



Weight Loss guidelines for Get Strong Denver Members

The following guidelines are the basic skills necessary to lose weight. The same guidelines are true for anyone regardless of past weight loss success or failure. Each step is crucial to reaching your weight loss goals and omitting any of the steps will drastically reduce the odds of a desirable outcome.

Step 1- Calorie Budget

First, we need to know precisely how many calories you should consume to lose weight in a sustainable manner. Your Basal Metabolic Rate (BMR) plus activity is the amount of calories you burn in a typical day. To calculate your active BMR we could go through a complicated calculation, but it's much easier to use an online calculator. Go to www.mayoclinic.com/health/calorie-calculator/NU00598 to find out how many calories you currently need.

Once we know your active BMR, we simply subtract 500 and we now have your calorie budget. This is the right amount of calories for you to eat and lose approximately 1 pound of body fat per week, a good rate of weight loss.

Step 2- Measure

Now that we know how many calories to eat we now need to measure the calories going into our body. The only way to do this is to weigh and measure the food we eat and read the product labels. Pay special attention to portion sizes, food labels can be tricky this way. What you think is a single portion may actually be two portions according to the food label. Use measuring cups for liquid and powder measurements and a food scale to measure food that doesn't fit into a measuring cup. Don't worry, you won't have to measure your food indefinitely, just long enough to get your portion sizes in check with your calorie budget.

Step 3- Write it down

You may have tried losing weight in the past and may be thinking "I've done all of this before and it didn't work!" The one component many people underestimate is recording their food. Even though we may know about food journals, the question we need to answer is "did we actually do it?" Most people answer this question with a resounding "no". The deceptively simple act of recording your food is the single most important act to successfully losing weight and keeping it off. Simply eating less food by estimation isn't enough to lose weight. First, many people who don't keep a food journal inadvertently reduce their calories too much and end up starving a few pounds off before they give up. Others think they are eating less, but actually just shift the calories to evening snacks or slightly larger dinners.

Keeping a food journal may seem difficult for the first week or two, but once you know how many calories are in the most common meals you eat, the process becomes more streamlined. Keeping a journal is as simple as writing in a small notebook that you can bring with you. In the notebook record everything you eat at each meal and snack, as well as the time you eat and also any beverages, including water.

Step 4- Timing your meals

So we now know how many calories we are consuming, we are recording our food and we are eating just enough to lose 1 pound a week. If this were all you did to lose weight you would still be successful, but we want to be *very* successful so let's look at what else we can do to help the process work even better.

Tips

- The timing of your meals is crucial to not only speeding up your metabolism, but also to keeping hunger at bay. We need to eat at least every three hours to keep the fat storage mechanism from turning on as well as keeping that "diet feeling" at bay. Many people remark that they don't even feel hungry when they eat fewer calories in 3 hour intervals.
- Stay hydrated. Thirst can mimic hunger inside your brain and many times when we think we are hungry; our body really just needs water. Drink 8-12 8oz. glasses of water a day. Drink more on days you are active.
- Tried to lose weight in the past and failed? Get down to the real reason you are trying to lose weight. Dig deep and try to understand the implications of what moderate or even dramatic weight loss could mean in your life.
- The fiber in fruits and vegetables will fill your stomach with fewer calories. Eat more fruits and veggies and you will be less hungry. Adding protein to each meal will also go a long way to keeping you from feeling hungry. Just be sure to count the calories.