

Nutritional help and advice:

Having studied many diets, weight loss plans, fad diets and even supplement diets, of which I promoted Visalus for many years, I have come to the simplest conclusion. To calculate and monitor your calorie intake. This is the most powerful way to maintain, lose or gain weight. You really don't need to count your proteins, macros and carbohydrates. I promise it is as simple as this.

Many of you may read over the years our governments guidelines for calories at 2000 for women and 2500 for men. This unfortunately is a terrible estimation. It doesn't account for weight or exercise exertion. Which fundamentally is the most crucial factors to calculate individual calorie requirements. Below I will show you the formulae required to set your calories required to maintain your day to day life style. This is simply your body weight in pounds times eleven. An example being an individual weighing 13 stone 4lbs will perform the following equation:

186 x 11 = 2046 calories needed to support day to day lifestyle

This equation will be supported by many/most online calorie calculators give or take a very small %. It really is a very simple and accurate estimation.

Fact: There is 3500 calories in a pound of Body Fat. So too lose a lb of body fat a week you need a calorie deficit of 500 calories a day for true non artificial weight loss. Also note the body requires 2 weeks to metabolise weight on and off the body, so weighing yourself daily isn't a true reflection on your weight loss or gain. My advice is to weigh yourself once a week on the same day and time.

Case Study example:

Joe Bloggs, 27 years old and exercises moderately 2-3 times a week for 60 minutes. He weighs 14 stone 3lbs and wants to lose weight. To avoid any artificial weight loss, he should aim for a calorie deficit of 500 calories per day.

Body weight in lbs is $199 \times 11 = 2189$ calories a day

Goal Calories

Weight maintenance 2189

Weight loss 1689

Weight gain 2689

On the days he trains he should add 300-400 calories to help fuel his body for the exercise he's doing. As he is trying to lose weight, on the days he trains he should be consuming around 1989-2089 calories, which is still a deficit of 500 calories for the day and will achieve the desired weight loss.