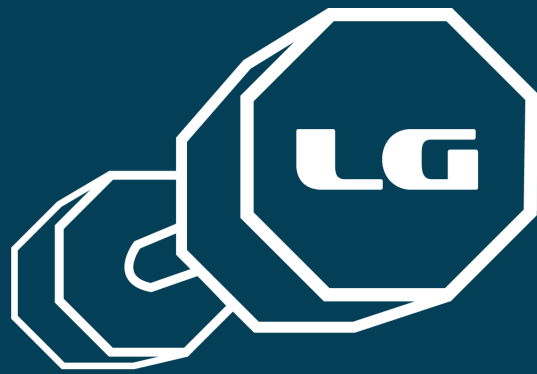


L.G. Fitness' Basic Weight Loss Guide

SIMPLE AND SUSTAINABLE



FITNESS

Calories In, Calories Out

Calories are a unit of energy, which is the energy we get from our food.

We maintain our weight when the average calories going in and the average calories going out are the same. We gain weight when the average calories going in exceed the average calories going out so the excess are stored. And we lose weight when the average calories going in are less than the average calories going out so our body uses our stores.

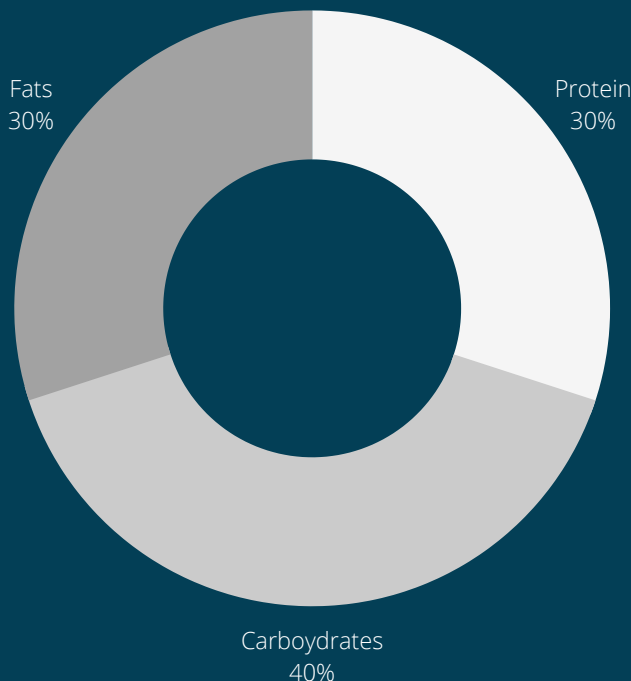
To lose weight, we need to make sure we're in a calorie deficit. The best way to do that is a combination of eating fewer calories and burning more. We have the most control over calories going in; what we eat. Although exercise and daily movement certainly burns calories, people usually overestimate this. Exercise and activity is still highly beneficial, though, and people are more likely to keep weight off if they exercise.

Pick a few changes to make; they don't even need to be big. You don't have to try to do them all at once.



Macronutrients

Protein has 4 calories per gram and is used mostly to build lean tissue, including muscle. It should be anywhere from 10–35% of your calories. Shoot for at least .7g/lb of bodyweight, up to 1.1g per lb; if your starting body weight is high, you may need to adjust down to .5g.



Fat has 9 calories per gram and is used to create hormones, absorb vitamins, etc. It should be at least 20% of your calories, with 20–35% being ideal for most people.

Carbohydrates have 4 calories per gram and are the body's main energy source. This should be the biggest percentage for most people, anywhere from about 40–60%, especially if you're active, pregnant, or breastfeeding. If you feel good being low-carb, that's up to you, but it's not necessary for weight loss.

Foods for Each Macronutrient

Protein



- Lean Meat
- Eggs
- Lowfat Dairy
- Tofu
- Red Meat
- Seafood
- Protein Powder
- Legumes
- Nuts

Fat



- Cooking oils
- Cheese
- Avocado
- Nuts
- Peanut Butter
- Butter
- Red Meat
- Dressings
- Olives

Carbohydrates



- Bread
- Corn
- Cereals
- Fruits
- Vegetables
- Potatoes
- Beans
- Lentils
- Rice

Reduce Calories In

Track calories
with an app like
MyFitnessPal

Eat satiating
foods high in
protein and fiber

Decrease
portion sizes

Eat a balanced
variety of food

Pay attention to
hunger and
fulness cues

Stop eating at a
certain time of
day, i.e. 9pm

Make swaps, i.e.
diet soda instead
of regular.

Increase Calories Out

Move more
through the
day

Find an active
hobby or
recreation

Start a resistance
training routine

Do cardio that
you enjoy

Eat foods that
take more
energy to
digest

Go for walks
a few days a
week

Build lean mass
(muscle burns more
calories)