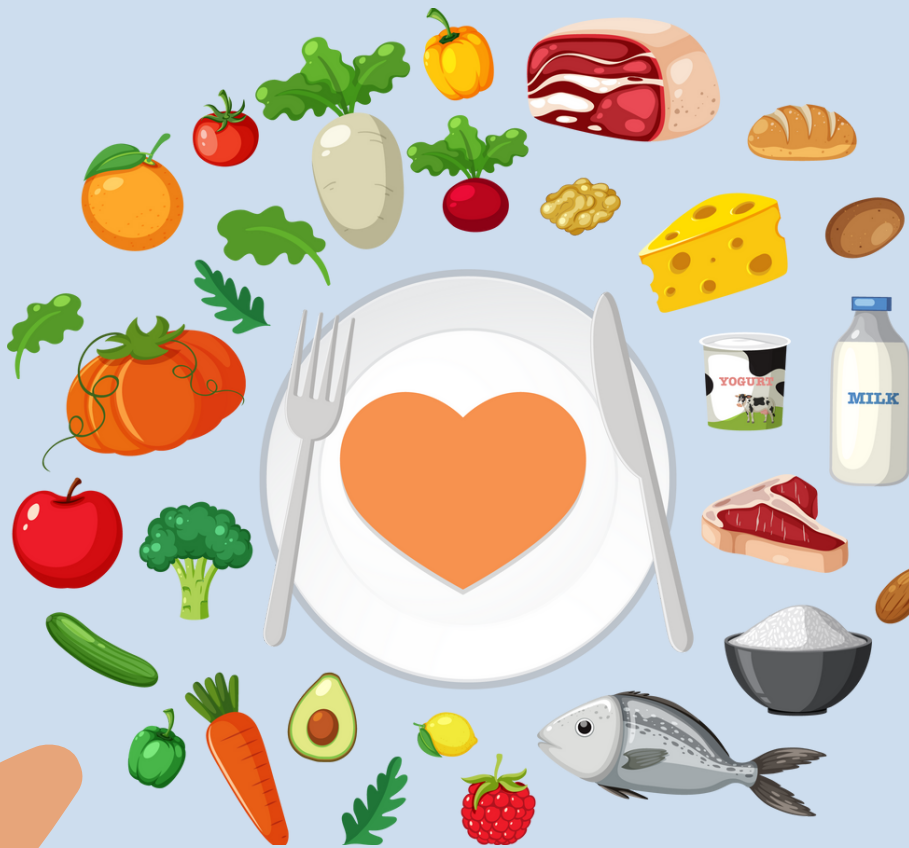




THREE PILLARS OF HEALTH



Weight Loss Basics 101



THREE PILLARS OF HEALTH



Weight Loss Basics 101

Table of Contents

The Science of Weight Loss	Page 1
Energy	Page 2
Fats	Page 3
Calories	Page 4
Understanding Weight Loss	Page 5
Diet vs. Exercise	Page 6-7
Eat This Not That	Page 8
Time	Page 9-10
The Scale	Page 11
The Rules	Page 12





The Science of Weight Loss

There is a science to losing and gaining weight. On the most basic level, we must answer the question of what happens in our bodies when we lose and gain weight.

What does it mean when we step on a scale that says I weigh 180 lbs when we want to weigh 150 pounds?

- Generally speaking, 180 lbs on a scale likely means you have an additional 30 lbs of body fat compared to someone who weighs 150 lbs.
- Body fat, also known as adipose tissue, is like a secret stash of food in our bodies.

Everything we eat contains energy. Body fat and muscle mass can also be converted into usable energy. If the food we eat contains too much energy, we store the energy as body fat.

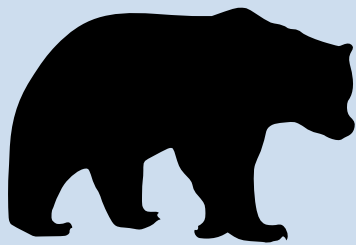
Body fat prevents us from starving when we miss a meal, just as it helps a bear survive a long winter while hibernating.





Energy

Energy is like the fuel in our bodies' engines. It powers all our daily activities, from the basic ones like walking and breathing to the more intense ones like running away from a bear we thought was hibernating.



We can measure the amount of energy something contains when our bodies digest our food or if our bodies are converting our body fat into usable energy as calories.

- Calories are like fuel gauges in our bodies. They tell us how much energy is in our food and how much we need to burn off through activity.
- The scientific definition of a calorie is the amount of energy required to raise the temperature of one gram of water by one degree Celsius. However, this information is irrelevant to practical use.
- The crucial point is that different foods contain different amounts of energy.

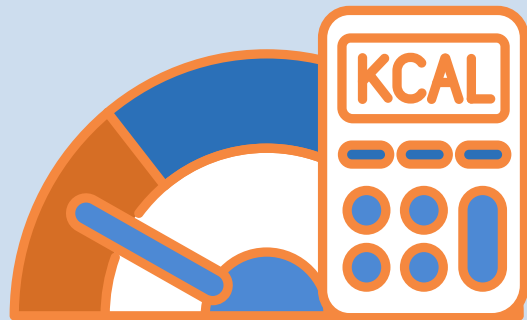




Fats

- Fats contain more calories than proteins and carbohydrates.
- Thus, at 9kcal/gram, fat is the most calorie-dense food type and the best type of calorie to store energy.

Every pound of body fat contains roughly 3,436 to 3,752 calories.



- Some people appear to have more densely packed fat than others.
- On average, one pound of body fat is equal to 3,500 calories.

To lose one pound of body fat, we need to eat 3,500 fewer calories than our bodies need to maintain our weight.





Calories

Our bodies need calories constantly, so we eat every day.

Depending on your height, weight, age, and activity level, you may need more or fewer calories than someone else.



- On average, most women need between 1600 and 1800 calories to maintain weight.
- Most men need between 1800 and 2000 calories to maintain weight.
- On average, a woman would need to eat 1200 calories daily to lose 1 lb of body fat.
- To lose 1lb of body fat on average, a man must eat about 1500 calories daily.



Understanding Weight Loss

- The more we weigh, the more calories we need to maintain our weight; the less we weigh, the fewer calories we need to maintain that weight.

If someone is looking to lose 30 lbs, they need to maintain a 1 lb per week weight loss goal by maintaining at least a 3500-calorie deficit for likely 30 weeks.



- 30lbs of weight loss is a deficit of 105,000 calories underneath your body's needs.



105,000 calories of body fat is the equivalent of 35 extra large pizzas!



Diet vs. Exercise

If you eat too much food, you will not lose weight. The only way your body loses fat is by converting it into energy.

- There are only two ways to create a calorie deficit in your body.

1. Eat fewer calories than your body needs
2. You can increase your physical activity.

- 90-95% of weight loss will come from eating fewer calories.
- 5-10% will come from increasing physical activity.

Focus on the 90-95%





Diet vs. Exercise Cont.

The unfortunate part of starting an exercise routine when losing weight is that you tend to get hungrier and overeat.

- The most challenging part of losing weight is understanding calories and portion sizes. Losing weight is always about eating less food than you want to so you can use your stored food (body fat) for energy.

Diet does not matter when it comes to losing weight, only calories.

- The challenge with eating unhealthy food regarding your weight is that you will run out of calories faster on an unhealthy diet than on a healthy diet.





Eat This Not That



The only thing that matters is calories when it comes to your weight.

You can lose weight by eating a little of an unhealthy diet and gain weight by overeating on a healthy diet.

- **To lose weight consistently, we must maintain our calorie deficit daily, week after week.**
- **We must set realistic expectations. We aim to begin with at least one pound of weight loss per week.**
- **This goal makes it easier to track your progress when you see changes on the scale.**

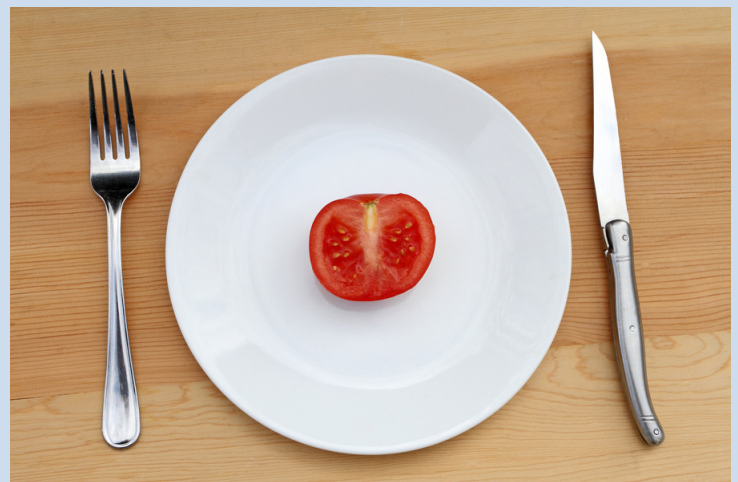


If you want to lose 50lbs, it can take over a year.

- If you want to lose weight faster, it can only come from a more significant calorie reduction (or significantly increasing your activity level).
- If one pound per week of body fat loss is a 500-calorie deficit per day, then a two-pound-week body fat loss is a 1000-calorie deficit per day.

To lose two pounds a week, people must follow very low-calorie diets.

- Women often follow an 800-calorie diet, and men may follow a 1000-calorie diet.
- These very low-calorie diets are usually not sustainable and are considered crash diets, but they are effective in the short term.





Time Cont.

- Our bodies' natural response to not getting enough food is to be hungry and crave more food.
- Weight loss is inherently uncomfortable. When you are actively losing weight, you can always eat more because you are eating less than your body needs.

Start eating dinner on a salad plate instead of a full-sized plate.

Portion size is the key to weight loss.



- Only when your body is not getting enough calories will your body use your body fat as energy.
- The scale will move towards your desired weight as you lose body fat due to your calorie deficit.



The Scale

- Our weight, not our body fat, can fluctuate by 3-5 pounds per day on average due to changes in water weight and food within our body.
- The fluctuations we see on the scale can make it challenging to read our body weight accurately.
Stick with it.
- The longer you maintain the calorie deficit, the more you will see the scale pointing in your desired direction, even when it takes 4-6 weeks to start seeing significant changes on the scale.

Weight loss is not magic, it just takes time.

Weight loss can be slower than we would like, but stick with the plan and you will see your desired results.

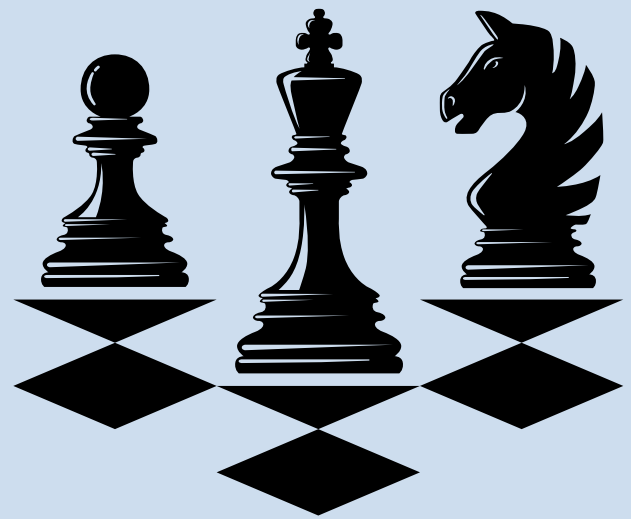


rules



The Rules

- The Weight Loss Basics 101 presents you with the rules of weight loss.
- I can't change the rules, and neither can you.
- If you don't play by the rules of weight loss, you can't expect to lose weight.



Following the rules and learning to change our behavior is how we achieve sustainable weight loss success.

You can and will lose weight.

