

Weight Mgt 101:

Your Weight is the **SUM** of 6-parts:

- Muscles
- Bones
- Organs
- Fluids
- Body Fat (Adipose Tissue)
- Intestinal Bulk (Undigested Food)

WEIGHT-Loss vs FAT-Loss:

- BodyFat contains 3,500 calories per pound of body weight in stored energy
- POSITIVE Energy Balance
 - Increase in BODY FAT (Surplus)
- NEGATIVE Energy Balance
 - Decrease in BODY FAT (Deficit)

Activity:

- Daily Movement 10K Steps per day 5-6 days per week
- “Maintain” Health

Exercise:

- 4-Days 30-min each
- “Change” Health

Tracking Progress:

- Weekly Weight
- Tape Measurements
- Weekly Pictures
- Clothing Sizes

Balance Macros:

- Protein (Building Blocks)
- Carbohydrates (Sugars)
 - Glycemic Index, SLOW/FAST Carbs
- Fats (Lipids)
- Water - ZERO Calories but most important
- 80/20 Nutrition - Focus on Progress NOT PERFECTION

Sleep Tips:

- Lack of sleep leads to a need for stimulants (Sugar, Caffeine...)
- Stick to a consistent Schedule