

 TIPS FOR FAT LOSS AND HEALTH

1. FOR FAT LOSS YOU NEED TO BE IN A CALORIE DEFICIT
* Is doesn’t matter whether you eat low fat, low carb or do intermittent fasting. What gets the best fat loss results is being in a calorie deficit.
* The best way to do this is to eat less food, eat smaller portions, cur out high fat high carb junk food.
* You can also create a deficit by training more often and moving more throughout your day.
1. MAKE SURE YOU EAT ENOUGH PROTEIN
* Protein is important and eating more will be less hungry, eat it at every meal.
* Protein goal is around 1.5-2g per kg a day.
1. DON’T FEAR FAT
* Eating good fat won’t make you fat, it is essential for fat loss and building muscle – nuts, seeds, avocado, olive and coconut oil.
* If you increase fat you may need to decrease carbs.
1. FILL UP ON LOADS OF VEGGIES
* Make veg the foundation of your diet.
* Not only does it help to increase the nutrients you are adding to your body; but it can make meals bigger, especially if you have cut your carbs down.
1. CARBS AREN’T EVIL
* Believe it or not your body actually uses carbs for energy. They fuel your training and will help you get more out of your workouts.
* You don’t have to cut carbs out to lose weight.
* Some people do well on low carb diets and others don’t because they can’t stick to them.
* If you are sticking to a calorie deficit and eating enough protein there are allowances for carbs if you want them.
* The best carbs are from vegetables, whole grains, lentils etc not from sugar and processed foods.
1. START AS YOU MEAN TO GO ON
* Set your day up the right way – be prepared and plan your meals ahead of time.
* It will set you up for the day and help you stay on track.
1. EAT REAL FOOD
* Avoid processed products such as cakes, bread, pastas, crisps, sweets, ham and processed meats etc
* They tend to be much higher in calories and don’t fill you up that much; which means you end up eating more and hindering fat loss.
1. AVOID ALCOHOL
* The occasional glass of red wine is ok, but most alcohol is counterproductive for fat loss.
* Be realistic – if you enjoy a drink on the weekend then make allowances for that by adjusting what you eat during the week or drinking lower calorie drinks.
1. STAY HYDRATED
* Drink 2-3 litres a day as a guide only – that includes tea and coffee.
* Hydration is important for health and life.
* Being dehydrated is a stress on the body.
1. BE REALISTIC, BE PATIENT – WORK HARD
* There is no perfect diet, no perfect plan, and your fat loss will never be linear.
* Make sure the goals you want to achieve line up with the effort your willing to put in to achieve them.
* Be patient – it’s a journey and work your butt off to ensure you get what you want.
1. YOU CAN’T OUT TRAIN A BAD DIET
* You can try, but depending on how bad it is, be prepared to be in the gym every day and night.
* Don’t underestimate the power of a healthy eating to help you lose weight.
1. EAT FOR HEALTH NOT JUST FOR FAT LOSS
* Switch your focus away from just fat loss, eat for better health.
* If your focus is toward being healthier you will lose weight in the process and in the long run find it easier to maintain your results as your habits are healthier and cause you to be leaner.