

ADAM PERERA-MORRIS

PERSONAL TRAINING

FUNDAMENTALS

OF FAT-LOSS



GUIDE TO FAT-LOSS

I have created this short book with one thing in mind,

Helping you achieve your fat-loss goals.

So many people seem to forget about the basics and confuse themselves and overcomplicate things when it comes to achieving their fat-loss goals.

Over the next few pages i hope to make things a little simpler, help you find out what your calorie requirements are, find out where you're currently going wrong and help you manage your calories to get you closer to achieving your fat loss goals and more importantly, be able to make them sustainable.

All you need to do is take action, just reading the book and doing nothing will get you no closer to achieving your goals.

Adam Perera-Morris

According to the World Health Organisation...

- Worldwide obesity has nearly tripled since 1975.
- In 2016, more than 1.9 billion adults, 18 years and older, were overweight. Of these over 650 million were obese.
- 39% of adults aged 18 years and over were overweight in 2016, and 13% were obese.
- 41 million children under the age of 5 were overweight or obese in 2016.
- Over 340 million children and adolescents aged 5-19 were overweight or obese in 2016.
- By 2020 it's estimated that 8 out of 10 males and 7 out of 10 females will be obese.

“Don't become one of the statistics”

FAT-LOSS

The majority of people looking to lose weight seem to believe that you have to give up everything and put your life on hold just to be in good shape.

In reality, this is a load of rubbish. Losing weight and achieving a better physique is still possible whilst living a normal life.

Losing weight (decreasing body fat) comes down to one thing...

...CALORIES

Everything we consume contains calories, the one exception being water.

It doesn't matter whether the food or drink we consume is seen as 'healthy' or 'bad'. The bottom line is, it still contains calories.

When it comes to fat loss, **CALORIES MATTER!!**

EXCUSES

Now, before you think... 'it didn't work before' or start bringing out the excuses.... I've probably heard them all, theres always so many excuses as to why people cant lose weight.

They're carb resistant, they have a slow metabolism, they have a hormonal imbalance, they eat after 6pm... the list goes on.

In reality the reason you are not losing weight comes down to 1 of 2 things...

1 - You're eating to many calories

2 - You're not burning enough calories

Use this short book to become more aware of your calorie intake, take control of your calorie intake and adapt it to your lifestyle.

All you need to do is be honest with yourself, be accountable for your actions and be consistent with your nutrition and training.

CALORIES & ENERGY BALANCE

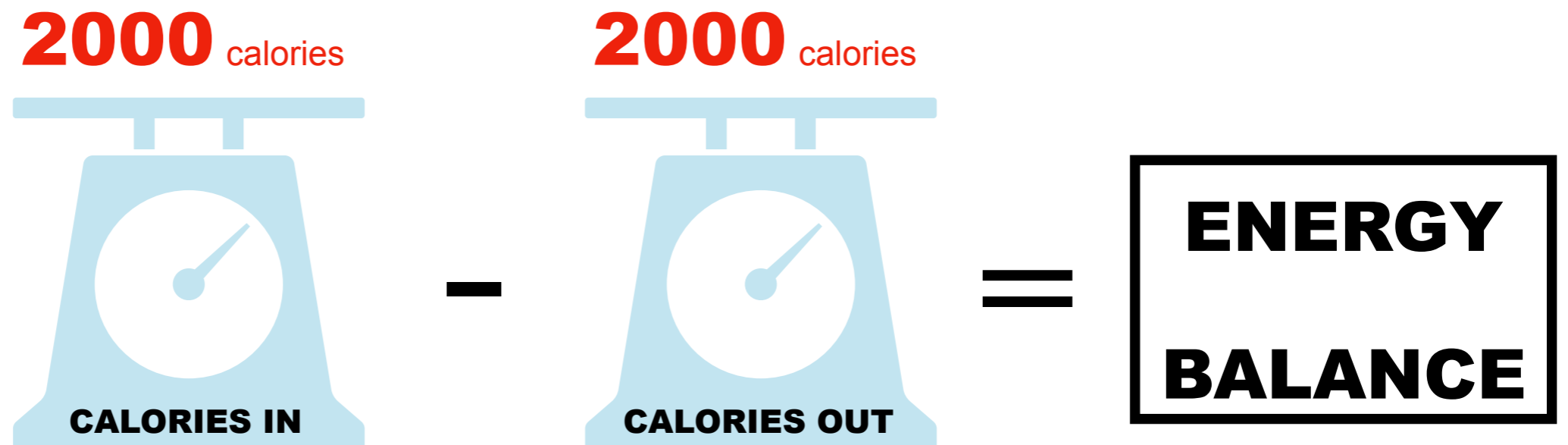
ENERGY BALANCE... WHAT IS IT?

Energy balance is as simple as calories in Vs calories out.

Calories in, (energy input) is everything we consume on a daily basis.

Calories out, (energy output) Is the result of everything we do on a daily basis. This includes everything from our bodily functions to all of our daily activities.

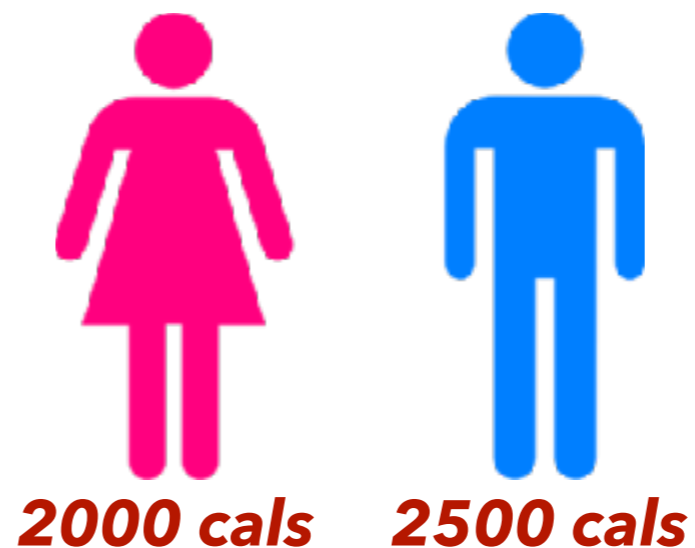
If we were to eat 2000 calories and then burn 2000 calories that day we have created an energy balance.



CALORIE REQUIREMENTS

How many calories should you be eating?

According to government guidelines, calorie intakes for males is 2,500 calories per day and for females it is 2,000 calories per day.



These '**guidelines**' however **are not specific** to any one person and should only be treated as a guideline. When it comes to losing weight, these figures are not accurate enough for the individual to work with.

The number of calories you require each day will vary from person to person. Many factors effect our calorie requirements. These factors include our age, height, weight, sex, muscle mass, environment and our daily activity levels.

CALCULATING YOUR CALORIES

Calculating 'YOUR' calorie requirements.

We burn calories all day. When it comes to calculating our calorie needs, we need to take into account 4 different things:

- 1 - **BMR** (Basal Metabolic Rate)
- 2 - **NEAT** (Non Exercise Activity Thermogenesis)
- 3 - **TEF** (Thermic effect of food)
- 4 - **EAT** (Exercise Activity Thermogenesis)

All 4 of these together give us our **TDEE** (Total Daily Energy Expenditure).

BMR (Basal metabolic rate):

This is the amount of calories that our bodies will burn whilst we are complete rest. it takes into account all our natural bodily functions.

NEAT (Non Exercise Activity Thermogenesis):

This is the calorie burn from our daily activities, this can range from doing the house work, walking the dog, walking to work or even doing the gardening.

TEF (Thermic Effect of Food):

This is the amount of calories we burn from digesting our food.

EAT (Exercise Activity Thermogenesis):

This is the calories we burn from exercise alone. Every workout, every run, every bike ride or gym class we do.

**The combination of all of these calories make up out TDEE
(Total Daily Energy Expenditure).**

BASAL METABOLIC RATE (BMR)

Working out 'YOUR' BMR.

One of the most common methods (and more accurate) used to establish our BMR (Basal Metabolic Rate) is the 'Mifflin St. Jeor' equation.

This formula works out your BMR but only takes into account our energy expenditure whilst we are at complete rest.

For Men:

$$\text{BMR} = 10 \times \text{weight(kg)} + 6.25 \times \text{height(cm)} - 5 \times \text{age(y)} + 5$$

For Women:

$$\text{BMR} = 10 \times \text{weight(kg)} + 6.25 \times \text{height(cm)} - 5 \times \text{age(y)} - 161$$

* Example - 25yr old female, weighing 50kgs, 154 cm tall will have a BMR of:
 $10 \times 50 + 6.25 \times 154 - 5 \times 25 - 161 = 1176.5$

Work out your own BMR and make a note of it below:

_____ calories

TOTAL DAILY ENERGY EXPENDITURE (TDEE)

Calculating 'YOUR' Total Daily Energy Expenditure

Now you have your BMR, you can use one of the activity factors below to multiply it with. Again, this is not going to be 100% accurate but it is much better than guessing or just using a generic guideline when it comes to your calories.

* **Sedentary:**

(little or no exercise, desk job) X 1.2

* **Lightly active:**

(light exercise / training 3-5 days per week) X 1.3 - 1.4

* **Moderately active:**

(moderate exercise / training 3-5 days per week) X 1.5 - 1.6

* **Very active:**

(active lifestyle / hard training 6-7 days per week) X 1.7 - 1.8

* **Extremely active:**

(extremely active / fitness based or manual job / training 2 times per day)
X 1.9 - 2

Once you have worked out your TDEE, write it below:

TDEE = _____

Managing your calories.

Now you have your TDEE you need to create a sensible and manageable calorie deficit if you want to achieve your fat loss goals. To do this i'd recommend taking away 10% of your TDEE to get your daily calorie target.

Your TDEE _____ - **10%** = _____ (YOUR DAILY CALORIE TARGET)

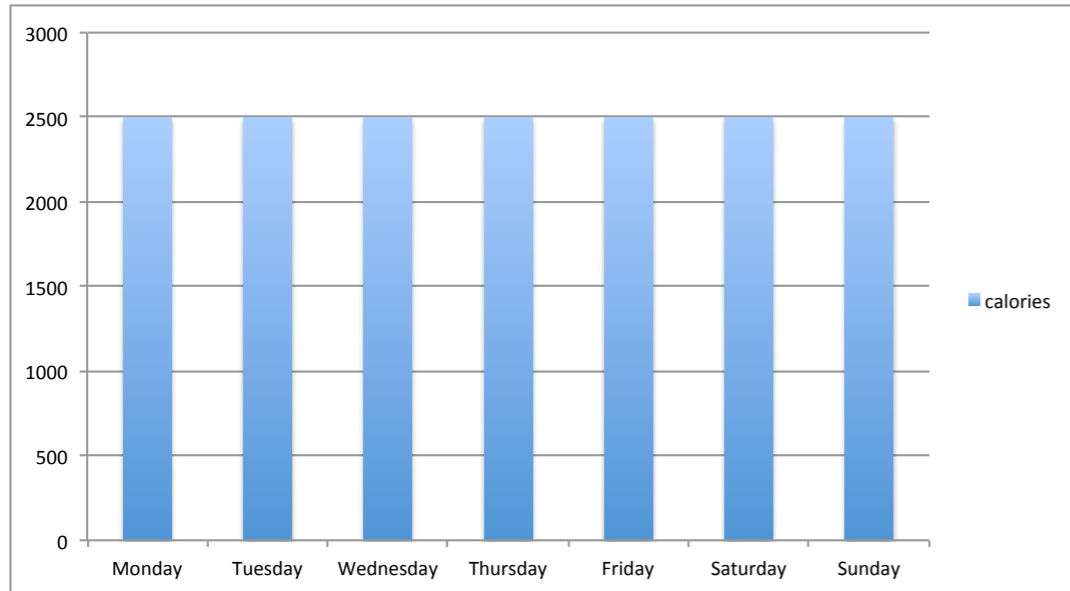
Now, eating the same amount of calories each day is not easy, we all have different lifestyles and each day is different. We may be busier on certain days or not be eating at the same time everyday. Because of this i have always found that giving my clients a WEEKLY calorie target works much better and fits into their lifestyle much better.

Simply, take your 'daily calorie target' from above and multiply it by 7. You now have your weekly calorie allowance.

WRITE YOUR WEEKLY TARGET HERE: _____ calories

You can divide these calories up however you like between the 7 days of the week, your main focus is making sure you do not exceed the weekly allowance. As long as you're activity levels stay the same each week you will be creating a maintainable calorie deficit each week

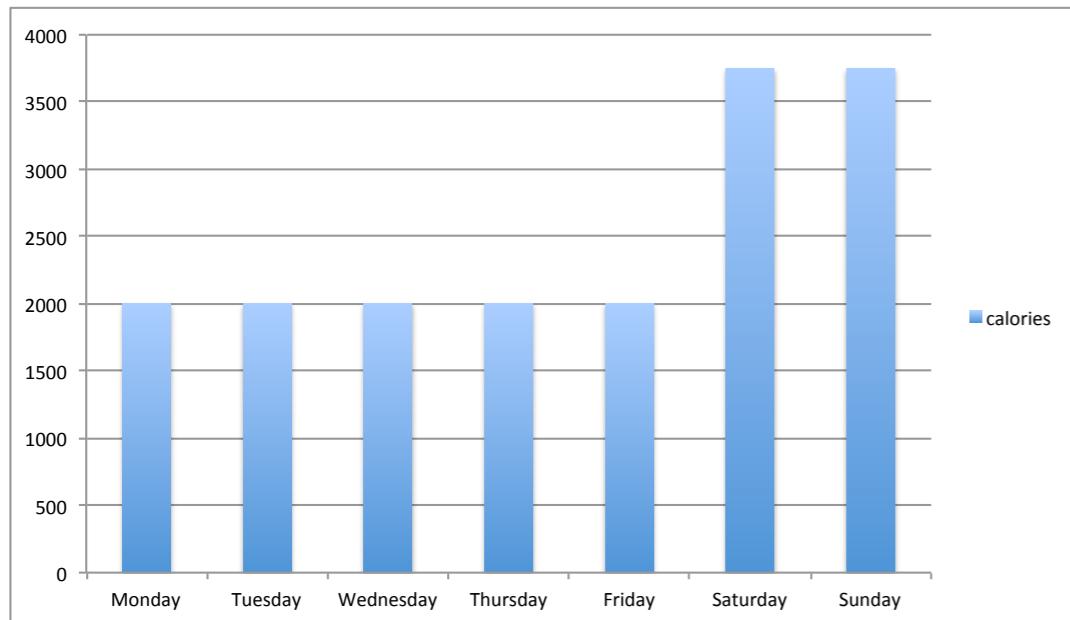
A few examples of how you could set your weekly calories out...



“Steady Eddy”

Same amount of calories each and every day for the whole week to reach your calorie target. If you can achieve this and it works for you then great, most people I’ve trained just simply cant do this as their lifestyles just don’t allow it.

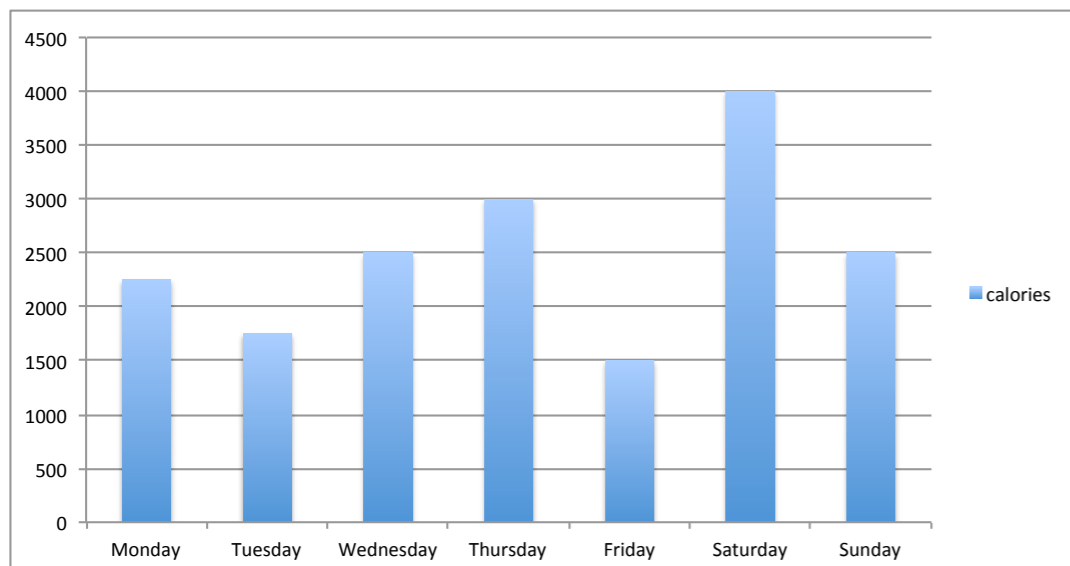
(Weekly total of 17500 calories for the week)



“Weekend Warriors”

The way this week has been set out caters for those of you that can be strict in the week but struggle to maintain a lower calorie intake of a weekend due to your busy social life or weekend takeaways and alcohol. Again, you’ve still managed to stay within your weekly calorie target.

(Weekly total of 17500 calories for the week)



“All over the place”

For those of you that have busy weeks, maybe you’re in and out of meetings all day and just don’t have a structured routine, this set up may work best for you. calories are not the same on any day, however you are still able to get calories in as and when you can but you still stay within your weekly calorie target.

(Weekly total of 17500 calories for the week)

TRACKING YOUR CALORIES

Tracking your calories.

Now, do you need to track your calories? Well no, but tracking your calories gives you a much better idea of what you are consuming each day/week.

Think of it like driving your car, you don't need to look at the speedo constantly to see how fast you're going all the time but if you keep getting speeding tickets each week then maybe checking your speedo once in a while may stop the problem.

If you have a calorie target and you're not tracking your calories, then you're just guessing. And in my experience with clients, anyone guessing usually fails to see the same results that people that do track their calories see.

So how do you track your calories?

You can do it the old fashioned way and just do a food log and make a note of everything you eat and write down the calories and total them at the end of each day. Or you can use technology in the form of apps that enable you to scan your foods and input what you're eating. These will then work out your calories for you.

Use whatever method works best for you.

PREPARATION

Preparation is key.

“Prior Planning and Preparation Prevents Piss Poor Performance”

Something that was hammered into me in the military...!!

Like with anything, planning and preparation is the key to success. When it comes to losing weight (decreasing body fat) it's no different.

Planning your meals, preparing them in advance, knowing how many calories are in them and knowing exactly what you're eating each day will make achieving your goals a lot easier.

Yes, it does require a little extra effort but just one hour out of your day to prepare for the next few days will save you lots of time and also stop you just picking up random foods when you're hungry.

“I've really not got an hour spare on any day” i here you say! Well, maybe sacrifice the reality tv or social media for one night and i bet you can find an hour in there somewhere.

If you really haven't, then maybe look into using a meal prep company that will cook and deliver healthy, calorie controlled meals to your door.

Temptations

“But I just cant be that strict all of the time...”

With the best preparation on your part you can never control what people are going to put in front of you. Cakes bought into work, unplanned work lunches or even that glass of wine that turns into 3 or 4 when a mate turns up. These scenarios are always hard to avoid but if you decide to indulge in these unplanned calories then, to stay on track with your goals you'll need to make sure that you account for these extra calories within your daily / weekly targets.

One thing that people seem to believe is that you can't lose weight or decrease body fat unless you stick to a strict regime of 'healthy' foods all of the time. In reality, you do not need to restrict yourself of any type of food to lose weight.

For general fat-loss, if your nutrition plan resembles that of a bodybuilder then of course you're going to struggle to stick to it, it's going to be pretty boring and you're going to have to restrict yourself of any foods you enjoy.

For someone looking to lose weight (decrease body fat), your main focus is going to be on creating a calorie deficit at the end of each week. Yes, you can still eat so called 'bad foods' and still achieve this. If you do eat these types of foods you simply need to account for them in your daily / weekly allowance.

You'll find that these so called 'bad foods' contain high numbers of calories, they wont fill you up for long and you'll feel hungry again sooner rather than later.

Exercise.

Now, exercise is not necessary to lose body fat, this can be done through diet alone. However, it is a great way to burn few extra calories (increase your TDEE) if you're currently not doing any exercise at all.

Exercise is also a great way to compliment your nutrition if you're looking to really change the shape of your body.

Regular exercise of around 45-60 minutes, at least 3 times per week can have a massive effect on your fat-loss results. You do not need to put your life on hold or spend hours in the gym to see changes in your body shape and even your fitness levels.

If you're really looking to change your shape, then i'd recommend you start lifting some weights on those training sessions too.

SUMMARY

You can still live a normal life and achieve your fat-loss goals. There really is no need to put your life on hold. You just need to be a little more aware of your calorie intake and hold yourself a little more accountable when it comes to consuming them.

Here are my top tips to starting your fat-loss journey...

- 1: Calculate your BMR / TDEE using the calculations in this book. (pg: 8 / 9)
- 2: Using your TDEE, calculate a calorie deficit to find your daily calorie allowance. (pg: 10)
- 3: Multiply that by 7 to get your weekly calorie allowance. (pg: 10)
- 4: Set your calories out for the week so that they fit around your lifestyle. (pg: 11)
- 5: Plan and prepare your meals for the week ahead.
- 6: TRAIN - Aim for at least 3 x 30-45 minute workouts per week. If you are able to, make sure you include weight training in your plan.
- 7: BE CONSISTENT

What next.....?

Hopefully you have enjoyed reading this book and now have a better understanding of the importance of calories and how you can manage them to see better results. Once your calories are under control you will start to see results.

Now you have the basics to get your fat loss journey started.... what now?

If you're looking to take your results and training to the next level and want to learn more about the following:

- **Protein intake and Macronutrient requirements**
- **Training for maximal results**
- **Training for a specific event**
- **Changing habits and behaviours**
- **Making your training sustainable**



On social Media.....?

Check out my pages below.



Instagram: **@adampmorrispt**



Facebook: **Adam Morris-Fitness**

If you'd like more information on Personal Training or would like to book a FREE consultation to discuss your goals:

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