THE SIMPLE GUIDE TO LOSING WEIGHT AND BODY FAT

YOU + fitness



by Marlaine Duffy

Introduction:

Losing weight or body fat is a journey that many of us find difficult to navigate. It's easy to get overwhelmed with the pressure of trying to make drastic changes, giving up all the foods we love, or feeling discouraged after just a few days.

The truth is, losing weight the right way doesn’t have to be complicated.

In this guide, we'll walk you through a simple, consistent approach to losing weight and body fat. With the right mindset and strategy, you can achieve lasting results without feeling deprived or overwhelmed.

CHAPTER 1

When we start a weight loss journey, we often put ourselves under unnecessary pressure. We either try too hard, giving up everything we enjoy, or we give up too soon because we didn't see instant results.
Losing weight or body fat is a process. It's not about being perfect—it's about being consistent and learning along the way.

A REALISTIC GOAL: 1-2 POUNDS PER WEEK

A healthy and realistic goal is to aim for losing 1-2 pounds per week. Some weeks will be better than others, and that's okay. Don't get discouraged if you don't see results every single week. Weight loss isn't a straight line—what matters is that you're consistently working towards your goal.

Chapter 2

Weight Loss vs. Body Fat Loss
Before you begin, it's important to understand what you're aiming for. Do you want to lose weight or do you want to lose body fat?

Weight Loss
This is the overall reduction of weight, which includes losing water, muscle, and fat. When you lose weight, the number on the scale will go down, but that doesn't mean you're only losing fat.

Body Fat Loss
Body fat loss focuses on reducing fat while preserving muscle. This is often a slower process, but the results are more sustainable and you'll see positive changes in your body shape—even if the number on the scale doesn't change dramatically.

Once you understand the difference, you can set more realistic expectations and stay motivated.

Chapter 3

How to Lose 1 Pound of Fat Per Week

To lose 1 pound of body fat per week, you need to create a calorie deficit of approximately 3,500 calories. This means that, over the course of the week, you need to burn 3,500 more calories than you consume.
Here's how you can calculate how many calories to eat each day:

Step 1: Determine Your Basal Metabolic Rate (BMR)

Your Basal Metabolic Rate (BMR) is the number of calories your body needs to perform basic functions at rest (like breathing, digestion, and maintaining body temperature).
To find your BMR, use this formula:
For men:**BMR = (10 × weight in kg) + (6.25 × height in cm) - (5 × age in years) + 5**
For women:**BMR = (10 × weight in kg) + (6.25 × height in cm) - (5 × age in years) - 161**

Step 2: Factor in Your Activity Level

Once you know your BMR, you need to account for your activity level. This will give you a more accurate idea of how many calories you burn on a daily basis.

Multiply your BMR by the appropriate activity factor:
Sedentary (little or no exercise): BMR × 1.2
Lightly Active (light exercise 1-3 days/week): BMR × 1.375
Moderately Active (moderate exercise 3-5 days/week): BMR × 1.55
Very Active (hard exercise 6-7 days/week): BMR × 1.725
Super Active (very intense exercise or physical job): BMR × 1.9

Step 3: Create a Calorie Deficit

Once you've determined your daily calorie needs, subtract around 500 calories from that number to create a calorie deficit. This should result in a safe and sustainable weight loss of about 1 pound of fat per week.

It's important to note that a 500-calorie deficit is a general guideline, and you may need to adjust based on how your body responds. If 500 calories feels too extreme, consider starting with a 300-500 calorie reduction.

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Chapter 4

Adjusting as You Go

As you lose weight or body fat, you should revisit your calculations every 2-4 weeks. Your calorie needs will change as you lose weight, and adjusting your intake will help keep your progress steady.

The key is consistency. Stick to your plan, track your progress, and make adjustments when necessary. Over time, this approach will help you achieve lasting results.



Chapter 5

The Importance of Patience and Mindset

The most important part of this process is your mindset. Weight loss and body fat loss don’t happen overnight. It takes time, effort, and a willingness to learn and adapt.

Don't get discouraged if you don't see immediate results. Trust the process, stay consistent, and be patient.



Conclusion

Your Journey to a Healthier You

Now that you understand the basic principles of weight loss and fat loss, it's time to put them into action. Remember, the key to success is consistency, patience, and making small, sustainable changes. Focus on building good habits that support your goals, and over time, you will see results.

Good luck on your journey to a healthier, stronger, and more confident you!



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About the Author:

Marlaine Duffy is a certified fitness coach and nutrition expert who has helped countless individuals achieve their weight loss and body fat goals through simple, sustainable strategies. Whether you're just starting out or looking to take your fitness journey to the next level, Marlaine provides expert guidance to help you succeed.

