

THE 5 STEPS TO GUARANTEE FAT LOSS



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First off. Thank you for downloading this free ebook! It means a lot to me!

The purpose of me providing you with this ebook for free, is to show you how easy it actually is to lose fat! It is not as hard as all the gurus make it out to be. There is no magic formula or techniques. It is quite simple really, and I am going to show you how with 5 simple steps that anyone can do. All you need is a calculator and a smartphone, and of course a willingness to become educated!

OVERVIEW OF FAT LOSS

So before I reveal the 5 simple steps to losing fat, I first have to make sure that you understand how fat loss is achieved. Firstly, everything we eat provides the body with energy in the form of calories or kilojoules. There are 4 main energy providing macronutrients, namely Carbohydrates, Protein, Fats and Alcohol. Now as I mentioned, it really is quite simple to lose fat. It comes down to one thing. Energy in (from the foods we eat) vs energy out (what our bodies expend performing everyday tasks and exercise).

This is the golden rule of all fat loss goals. You have to consume less energy than your body uses on a given day or during any given week. It is referred to as being in an energy or calorie deficit – I prefer to work in calories as the value is smaller than kilojoules and easier to manage.

There are two ways to achieve a calorie deficit. As mentioned above, by simply eating less calories than your body requires, or by an exercise induced deficit, whereby increasing your activity will elicit a deficit.

Okay now let's get to the 5 steps!

Step 1; KNOW YOUR BMR AND TOTAL DAILY ENERGY EXPENDITURE.

So the first step to achieving your fat loss goals, is to know how much energy your body is expending. This is the most important factor when developing any fat loss strategy. If you do not know your energy expenditure it is impossible to know if you are eating too much or too little. And yes, eating too little can be just as detrimental to your fat loss goals as overeating can be.

So how do you work out your Basal metabolic rate (BMR) and your Total Daily Energy Expenditure? There are two simple formulas below for males and females;

BMR (resting metabolic rate excluding any forms of activity)

Men	$BMR = (10 \times \text{weight in kg}) + (6,25 \times \text{height in cm}) - (5 \times \text{age in years}) + 5$
Women	$BMR = (10 \times \text{weight in kg}) + (6,25 \times \text{height in cm}) - (5 \times \text{age in years}) - 161$

TDEE (metabolic rate including daily activities and exercise)

Little to no exercise	Daily kilocalories needed = BMR x 1.2
Light exercise (1–3 days per week)	Daily kilocalories needed = BMR x 1.375
Moderate exercise (3–5 days per week)	Daily kilocalories needed = BMR x 1.55
Heavy exercise (6–7 days per week)	Daily kilocalories needed = BMR x 1.725
Very heavy exercise (twice per day, extra heavy workouts)	Daily kilocalories needed = BMR x 1.9

See my daily calorie needs below;

$$\text{BMR} = (10 \times 82) + (6,25 \times 186) - (5 \times 23) + 5 = 1873 \text{kcal}$$

TDEE = exercise 6 -7 days per week; $1873 \text{kcal} \times 1.725 = 3231 \text{kcal}$
needed to maintain my current weight.

Bear in mind that you can achieve a more accurate calorie number if you know your body composition. I run body composition tests on all of the individuals I work with and use a separate formula that takes into account the individuals own body composition. The more lean body mass, the more calories and vice versa. Your body composition is ultimately what determines your metabolic health.

Step 2; KNOW YOUR WEEKLY CALORIE CONSUMPTION.

Now that you know your calorie requirements, the next step is to figure out how many calories you consume during any given week. This will help you determine if you are over or under eating. So how do you do this?

There is no other way but to keep a food diary for at least one full week. This may sound like an annoyance, but with technology these days, it is easier than ever. Plus you will learn so much about what all the different foods you are consuming are each contributing to your overall calorie and macronutrient consumption.

I would suggest using the MyFitnessPal app available on all android and ios devices. It is user friendly, has a huge data base and you can even scan the barcodes of packaged products to get the calorie content, awesome right! Now that you have the tools (TDEE and food diary), all you have to do is track what you eat. The app will automatically

generate a daily calorie goal for you. Ignore this and just eat what you would normally eat, whether you go over or under does not matter. You are trying to figure out YOUR calorie consumption.

Once you have completed your food diary for at least one week it is time to see why you are not losing fat! See example below;

My TDEE = 3231 per day x 7 = 22,617kcal per week

Monday – 3000

Tuesday 3566

Wednesday – 3645

Thursday – 3150

Friday – 3365

Saturday – 3225

Sunday – 3446

Total = 23,397kcal per week = 3342kcal per day

As you can see, even though some days I was under my TDEE, my total weekly calories are almost 1000kcal higher, therefore I will not lose any BF regardless of how well I am eating! It would be obvious to me that I would have to go through my food diary and see where I can cut back, which is what I will explain next!

If you found that you were severely under eating yet are struggling to lose weight let alone BF. You have caused a negative metabolic adaptation and I highly suggest you get in contact with me so that we get your metabolic health back up to scratch with a carefully structured reverse diet plan.

Step 3; KNOWING HOW TO CUT BACK TO LOSE BODY FAT AT A HEALTHY PACE.

So now that you know how to figure out your TDEE, I'm sure you are asking yourself, but how do I know how many calories to cut back on? So, in order to lose weight at a rate of 0,5kg per week, you have to cut back on 500kcal per day. Or 3500kcal per week. 500g of BF is equal to 3500kcal. So for example, if you are consuming 2500kcal a day, and you are maintaining your weight, you will want to then consume 2000kcal per day in order to lose half a kilogram that week! Pretty simple right?

However I would suggest cutting back less, as the goal should be long term maintainable fat loss. Around 150kcal to 300kcal less a day for better adherence and sustainability is suggested. Don't put all of your eggs in one basket! You can always cut back more if need be!

Step 4; BEST FOOD CHOICES FOR MAXIMUM FAT LOSS.

Sorry to break it to you, but there are no magic foods or diet tricks that will make you get leaner faster! As you know now, the most important thing is being in a sufficient calorie deficit to promote healthy long term fat loss and overall health. Macronutrient distribution is also important but is out of the scope of this eBook. I am simply providing you with the foundations.

The important thing to focus on here is your Recommended Daily Allowances (RDAs). Being mindful of your RDA intakes will ensure that you are consuming a variety of healthy foods from all of the five

different food groups, which will provide an abundance of vitamins and minerals essential for wellbeing and weight loss. This will ensure optimal health, allow for variety and even the inclusion of your favorite treats completely guilt free every day if desired (these are known as discretionary calories and are taught during my lean body classes)! Remember, overall adherence to total calories is what will lead to fat loss, not eliminating certain foods or including certain “fat loss” foods.

A good rule of thumb for hitting your RDAs is making sure that at least 80% of your food intake comes from a variety of single ingredient whole foods from all of the 5 food groups.

Basic RDA guideline

Fruits – 2 to 3 per day

Vegetables – 2 to 3 cups per day

Grains and starchy vegetables – 100g to 300g per day

Lean proteins – 80g to 200g per day

Dairy – 1 to 3 cups per day

Fats and oils – 4tsp to 8tsp a day

Water – 2L to 3L per day

Step 5; USING EXERCISE TO SUPPORT FAT LOSS GOALS.

Exercise is a great tool that I personally love to utilize for myself and all of my clients when it comes to losing fat. Simply put. Exercise will allow you to eat more, burn more fat, and maintain a better body

composition. It also promotes optimal health and wellbeing. A mixture of resistance training and cardiovascular will work best. I develop individualized plans which best suit specific lifestyles and goals for all of the people I work with. It is imperative that you have an appropriate program!

BONUS!

Try cycling your food consumption throughout the week. Consume more calories on the days that you train and less on the days that you don't. This will improve training performance and recovery, and will also promote a healthy metabolic rate during your fat loss process!

Also, when logging your food diary, it may be interesting and educational for you to monitor your macronutrient consumption (protein, carbohydrates and fats) to notice what your current eating habits are prioritizing.

Thank you for reading my free fat loss ebook. I hope this fat loss guide helps you achieve your weight loss goals!

If you are serious about living a balanced, happy lifestyle whilst still working towards your goals, please don't hesitate to get in touch with me! Together we will change your life! Just speak to any one of the many people I have already helped change their lives!

Click this link to get in touch now! <https://jakeaxelrod.com/contact/>



