

MY TOP

12

FAT LOSS  
TIPS

FAT LOSS TIPS

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# WE ABOUT

Over the last 13 years, I've helped thousands of people achieve their fat loss goals.

My ambition for you is simple, and that is to find the best way for you to achieve your goals in a way that works for you, and fits with your lifestyle. My programs are individually adapted to be sustainable, helping you maintain results over the long term.

I hold various qualifications in training and nutrition, and have spent the last 13 years continuing my education in these fields. I follow the science based approach, and everything I teach is backed with research and studies.



# INTRODUCTION

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A quote that always sticks in my mind when it comes to fat loss is “Fat loss is easy in theory, and hard in practice,” and this is so true, and why I have created this guidebook. These days, we have social media, and it can be very misleading with the information out there, so I wanted to give you some simple but effective tips to help you on your journey.

## WHAT IS THE DIFFERENCE BETWEEN WEIGHT LOSS AND FAT LOSS?

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Before we dive in, I still think there is some confusion about the difference between weight loss and fat loss.

Weight loss and fat loss are commonly used interchangeably. However, the two are different. Our bodies are composed of fat mass, which is the weight of all the fat molecules in our bodies. It's also made up of the fat-free mass, which is the non-fat molecules in our bodies. This mostly comprises the mass of internal body organs, muscles and water. Therefore, weight loss refers to a reduction in your overall body weight, including muscle, water and fat. Fat loss refers to losing only excess fat from the body while maintaining as much muscle mass as possible. Our goal should always be trying to lose body fat, and this is a message I get across to all my clients for why the scale weight should not be our only measure of progress, and why losing more weight quicker is not necessarily better.



**01****TOP TIP**

## MAKE SURE YOU ARE IN A CALORIE DEFICIT

You need to be in a calorie deficit, without this fat loss will not happen. The excess calories you consume are always stored in your body as fat, resulting in weight gain. Conversely, creating a calorie deficit triggers the body to utilize the stored energy, promoting fat loss.

**5****02****TOP TIP**

## EAT YOUR PROTEIN FOR A LEANER AND STRONGER BODY

Eating plenty of protein can help prevent muscle loss when you lose weight. It can also help keep your metabolic rate high, especially when combined with strength training. Protein is an important nutrient that supports fat loss. When you eat, a thermic effect of food (TEF) takes place where the body burns calories as it breaks down food, absorbs nutrients and turns food into energy for the body. Since protein has a higher TEF, the body is able to burn calories by digesting more protein than carbohydrates. Therefore, eating protein helps burn more calories helping you achieve your fat loss goal.

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TOP TIP

## SET GOALS

Visualizing what you want and believing it's possible is the first step towards achieving a successful, healthy lifestyle. Start by setting smaller goals to help shift your mindset towards making healthy changes, and discover the best ways to lose fat. Consistency will motivate you to keep going and reach the end goal.



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TOP TIP

## GET STRONG

Strength training helps build muscle tissues and keep muscle whilst in a calorie deficit. The more muscles you have, the higher your metabolic rate tends to be, thus, helping your body burn more fat while maintaining muscle mass. This will help you lose fat while keeping your strength, leaving you with a more toned body.

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TOP TIP

## FOLLOW A STRUCTURED WORKOUT

When starting your fitness journey, you may be too ambitious, and forget the importance of breaks, or, at times, lose track of the process. To avoid this, adopting a structured training program with a clearly detailed schedule, time frame, and outline of workout activities is essential.



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TOP TIP

## USE CARDIO AS A TOOL FOR FAT LOSS

Cardio exercise bumps your blood pumping and breathing rates, resulting in an excellent workout for your heart.. As you breathe harder, you sweat, and your body burns more calories, resulting in a very useful tool if we need to expend more calories out.



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TOP TIP

## INCREASE YOUR STEPS

Walking is one of the most accessible forms of exercise. As you walk more, you become more active and the body starts to burn more calories, resulting in fat loss.



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TOP TIP

## PREPARE YOUR NUTRITION

If you want to lose body fat or improve your diet, it is important to start with meal planning. Preparing your nutrition in advance will help increase your chances for success, and increase the likelihood of making better food choices.



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## LEARN ABOUT FLEXIBLE DIETING

Flexible dieting involves counting calories and tracking macronutrients like protein, carbohydrates, and fats to achieve a body composition goal. It therefore means any food can be eaten, provided you keep within your macro targets. Flexible dieting helps you satiate your body, maintain lean muscle mass and lose stubborn fat in the long term.



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TOP TIP

## GATHER MOMENTUM

You need to gather metabolic and hormonal momentum to achieve sustainable fat loss. This will help your body maximize rates of body fat loss. You can successfully gather momentum by properly executing your nutrition, weight training, and supplementation plan.

**11****TOP TIP**

## GET YOUR SLEEP

Resting metabolic rate (RMR) refers to the number of calories your body burns at rest. Sleep duration significantly affects your RMR. Therefore, proper sleep increases RMR, resulting in fat loss. Getting adequate sleep also improves fat oxidation, which is the breakdown of fat cells into energy, promoting overall fat loss. Getting enough sleep will promote adequate recovery, meaning you will be able to perform your workouts better.

**10****12****TOP TIP**

## REDUCE STRESS

Did you ever imagine that reducing stress plays a significant role in your fat loss journey, especially belly fat? Well, stress tends to increase your cortisol level. A high cortisol level causes you to feel hungrier and crave foods with a lot of sugar, fat, and calories. Therefore, learning how to reduce stress will significantly help you lose fat in the long term.

## CONCLUSION

Well there you have it - my 12 top tips for fat loss. I hope you enjoyed and found this guidebook useful.

This will be helpful for you to get started on your fat loss journey, all you need to do now is put it into action. Now, if you want to take it up a notch and work with me, either online or face-to-face, then click the link and we can go for either a phone or face-to-face consultation.

[CLICK HERE](#)

