

The most important thing to consider before starting a fat/ weight loss program is why?

- Is it for health?
- Is it for longevity?
- Is it for confidence?
- Is it for acceptance?

Emotional Connection:

- You need to find a deep, intrinsic why...attach an emotional connection to it – or else you won't succeed.
- Once you know your why you'll be far more driven to achieve your goals – here's a really powerful example *"I want to lose fat because currently I am not fit enough to play with my young toddler, I feel out of breath and unable to keep up with him/her. If I manage to lose weight, I will be able to interact with my son/daughter without feeling fatigued or worrying"*
- or another example *"I have my wedding coming up in 6 months time, I've always struggled with my weight/body fat and I've tried diets before but never managed to succeed. I want to look and feel the best I ever have for my wedding day, as that moment and the photos are forever"*

Once you've attached an emotional value to your goal of weight loss there are a few strategies you can implement straight away to start losing weight.

Basic Principles:

- Eat less and move more. Of course this works, but here's a really simple way you can start – **add a 10 min brisk walk in after every meal** – this will help with insulin sensitivity, digestion and your exercise – **x 3 a day and you've done 30 minutes more activity that you were doing before!**
- If you want to accelerate your fat loss, **reduce your portion size**, so if you're used to having a whole packet of porridge for example, half it, if you have a whole packet of microwave rice, half it.
- If you'd rather not change the amount you eat, change what you eat – make yourself feel fuller by eating high fibre foods (fruit/veg) to bulk out your food.
- If you're not a fan of fruit and veg, then you can do this through eating a higher protein meal – this will make you feel more satiated and fuller for longer, to help you go longer without eating.
- You can also achieve a higher protein intake through supplementation, adding in a whey-based protein shake as a meal substitute/replacement could help you achieve this without the addition of lots of additional calories (most diet whey's/whey protein isolates etc are between 100-150 kcals when mixed with water)

Get Tracking:

- If you want to get a little more technical then you need to work out your ***maintenance calories and then your deficit from there*** – there are plenty of calculators online that can roughly work out your calorie goals
- Be **HONEST** with your inputs, i.e. your activity level and **don't overestimate**, if you're sedentary, you're inactive and unless you are doing a ridiculous amount of work in the gym, which is unlikely, your calorie targets won't be impacted massively.
- Work it out & try those calories for **2 weeks**, track them by using an app like My Fitness Pal and see if you **maintain your weight**. If you do then you know it's worked out well for you
- Then you can create your deficit – take approx 250 calories away from this daily (this could be one snack in some instances) track your weight average across two weeks and see if it changes – **without any change to your exercise if you are strict with your calories then you SHOULD and WILL lose weight**.

Additional Supplementation:

- Once you've nailed your calorie goals, you're happy with your macro targets and you're on track using MyFitnessPal – it's the right time to optimise your fat loss goals through additional supplementation such as fat burners.
- BEAR IN MIND – fat burners are **not magic**, and will merely **SUPPORT** a well-structured, thought out and **consistently followed fat loss program**.

L-Carnitine

- Carnitine is naturally present in animal products such as meat, fish, poultry, and milk and dairy products; small amounts are present in some plant foods – but can be supplemented directly with **L-Carnitine Liquid or Tablets**.
- L-Carnitine supplementation has been shown to shuttle fatty acids into the mitochondria and helps with fatty acid oxidation, study participants who supplemented with L-Carnitine lost an average of **33kg more weight** than those using a placebo ⁽¹⁾.

Caffeine

- Caffeine increases energy expenditure and fat oxidation ⁽²⁾ and its effect therefore increases with increased consumption ⁽³⁾
- A 100 mg dose of caffeine, for example, increased energy expenditure by a mean of **2 kcal/hr** more than placebo in healthy humans ⁽⁴⁾
- Many dietary supplements promoted for weight loss contain added caffeine or an herbal source – here are a few ways to sneak that extra caffeine into your diet through supplementation – Thermogenic supplements, **Green tea extract, pre-workouts, energy drinks**.
- Alongside its effect on weight loss Caffeine also has been shown to have significant and positive impact on cognitive concentration, and physical performance output ⁽⁵⁾ – fantastic additional benefits!
- *Word of warning – be sensible with the amount of caffeine you consume, start with smaller doses and incrementally increase as you become more tolerant and try not to consume more than 400-500mg daily; avoid after 4pm where possible and cycle off caffeine periodically to re-sensitise yourself to its positive effects!*

Increased Protein consumption

- Dietary protein is effective for body-weight management, in that it promotes satiety, energy expenditure, and changes body-composition in favour of fat-free body mass ⁽⁶⁾
- Dietary protein stimulates gut hormone secretion, digestion effects, circulating amino-acid levels, energy expenditure, a ketogenic state, and possibly gluconeogenesis ⁽⁷⁾ **THEREFORE it increases your total body energy expenditure and temperature** – i.e. you **burn more calories simply through additional consumption of protein!**
- When losing weight, we want to promote **muscle retention** and **loss of fat mass**, and increasing your total protein consumption has been shown to do this ⁽⁸⁾

If you're looking to increase your protein intake & not sure which one to go for...check out this blog.

Further Information

If you want more technical advice, tweaks to your program or ideas about how to optimise your training, nutrition or anything related to health and fitness head to www.eattosuccedltd.co.uk or reach out to Conor on Insta @conorpillaipt.

Conor is an experienced Personal Trainer, Physiotherapist, Nutrition Coach and is also deeply invested in human behaviour(psychometrics), communication styles, personality types and genuine coaching. He currently works out of TheGym Group – based in High Wycombe.

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