

# Health Matters Assistance Programme

Employee Support Bulletin September 2013

## Eat Right Lose Fat



If you want to lose fat you must have a caloric deficit. If you burn more calories in a day than you consume then you'll lose fat. Simple enough, isn't it?

Now, saying the all mighty answer is a caloric deficit is kind of over simplifying it. For example you can't expect to eat only donuts, have a caloric deficit and still lose the fat because that's just not healthy or practical. There isn't a magic shortcut pill, there isn't a magic cabbage diet and there isn't a magic abs belt. You must make better nutritional choices because your body needs lots of different nutrients to function and that's something you can't get from any one food.

**"Abs are made in the kitchen"** A fact every personal trainer on earth will agree with.

Just because you're starting a diet doesn't mean you stop eating. You need to make sure you have a healthy balance of Proteins, Carbohydrates and Fats. **Eat Yourself Skinny**. People who truly succeed with their diets are the people that take a little time to really plan how they are going to approach it, what foods they will eat, how they will prepare them and what portion sizes meet their calorie intake for the day.

### Know your Basal Metabolic Rate (BMR)

In order to achieve a healthy, productive caloric deficit you must know what your BMR is. BMR is a mathematic formula used to determine the number of calories required to keep your body functioning at rest, also known as your metabolism. There are many BMR calculators on the internet and to find one all you need to do is search "BMR". To get your BMR you will need to know 5 simple things about yourself:

- *Your gender* - As it's widely regarded that men need more calories than women.
- *Your height* - In Centimetres, Inches, Feet or Meters depending on the calculator.
- *Your weight* - In Pounds or Kilograms.
- *Your Age*
- *Your Activity Level* - The more helpful calculators will have options for you to choose.

For those interested here are the formulas:

**Women:**  $BMR = 655 + (4.35 \times \text{weight in pounds}) + (4.7 \times \text{height in inches}) - (4.7 \times \text{age in years})$

**Men:**  $BMR = 66 + (6.23 \times \text{weight in pounds}) + (12.7 \times \text{height in inches}) - (6.8 \times \text{age in year})$

Once you know your BMR you can then subtract 500 calories **per day** for each pound you want to **lose every week**. To **gain** weight, 500 calories are added **per day** for each pound you want to gain every week. However, total calorie levels less than 1200 calories are not recommended and weight loss of more than 2 pounds per week is also not recommended. For a more balanced approach to a 1 pound per week weight loss, increase your activity. Decrease calorie intake by 250 calories per day and increase exercising to expend (use up) the other 250 calories. This approach prevents a decrease in your metabolic rate causing you to plateau or stall in losing those pounds.

### Just some of the issues covered...

- Stress & Anxiety

- Depression
- Feeling SAD .....

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