



Jo Stanworth

PERSONAL TRAINING

Nutrition & Weight Management

The weight loss conundrum – which diet? how many calories? Carbs or no Carbs?

There is no magic wand or no ‘one size fits all’ – but all do require commitment, consistency and patience

Overwhelming advice always comes down to one thing – a healthy, well balanced diet!



Don't be tempted to cut out whole food groups (carbs, protein, fat). You need them all!

For many people losing weight, reducing body fat, trimming down is one of the hardest things they ever do

Accept that there will be fluctuations dependent on many factors – focus on trend over pace



Don't over restrict calories – they are not your enemy (intermittent fasting must be managed correctly) but do not over consume.

Follow a plan that works for you. Do not go for the quick fixes, the promise of losing big in little time, it is not sustainable or healthy and will lead to weight regain!
Follow the 80/20 rule – 80% healthy choices and 20% flexibility for less healthy options

It is a science – take a minute to understand the basics as this will really help you achieve your desired outcome (see over)

The basics

Total Daily Energy Expenditure (TDEE) = total number of calories we burn on a typical day (calories out):

Average for women – 2000 kcals Average for men – 2500 kcals

$$\text{TDEE} = \text{BMR} + \text{TEF} + \text{PA}$$

The equation is illustrated with three images: a man relaxing (BMR), a man eating with a diagram of the digestive system (TEF), and a man running on a treadmill (PA).

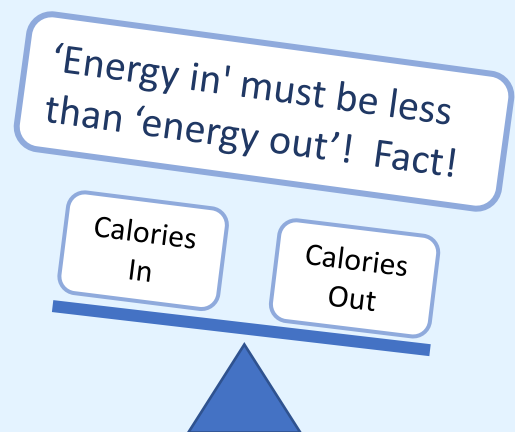
BMR: Our minimum energy requirement to keep us alive and our body systems functioning. Can be as much as 75% of our TDEE and is known as our (BMR)

TEF: 10-15% of our TDEE will come from the **thermic effect of food** – digestion, absorption and storage of food

PA: 10% of our TDEE comes from **physical activity**. Sounds small but is the easiest part of our TDEE to influence. It underpins weight management and provides substantial health benefits (physical and mental).

TDEE = calories out. To lose weight a calorie deficit is required (reduced calories in) so that the body is forced to use stored body fat to meet the shortfall

Example: Average woman TDEE = 2000 kcals
To lose 1lb/0.5kg per week requires deficit of 3500 kcals over the week or 500 kcals per day
2000 – 500 = 1500 kcals TDEE



Be careful:

- too few calories will lead to loss of muscle (lean) mass – not good!
- too few calories can mean the body is not sufficiently fuelled or getting sufficient nutrition – not good!
- too few calories will see the slowing of the metabolism as the body adapts to this new low level resulting in slow or no weight loss

For best results combine good nutrition with regular exercise

