

## Methodical Weight Loss: A Comprehensive Approach

*Disclaimer, this is entirely the perspective of the individual and should not be considered professional, legal, or grammatical advice.*

### Foreword:

If you have come to this article then it is safe to say that you are serious about your weight loss pursuit. You might be trying to “get in shape” for the first time, or maybe you’ve been in this frustrating cycle for quite a while. Truly I empathize with you, the process of determining a weight loss strategy can be incredibly frustrating. One must sift through the health industry’s vast recommendations, saturated with intense marketing strategies that are aimed more at your wallet than your results. It is my goal in this article to cancel out all of the noise, the gimmicks and the empty promises, and boil everything down into the crucial information you need to know. By the end of this article you should have the tools necessary to accomplish weight loss, and the flexibility to do it in the format you prefer. What I need from you is discipline, motivation, and patience to stick to the guidelines outlined here. I will provide the rest. If you can commit to those simple things, then you now have everything you need to transform your body.

### Background:

My weight loss journey lasted four years, my bodybuilding journey seven years to present. I went from a 205 lb. unhealthy binger to a polar 130 lb. unhealthy disordered eater. I’ve experienced both ends of the spectrum and have met many challenges in diet and exercise. I am now 170lbs at 8-11% bodyfat depending on the season and eat over 3,000 calories a day. I eat what I want in moderation and do not consider any food groups inherently evil, instead my perspective on food has reached a healthy balance. I have two big goals for this year; I plan on gaining the last 50 lbs. in personal records to hit the 1,100lb club (1,100lbs with the three combined compound movements), and hone skills garnered from my Personal Trainer Certifications before jumping into entrepreneurship in the fitness industry. What worked for me is not cookie cutter, in fact it wasn’t one thing in particular. I made a lot of mistakes along the way and set myself back significantly. I hope with some of the conclusions I’ve gained from my experience, your journey will be much more linear.

### Basic Definitions

**Healthy:** Subjective term that varies based on the individual. Ex: healthy for a young teenager is a bowl of fruit before soccer practice. That same bowl of fruit could end a diabetic, or put them in a coma.

Healthy can be considered a general sense of promoting well-being, not specifically contained within the realm of diet and exercise.

**Nutritious:** Food eaten that contains compounds used for growth, repair and maintenance to the body. Certain foods are more nutritious than others. Nutrients include the three micronutrients (water, minerals, vitamins) and the three macronutrients (fat carbohydrates, protein). So, it is accurate to say something is nutritious if it contains ample macros and micros such as an apple, quinoa, etc. Gatorade Zero, Diet Iced Tea, Apple Cider Vinegar are NOT good examples of nutritious. I enjoy each of them in their own respect, but all of them are devoid of macro nutrients. They would fit better in the “healthy” category, fitting certain goals besides basic nutrition which in essence is, survival. Oreos are also not nutritious. Although they contain a plethora of macronutrients, they consist of a paltry number of micronutrients. You may potentially try to get around this by taking a multivitamin with your splurge, especially if you're a “work the system” type. Depending on your goals there may be nothing wrong with that every once in a while, (see IIFYM), but this lifestyle certainly carries consequences long term (see effects of sugar, and your bathroom scale).

**Calorically expensive:** Calorically expensive means that it takes a lot of calories to provide upkeep, and keep something around. I often refer to muscle as calorically expensive because it is an active tissue that requires calories to be maintained. This is a novel concept to some but even if muscle is resting, it burns more calories than fat. If Arnold Schwarzenegger (in his bodybuilding days) was playing chess with Joe Shmoo, Arnold would be burning many more calories than Joe, because he has so much more muscle mass to keep alive.

### Layout:

Arguably the best method of developing your knowledge on weight loss, is to start with the broad foundation upon which we can later build the narrow intricacies of the topic. Although part of this may be review for some readers, I will not assume any prior nutritional or physiological knowledge. If I do my job correctly, no matter how educated you were when you started into this paper, you will have an actionable plan to carry out once you have finished digesting the content . The article will be split into an informative section where I discuss fundamental principles, various diets/eating habits, etc, and then a step by step guide to achieving your body composition goals. With that said, I'll begin.

We start with the most fundamental principle of metabolism, the rule that you simply cannot sidestep, ignore, or tabulate. The name I like to use for this important concept should have a familiar tone to it and stick in your head.. I like to call it the “Growing Rule,” and it centers around the principle of Calories In, Calories Out (CICO).