

BE STRONG

Eat. Move. Live

THE KNOWLEDGE

FIVE MUST KNOW FACTS ABOUT WEIGHT LOSS

This week's focus: Getting to know the basics facts about weight loss and how we affect losing fat from our bodies.

Why it's important: If we know the science behind weight loss we understand how we gain and lose weight and have a better chance of actually succeeding and succeeding for good.

What we will tell you: How our bodies lose and gain weight, and how we ensure we hit our calorie targets.

- 1** The number of calories each person needs is based on a scientific formula called the Harris-Benedict Formula. It takes your height, weight, age, gender and activity levels, to give you a figure, which is the total daily calories that you need for your body to stay exactly as it is, each day.
- 2** When you are in the position that you are gaining weight, you are consuming more calories through food and drink, than your body needs to maintain its current weight status. So for example, a person needs 2000 calories a day to stay the same weight, according to their Harris Benedict calculation. If this person is gaining weight they may well be eating around 3000 calories a day.
- 3** When we start to be 'good' or we are 'on it' but don't look into what our calorific needs actually are, we work really hard to reduce the amount of calories we are consuming, by eating better, but maybe only reduce it from 3000 in our example, to 2300. Our hard work isn't getting us into a calorie deficit, so it's fruitless. Then when we don't lose weight – we are really disheartened, because we have tried really hard!
- 4** An appropriate calorie deficit to lose a sensible amount of weight weekly, is 500-600 calories a day. This is calculated because 1lb of fat is worth 3500 calories. $3500 \div 7 \text{ days} = 500 \text{ calorie deficit a day}$. So, our example person should be eating 2000 calories – 500 calories = 1500 calories a day if they wish to lose weight. However if you consume 3500 calories less than your body needs over the space of a two weeks or a month, whatever the time period you will lose 1lb, it really is all about the numbers and getting the deficit.
- 5** Getting the calorie deficit is what allows our body to start burning fat for its energy. When there isn't enough energy going in from food, our bodies still need the energy to function, so it must source it from somewhere else. The most readily available source of energy, other than the food we put into it, is the fat stores we have under our skin. This is how we then lose fat and ultimately lose weight!

Key messages

To guarantee our success at weight loss we need to know what our calorie needs are – you can find yours out on your dashboard.

We then need to check the calories of everything you eat and drink, BEFORE you eat it and record it, so we don't forget!! Don't overspend your calorie budget!

And remember!! Don't give yourself more calories for exercise, we already account for your activity levels.