint and will be more calorie demanding than isolation movements (*i.e. deadlifts, squats, lunges, bench press, overhead press over bicep curls!!*)
- Emphasis should be on these larger movements, and my advice would be to break your workouts down into a similar structure(s) to this where possible

Example 1:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Newbie</b>	<b>Upper Body</b> (4-5 exercises 8-12 sets, rep ranges 12-15+)	<b>Lower body</b> (4-5 exercises 8-12 sets, rep ranges 12-15+)	<b>REST/Active Recovery</b>	<b>Upper Body</b> (4-5 exercises 8-12 sets, rep ranges 12-15+)	<b>Lower Body</b> (4-5 exercises 8-12 sets, rep ranges 12-15+)	<b>HIIT</b> (i.e. Tabata, circuits approx. 30 mins)	<b>REST or Active Recovery</b> i.e. outdoor walking/mobility work/stretching
Example 2:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Intermediate</b>	<b>Upper Body</b> (4-5 exercises 8-12 sets, rep ranges 12-15+)	<b>Lower body</b> (4-5 exercises 8-12 sets, rep ranges 12-15+)	<b>HIIT</b> (i.e. Tabata, circuits approx. 30 mins)	<b>Upper Body</b> (4-5 exercises 8-12 sets, rep ranges 12-15+)	<b>Lower Body</b> (4-5 exercises 8-12 sets, rep ranges 12-15+)	<b>HIIT</b> (i.e. Tabata, circuits approx. 30 mins)	<b>REST or Active Recovery</b> i.e. outdoor walking/mobility work/stretching
Example 3:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Advanced</b>	<b>Total Body Push</b> (6-8 exercises, 3-5 sets per muscle group, rep ranges between 6-15, incorporate heavier weights)	<b>Total Body Pull</b> (6-8 exercises, 3-5 sets per muscle group, rep ranges between 6-15,	<b>HIIT</b> (i.e. Tabata, circuits approx. 30 mins)	<b>Total Body Push</b> (6-8 exercises, 3-5 sets per muscle group, rep ranges between 6-	<b>Total Body Pull</b> (6-8 exercises, 3-5 sets per muscle group, rep ranges between 6-	<b>HIIT</b> (i.e. Tabata, circuits approx. 30 mins)	<b>REST or Active Recovery</b> i.e. outdoor walking/mobility work/stretching

	<i>in lower rep ranges/lighter in higher)</i>	<i>incorporate heavier weights in lower rep ranges and lighter in higher)</i>		<i>15, incorporate heavier weights in lower rep ranges/lighter in higher)</i>	<i>15, incorporate heavier weights in lower rep ranges/lighter in higher)</i>		
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- Amazingly you do not suddenly need to become a cardio bunny to lose body fat or weight through training – however, if you wanted to increase your calorie deficit then by all means throw some Low intensity steady state (LISS) cardio in. i.e. incline treadmill walking/stepper – but bear in mind you want to retain as much muscle as possible
- Limit cardio to this or HIIT but make these accessories to your training NOT your focus.

#### **Additional Supplementation:**

- Once you've nailed your calorie goals, you're happy with your macro targets and you're on track using MyFitnessPal – it's the right time to optimise your fat loss goals through additional supplementation
- BEAR IN MIND – these are **not magic**, and will merely **SUPPORT** a well-structured, thought out and ***consistently followed fat loss program***.

#### **L-Carnitine**

- Carnitine is naturally present in animal products such as meat, fish, poultry, and milk and dairy products; small amounts are present in some plant foods – but can be supplemented directly with ***L-Carnitine Liquid or Tablets*** it has been shown to shuttle fatty acids into the mitochondria and helps with fatty acid oxidation, study participants who supplemented with L-Carnitine lost an average of **1.33kg more weight** than those using a placebo <sup>(1)</sup>.

#### **Caffeine**

- Caffeine increases energy expenditure and fat oxidation <sup>(2)</sup> and its effect therefore increases with increased consumption <sup>(3)</sup>
- A 100 mg dose of caffeine, for example, increased energy expenditure by a mean of **9.2 kcal/hr** more than placebo in healthy humans <sup>(4)</sup>
- Many dietary supplements promoted for weight loss contain added caffeine or an herbal source – here are a few ways to sneak that extra caffeine into your diet through supplementation – **Thermogenic supplements, Green tea extract, pre-workouts, energy drinks**
- Alongside it's effect on weight loss Caffeine also has been shown to have significant and positive impact on cognitive concentration, and physical performance output <sup>(5)</sup> – fantastic additional benefits!
- Word of warning – be sensible with the amount of caffeine you consume, start with smaller doses and incrementally increase as you become more tolerant and try not to consume more than 400-500mg daily; avoid after 4pm where possible and cycle off caffeine periodically to re-sensitise yourself to its positive effects!*

### Increased Protein consumption

- Dietary protein is effective for body-weight management, in that it promotes satiety, energy expenditure, and changes body-composition in favour of fat-free body mass <sup>(6)</sup>
- Dietary protein stimulates gut hormone secretion, digestion effects, circulating amino-acid levels, energy expenditure, a ketogenic state, and possibly gluconeogenesis <sup>(7)</sup> **THEREFORE it increases *your total body energy expenditure* and *temperature* – i.e. you *burn more calories simply through additional consumption of protein!***
- When losing weight, we want to promote **muscle retention** and **loss of fat mass**, and increasing your total protein consumption has been shown to do this <sup>(8)</sup>
- If you're looking to increase your protein intake, have a look through the following protein supplements– if you're calorie restricted look at the diet wheys.

### Further Information

Obviously these are basic strategies in the first instance – but they are a good starting place for anyone looking to lose body fat – if you want more technical advice, tweaks to your program or ideas about how to optimise your training, nutrition or anything related to health and fitness head to [www.eattosuccedltd.co.uk](http://www.eattosuccedltd.co.uk) or reach out to me on Insta @conorpillaipt or email me [conorpillai@eattosuccedltd.co.uk](mailto:conorpillai@eattosuccedltd.co.uk)

### References:

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**A little about me!**

I'm an experienced Personal Trainer, Degree qualified Physiotherapist, Precision Nutrition Coach and I'm also deeply invested in human behaviour (psychometrics), communication styles, personality types and genuine coaching - I look forward to working with each and every one of you and love to see people achieve their goals!

Conor Pillai – Director of EATTOSUCCEED LTD

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*Energy - Satiety - Confidence*



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**Online Coaching E2S (EattoSucceed Ltd)**

- If you are interested in finding out more about how I can help you achieve your fitness goals send me a message – 07791128726 – [conorpillai@eattosucceedltd.co.uk](mailto:conorpillai@eattosucceedltd.co.uk) or DM me at @conorpillaipt on Instagram
- I am entirely focused on sustainable, long term changes and can help guide you with respect to nutrition, fitness and supplementation to support your long term and short-term fitness and health goals.

What's Included?	3 Month Package (£300)	6 Month Package (£450)	12 Month Package (£800)
1 Hour consultation goals & motivations	YES	YES	YES
Fortnightly Check Ins	YES	YES	-
Weekly check ins	NO	NO	YES
2 Full 70+ page recipe books one Low carb and one balanced, with macros and MyFitnessPal Barcode scan options	NO	YES	YES
Macro and Calorie Goals with portion advice and guidance	YES	YES	YES
7 day a week, 3-5 meals a day nutrition plans	NO	NO	YES
Supplement advice and guidance	YES	YES	YES
Inclusion to Private FB group (EattoSucceed Ltd ) – a forum and community for clients and myself	NO	YES	YES
Workout plans for the duration of your coaching period	YES	YES	YES
Invitation to my coaching software – with daily habits, reminders, progress updates and check ins	NO	YES	YES
24 HR WhatsApp Support	NO	NO	YES

