



ELEMENTS

PERSONAL TRAINING

— *A BEGINNERS GUIDE TO* —
NUTRITION

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A BEGINNERS GUIDE TO NUTRITION!

Trying to get in shape can seem like a daunting task if you're new to it. There's so much information out there which can make figuring out where to start extremely confusing.

Over the next few pages I'm going to give you a super simple guide on how to improve your health and body composition in the simplest, most easily understood way that I can.

This is not a book, its a quick guide. This is not about going into the details, it's about focusing on the big things that get results and the thought processes that help you keep them.

Spending 10 minutes reading this guide should give you the foundation knowledge you need to understand the "need to know" basics of nutrition and how to apply them without overwhelming yourself with complicated details.

So lets get to it...

WHAT ARE CALORIES?

A calorie is not a thing, it's a measure of energy. So when you are putting food in your mouth, think about it as though you are eating a certain amount of energy each time. This may help you understand the basic rules of body composition.

If you eat more energy than you burn, your body will find a way to store the additional energy for use later. This is how you gain body fat.

If you burn more energy than you eat, your body will use any stored body fat to meet the energy requirements. This is how you lose body fat.

So providing your health is good, and you are eating the right foods which I will explain later, you simply need to consume consistently a little less energy than you burn and you will lose fat.

Now, as I said, I am keeping this guide as simple as it can possibly be but for those of you who want to try setting some calories to experiment with I will show you the easiest way to work this out below.

There are many overly complicated ways to do this but ultimately what all of the formulas do is give you a baseline to adjust from so it really doesn't matter which approach you use. I prefer keeping things as simple as possible when explaining things so here you go...

Males

Bodyweight in kg x 24

Females

Bodyweight in kg x 22



This will give you your **basal/resting metabolic rate**.

What this means (in theory) is that if you woke up in the morning, opened your eyes but didn't move a muscle all day and used as little energy as possible. This is how many calories your body would need to stay alive and operating properly.

Obviously, we don't do that, we move around, walk, work, train, live life etc so we need to add some extra calories to allow for additional activity.

If you are lightly active, moving around an average amount day to day then you can multiply this number by **1.2**

If you are more active, training at least three times a week or more then you can multiply this number by up to **1.5**

So for example as a **female** who weighs 65 kg:

$65\text{kg} \times 22 = 1430$ calories per day (BMR - Don't go below this where possible for any length of time)

So if you **DON'T** train you would need to do: $1430\text{cals} \times 1.2 = 1716$ calories

This would put you somewhere close to maintenance, maintenance meaning you would neither gain nor lose fat.

If you **DO** train you would need to do: $1430\text{cals} \times 1.5 = 2145$ calories

This would put you somewhere close to maintenance if you were training too, because of the increase in weekly activity, the requirement for energy in can go up to maintain energy in vs energy out.

Male example who weighs 80 kg:

80kg x 24 = 1920 calories per day (BMR - Don't go below this where possible for any length of time)

So if you **DON'T** train you would need to do: 1920cals x 1.2 = 2304 calories

This would put you somewhere close to maintenance if anything probably a bit below, maintenance meaning you would neither gain nor lose fat.

If you **DO** train you would need to do: 1920cals x 1.5 = 2880 calories

This would put you somewhere close to maintenance if you were training too, because of the increase in weekly activity, the requirement for energy in can go up to maintain energy in vs energy out.



IMPORTANT REMINDER;

These are just baselines to work from, try hitting these targets for 2 weeks, see what happens. If you want to lose fat, reduce calories from this baseline. If you want to gain weight, Increase calories from this baseline.

This is merely a place to start from, assess and experiment with yourself.



WHAT ARE MACROS?

Macro's are "Macronutrients", these are defined as nutrients that the body needs in large quantities to operate properly. These are grouped into three main areas, Proteins, Carbs, and Fats.

Protein

Protein is basically what we are made of, our muscles, bones, organs skin, hair and nails are all protein. This is why it is so important to eat adequate amounts of this macro nutrient for optimal health and tissue regeneration. Don't be fooled into thinking protein is for bodybuilders.

Eating enough protein will keep you looking and feeling far younger for far longer because your body can constantly rebuild itself and repair damaged or aging tissues.

The best proteins are found in animal products such as meat, fish, and poultry.

There are 4 calories in every 1g of protein

Carbs

Carbohydrates are sugars, starches and fibers found in food that your body can convert into glucose for energy.

Carbs are used primarily as fuel for muscle, however many other functions in the body rely on adequate carbohydrates to function well.

The best sources of carbs are fruits, vegetables and grains.

There are 4 calories in every 1g of carbs

Fats

Every single cell in your body is surrounded by a double layer of fats so along with protein, taking in enough fats helps your body to operate on a cellular level more effectively. They are also an amazing source of energy, vital for proper hormone production, and are great for digestion and maintaining blood sugar.

The best sources of fats are things like avocado's, nuts, and natural oils.

There are 9 calories in every 1g of protein

Each macronutrient is a requirement in your diet so I would always steer away from anything that removes one of the macro groups entirely for any length of time. The key is to eat the right amounts for you as an individual and that requires some experimentation to find out what works for you.

As a general rule, you will need to ascertain and stick to a protein baseline. You can work this out as follows:

Female:

Bodyweight in kg x 1.5-2

Male:

Bodyweight in kg x 2-2.5

So using our previous examples:

A **Female** who weighs 65kg would have a protein baseline of

$65\text{kg} \times 1.5-2 = 97.5\text{g to } 130\text{g}$ of protein per day

A **Male** who weighs 80kg would have a protein baseline of

$80\text{kg} \times 2-2.5 = 160\text{g} - 200\text{g}$ of protein per day

Yes these are broad ranges but the actual amount would be dependent on training and overall goals. If you don't train, go low, if you do train, work towards the higher end of this range.

Once you have worked out what your protein baseline is, the rest of your calories should be split between carbs and fats.

As a general rule I would suggest that if you have a fair amount of body fat to lose, choose a higher fat to carb ratio. If you are already lean, choose a higher carb to fat ratio.

DO NOT OVERCOMPLICATE THIS!

WHAT TO EAT?

Now that we know what calories are, how to work out our energy expenditure, what macros are and how best to use them we need to pick our foods. And this will be the shortest section of this guide, it's really that simple.

EAT FOODS NOT PRODUCTS!!!!

If it has gone through any type of process in a factory or otherwise to get onto your plate, don't eat it. If you could have picked it out of the ground, off a tree, fished it out of the water, shot it out of the sky or on land, then knock yourself out!

It really is that simple, sticking consistently to this rule could be an absolute game changer for you.

FINAL NOTES:

1. Does meal timing matter?

I would be inclined to say yes, in the real world, I have always seen better results from more frequent smaller meals versus less frequent bigger meals regardless of calories. Aim for 4 to 6 meals a day if you can.

2. Consistency trumps everything!

Be consistent above all else, smaller changes done long term are far better than trying to go to extremes over and over again and repeatedly failing and ending up back at square one.

3. Be patient with yourself

Things take time, making changes takes time, you won't be perfect right away and remember that your results won't come overnight. Focus on rebuilding the habits and the results will take care of themselves.

4. Share this with your friends if you've found it useful.

Because sharing is caring ;)

GOOD LUCK
AND TAG ME

@elliottupton
in your post workout selfies,
or better yet, videos of your session.



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