

# REALISTIC RATES OF FAT LOSS AND MUSCLE GAIN

## Realistic levels of fat loss per week

Level	Body weight	Men	Women
Extreme	1% - 1.5%	2 - 3 lb	1.65 - 2.5 lb
Moderate	0.5% - 1%	1 - 2 lb	0.8 - 1.65 lb
Reasonable	<0.5%	<1 lb	<0.8

## Realistic rates of muscle gain per month

Experience	Men		Women	
Beginner	1-1.5% bodyweight	1.5-2.5 lb	0.5-0.75% bodyweight	0.65-1 lb
Intermediate	0.5-0.75% bodyweight	0.75-1.25 lb	0.25-0.375% bodyweight	0.325-0.5 lb
Advanced	0.25-0.375% bodyweight	0.375-0.625 lb	0.125-0.1875% bodyweight	0.1625-0.25 lb

Note that these numbers are a rough guide only and different people will achieve results at different rates. How quickly you gain muscle or lose fat depends on various factors such as your current body composition or how consistent you are. As a general rule, leaner individuals usually have to work harder to see results as you are working with tighter parameters. The most important thing is how well you recover and how much sleep you get, stress can affect your hormone levels which in return can affect your fat loss progress.

## Some things to think about

- When weighing yourself, try to get 3 weigh-ins per week and average out those numbers.
- Always weigh yourself at the same time every single day without any clothes on, for example first thing in the morning after going to the toilet.
- Your weight will fluctuate weekly, this is normal and due to water weight.
- Consistency is key to success. It is better to do something consistently with 60% effort than 100% for a few days.
- How much sleep you get is paramount to how quickly you will succeed. Getting a good night's sleep should be at the top of your priorities.
- The accuracy of calorie counters are notoriously incorrect. Do not base your energy expenditure on what your watch says. Your above calories have already been calculated to include exercise that you have mentioned during your initial assessment, therefore you should not "eat back" your calories.

# FOOD TYPES

Goal - Maintain - Lose - Gain

## CHOOSING THE RIGHT FOODS FOR YOUR GOALS

The following are recommendations for each type of macronutrient. You can of course eat anything that is not on this list but these are some suggestions made up of minimally processed options.

### PROTEIN



Fish i.e.  
salmon, tuna,  
seabass



Chicken or turkey



Lean meats e.g.  
5% fat mince or venison



Eggs



Greek yoghurt



Tofu or tempeh



Prawns



scallops

### CARBOHYDRATES



Wholewheat  
bread



Rice



Wholewheat pasta



Milk



Potatoes



Sweet potatoes



Any fruit



Corn

# FOOD TYPES

Goal - Maintain - Lose - Gain

## FATS



Avocado



Olive oil



Peanuts



Almonds



Non processed  
aged cheese



Coconut oil  
or cream



Cashews



Any nuts

## VEGETABLES



The more varied your vegetable choices are, the better. Eat the rainbow, experiment with different textures, flavours and groups of vegetables and introduce them into your family menus.

# PROGRESSING

Goal - Maintain - Lose - Gain

## HOW TO PROGRESS FOR CONTINUED RESULTS

### Fat Loss

To lose fat you need to be consuming about 250 calories less than you normally would on a maintenance diet. This will result in about 0.5lb of fat loss per week. It's important that you give each phase some time to settle before you make more changes. Practice keeping notes on how each change effects your body, so that you are not cutting calories too quickly and jeopardising your energy levels.

To adjust calories, simply try dropping a cupped hand portion 4 hours either way of your training window and see how you feel. Alternatively you can drop 1 thumb portion of fats from your diet.

### Muscle Gain

For individuals hoping to gain muscle make sure that you add carbohydrate portions suitably to fuel your training. The most important time to fuel for recovery is 40 minutes to 2 hours after training. To increase calories, add 1 - 2 cupped hand portions of carbohydrates after training and increase 1 - 2 thumb portions of fats at least 4 hours away from training.

Tips:

Take easily digestible carbs during workouts such as energy drinks, fruit juices or dextrose in water. Protein should also be consumed in liquid form during training for quick digestion.

### Maintenance

You cannot be on a 'diet' forever, at some point, your body will want to return to a state of homeostasis and hit a plateau, if you continue to push your body past these points you will be putting your body unnecessarily through stress, potentially resulting in poor recovery. A 'maintenance' phase should always follow a period of weight loss or weight gain, to give your body time to readjust to these new changes.

How long you stay on your maintenance phase is up to you, however, a minimum of 4 weeks before moving on to the next phase is ideal in giving your body just enough time to recover before making more adjustments.

It is important to note that a maintenance phase can result in body weight temporarily fluctuating, this is normal. As the body adjusts to these changes it will continue to find its new 'settling point'. A small amount of weight gain in maintenance following a fat loss diet is not a cause for concern, as is slight weight loss in maintenance following a muscle gain phase. Understanding these changes and accepting them is a part of the journey.

# STAYING CONSISTENT

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## Tips for Success

Regardless of what stage you are in your weight loss\muscle gain journey, you are never too experienced to overlook some basic practices. The following habits will go along way in keeping you feeling good, performing better in your sport and may very well stay with you for life.

1. Eat Mindfully - Taste the flavours and textures of your food and try to enjoy each meal with as little distractions as possible i.e. switching off mobile phones and computer screens.
2. Eat to 80% full for weight loss and 120% full for weight gain.
3. Practice good sleep hygiene, aim to get 7 - 8 hours of sleep per night when possible.

## Staying on Track During Holidays and Nights Out

We all know how difficult it can be to stay on track when we have holidays booked and party invites, but good news is if you establish a good foundation to mindful eating, these events can be easy to navigate. Its important to remember that you should never restrict foods and label things as "bad" and "good" as these can lead to negative emotions created when you choose certain foods that don't fall into the "good food" category.

Foods are foods, they are neither bad nor good, but simply provide the body with various nutrients and are broken down in our bodies differently depending on many factors such as our age, gender and our levels of activities.

## A visual guide to filling your plate at social events

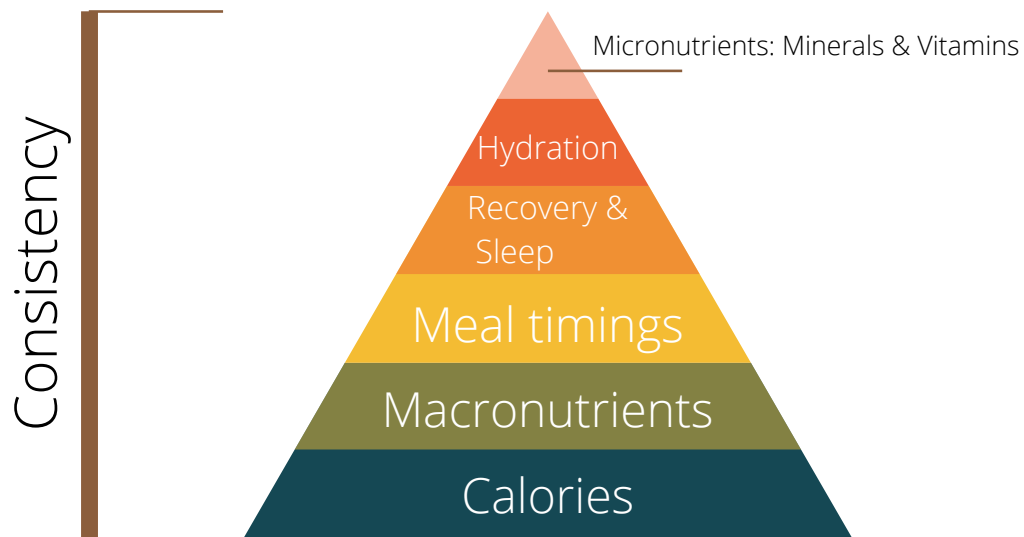


Simply following the the basic rules of filling your plate half full with vegetables, a quarter with lean protein, an eighth carbs, and an eighth fats, would be enough to keep the calories down to a minimum at social events.

# DIET PYRAMID

Goal - Maintain - Lose - Gain

## The Diet Pyramid



The following pyramid illustrates the elements of a diet programme ranked in order of importance

It's important to remember that although the biggest factor to weight loss or weight gain is calories consumed, results are not sustainable without consistency. Without continued efforts your progress will likely stall. Research shows that 80 - 89% consistency can result in 19.5lb lost, 10% bodyweight lost, 16.5 totaly inches lost, and 4.75 inches from waist lost.

Ultimately, it is up to your ability to maintain a consistent effort during your programme. As always, if you are a client on the 1-2-1 programme, I am only an email away so feel free to email me with any questions you may have and I will do my very best to assist you.

For now, embrace the process and enjoy the journey, and most of all remember that its not about what the scales say, but .