



**STEP
01**

YOUR FIRST 5 STEPS TO WEIGHT LOSS



***How we get our clients to
lose their first 10 pounds...***

www.emfitnessnutrition.com

DISCLAIMER

The information contained in this document is provided as an educational resource. It is designed to help you understand the process of fat loss, and the associated dietary and training strategies.

It should not act as a replacement for the relationship you have with your doctor or healthcare professional. Any information provided within this document is not deemed as medical advice or prescriptive.

If you have any concerns about your health prior to starting the programme, you must contact your doctor or healthcare professional immediately.

STEP 1

NUTRITION

There is a lot of conflicting information in relation to fat loss in the industry, which can be confusing. Not knowing where to begin can deter people from starting their fat loss journey.

We have developed the “EM 5 Steps To losing Your First 10lbs” guide to help you kickstart the process. These are the exact steps we implement with every client here at EM Fitness and Nutrition at the beginning of their fat loss journey.

In relation to nutrition the first thing we will look at is their food quality and food quantity.

A common comment we will hear from our clients a few weeks into their programme is, “I’m eating far more than I ever did and I’m losing weight”. Yes they may be eating more meals but the calories overall are less.

And this is where food quality and quantity comes in. For example if you currently have your lunch/dinner every day in the canteen at work or in a restaurant or choose a takeaway you could have three home cooked meals for the same amount of calories. Meals eaten out are packed with hidden calories through oils and sauces. Chefs aren’t worried about your calorie intake, they are interested in providing hyperpalatable food because the tastier it is the more likely you will purchase again.

Increasing food quantity while reducing calories from food intake will help with sustainability.

Eating less is a common strategy for fat loss but a more successful strategy is to eat more but swap your current foods for lower calorie/high density food choices.

How many times have you failed at fat loss because you tried to eat as little as possible?

Our bodies convert energy from the very foods that we eat. We store a certain amount of food and we use a certain amount for energy. We must have energy to

allow our body to function optimally on a daily basis. A certain amount of energy is required so that each of your physiological actions can function.

So, when you feel sluggish, when you crave foods, when you feel irritable, when your muscles ache, and when you struggle to workout, these are all signs of physiological functions that are not working optimally. In fact, these are the same symptoms that people get when they follow very low-calorie diets. Do they sound familiar?

Following a low calorie diet will only last so long, we plateau, we get tired, fed up and slowly but surely our old habits creep back in, before we know it we're back to where we started. This may also sound familiar!

How Should You Eat?

Weight loss in definition is simple, but we all have our own challenges and obstacles will be put in our way, meaning it is not easy. But, if we implement certain strategies, take time to learn and develop a sustainable approach we can be successful.

Increasing the quantity and quality of the foods we consume can increase energy, help us sleep better and we become more productive daily with our work.

Here are your 8 steps for Nutrition:

- 1. Reduce the amount of processed foods you consume (chocolate, crisps, takeaways, ready-made meals etc.)**

We are not recommending you to cut all processed foods from your diet. Every food can be incorporated into your daily nutrition intake, as well as social nights. But, aim for 85% of your foods to come from health based sources. If you are happy to have 100% health based foods that's great but if that is not sustainable for you then we suggest incorporating these "other" foods.

- 2. Eat 3 to 5 meals per day**

There is an old myth that eating 5 meals a day speeds up the metabolism, this is not true and it's not the reason we recommend eating up to 5 meals!

Having planned meals throughout the day can help you stop mindless snacking, which can leave you feeling unsatisfied. It is okay not to have breakfast but if you find you're overeating at lunch because you're extremely hungry then we would suggest committing to getting up a little earlier to eat. Not eating for long periods at a time can lead to overeating and bingeing. You may end up snacking on quick high calorie foods while cooking dinner or choosing the option of a takeaway. We tend to make poor nutritional decisions when we are hungry.

3. With every meal you eat have a source of protein. E.g. chicken, turkey, white fish, or fatty meat/fish such as salmon, mackerel and beef.

Eating protein will support the activity that we're going to ask you to do in stage 2. The satiety from eating protein will help you stay full between meals, it also helps you to keep your muscle (tone). Muscle is metabolic, which means it requires a good amount of energy to function. This energy requirement is a key part of the fat loss process.

For breakfast you can add eggs, turkey sausages and/or rashers as a protein source. To create a substantial snack yogurt high in protein is ideal and while a protein supplement is not essential Whey Protein can be useful for providing a higher protein snack by adding it to your yogurt or porridge for example.

4. Eat vegetables with every meal.

Increasing your vegetable intake by adding a variety to each of your meals can increase food quantity with little calories and increase satiety. Do not include foods such as potatoes and avocados as vegetables! Aim for low calorie vegetables such as peppers, broccoli, spinach, asparagus, courgette etc.

Deficiencies in vitamins and minerals found in vegetables can lead to many symptoms such as acne, dry skin, dry mouth, puffy skin, tingling hands/ feet, brittle/thin nails and many more. It's no coincidence that many of the symptoms above decrease or disappear when vegetables are reintroduced to the diet in the right amount.

Vitamins are essential for our normal physiological functions such as growth and reproduction.

The healthier your body is the easier you'll find it to lose body fat. You'll also have way more energy through the process.

5. Eat a portion of fats with each meal (if you're not having a fatty meat or fish source).

Fats provide us with an energy source, they also help manufacture and balance our hormones (you need optimal hormonal levels for fat loss). Fats are critical for the transmission of nerve signals that create muscle contractions (you need muscles to lose body fat properly and shape your body), and it also transports the fat-soluble vitamins A, D, E, and K (supports bone growth, immune system health and protects red blood cells).

The big bonus fats are omega 3 (ALA, DHA, EPA). These can be found in oily fish, and they help keep your cells more fluid. If the cell membranes are more fluid, it increases insulin sensitivity and ultimately fat loss.

Fats to choose from are coconut oil, seeds, olive oil, avocado. A portion would be half a tablespoon of seeds or oils. For avocado, it would be half.

6. Eat your carbs

Yes you can eat carbs and still lose fat! You may have heard people say cut out carbs and you'll lose weight. Yes you will, but you won't be able to cut out carbs forever. This is a restrictive and painful approach to dieting. When a method is not sustainable it won't be successful.

We suggest eating the majority of your carbs around your workout. If you work out in the morning it's okay to have high carb meals then, the same if you work out in the evening.

Our preferred carb choices are oats, potato, sweet potato, rice and fruit for example.

7. Remove any food that's cause you to become bloated, have gas or become irritated.

We often hear new clients say "I feel really bloated all of the time", this may be down eating a certain food. The usual culprits are dairy, nuts, and in some cases gluten. Cut out the food you think is causing the bloating for 14 days and see how you feel without it. This may be a trial and error basis.

In many cases people sleep better, they have better digestion, and they have way more energy.

8. Food Swaps – and yes drinks count as calories too!

Fizzy drinks, milk, oils and alcohol all contain calories and they must be factored into our daily intake. The problem with drinking our calories or using lots of oils is that while calories are increased, satisfaction is not.

Many people can delay starting their fat loss journey until they find a quiet time of socialising. But, if you like a night out which consists of drinking alcohol that is okay, you can do this and still lose weight. We do recommend reducing the amount of alcohol you consume, as we do for someone who consumes a lot of takeaways. The good news is though, anything you enjoy can be factored in. For example, eat a little less leading up to and/or days after a night out/takeaway to allow you to factor it in.

We need to learn how to factor in what we enjoy while losing weight. If we adopt the attitude of totally restricting ourselves of something we like to lose as much weight as possible in a short period of time, when we go back to our “old ways” the weight lost will soon come back. Sound familiar?

Simple swaps that can reduce the amount of calories we consume:

- Use 1 calorie oil sprays or a non-stick frying pan instead of regular oils
- Swap regular fizzy drinks for the diet or zero version
- Use a sweetener in your teas/coffee rather than sugar
- Use unsweetened almond milk in your cereal rather than full fat milk
- Have green tea instead of regular tea (calories from milk gone)
- Americano instead of a latte/cappuccino etc.

Follow steps 1 – 8 for the next 3 weeks, and be sure to weigh yourself before you start, and every Friday morning throughout the process.