



# Top 10 Weight Loss Secrets

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# About Me.....

- Registered dietitian: over 17 years
- Certified Specialist in Sports Dietetics:
  - worked with NHL, AHL players, junior Olympians, top 10 draft pick in baseball
- Certified personal trainer with over 23 years of experience
- Co-owner of Marino's Fitness

Now for the good stuff.....



The top  
10 FAT LOSS  
SECRETS



TRACK

YOUR

CALORIES

GET



OFF

YOUR

**BUTT**

AND

BE

**CONSISTENT**

# Top 10 Weight Loss Secrets

- 1) Track
- 2) Your
- 3) Calories
- 4) Get
- 5) Off
- 6) Your
- 7) Butt
- 8) And
- 9) Be
- 10) Consistent

# It really is that simple.....

## **What I want you to learn:**

1. The difference between fat loss and weight loss
2. Apply **6 SIMPLE** principles for fat loss
3. Learn how to calculate YOUR calorie needs
4. Learn how to calculate YOUR protein needs
5. There's no such thing as bad food
6. Realize who you are and plan around it



# Fat Loss vs. Weight Loss

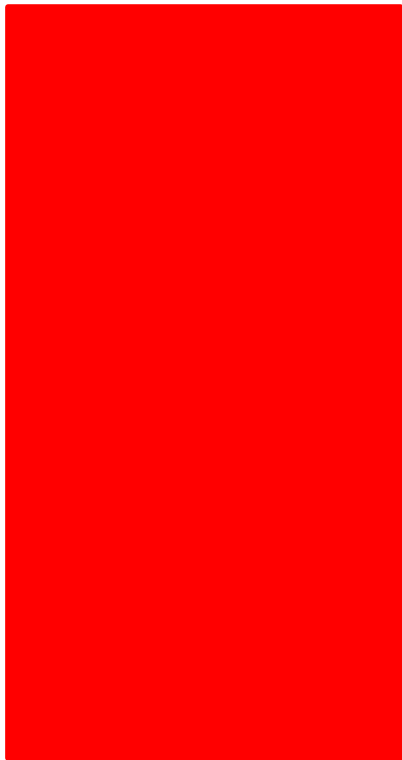
**This is just how different 150 lbs (68 kg) can look!  
All the women pictured weigh 150 lbs (68 kg).**



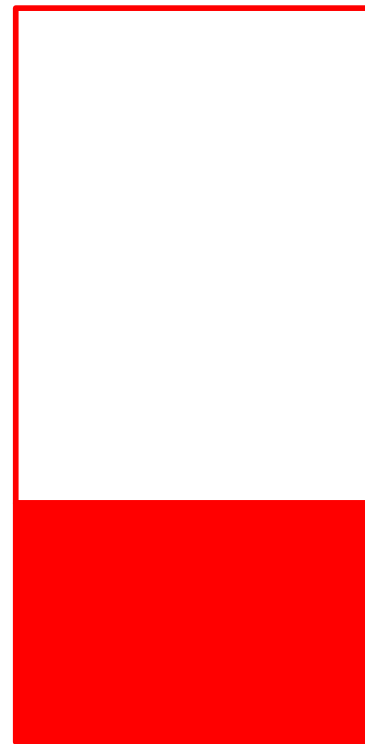
A very interesting take on different body types and body fat percentages... all at the same weight.

# A pound is a pound.....

**10 pounds of fat**



**10 pounds of muscle**



# A pound is a pound.....

**Truth:** Muscle does NOT weigh more than fat

**Truth:** Fat is “fluffier” than muscle and takes up more space

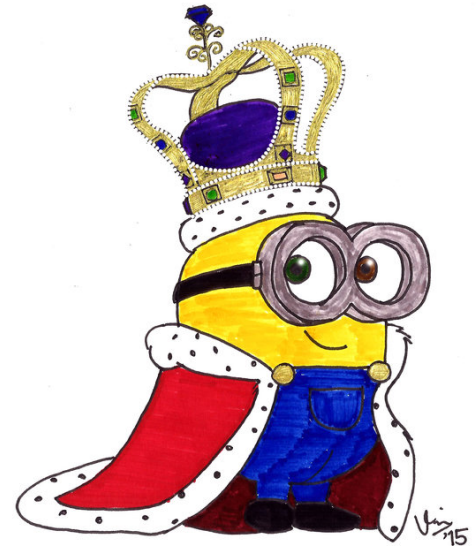
**Truth:** Muscle is more dense and takes up less space

If you strength train and gain 5 pounds of muscle and lose 5 pounds of fat, the scale doesn't change, but you WILL look and feel differently.

***Would you rather: lose 10 pounds or drop 2 pant sizes?***

# 6 Principles for FAT Loss

1. Create a calorie deficit
2. Stay in positive nitrogen balance
3. Eat within an hour of waking up
4. Eat every 3-4 hours after your first meal
5. Never feed without a **PROTEIN**
6. Eat:
  - Breakfast like a **QUEEN**
  - Lunch like a **KING**
  - Dinner like a **PAUPER**



# Create a Caloric Deficit

- Current research shows the most effective way to create a calorie deficit:
  - subtract 500 calories from your RMR + activity level
- Exercise is used to complement your efforts. Research shows exercise alone is not as effective as calorie deficit and exercise combined.
- KEY POINT: Do NOT use exercise to punish yourself for overeating. Exercise is a privilege, not a punishment.

***“You can’t out run a bad diet.”***

# Know your numbers....

## **Calculate your RMR:**

(used interchangeably with basal metabolic rate: BMR):

## **Harris Benedict Equation**

Men:  $66 + ( 6.2 \times \text{weight in pounds} ) + ( 12.7 \times \text{height in inches} )$   
 $- ( 6.76 \times \text{age in years} )$

Women:  $655.1 + ( 4.35 \times \text{weight in pounds} ) + ( 4.7 \times \text{height in inches} )$   
 $- ( 4.7 \times \text{age in years} )$

Example:  $655.1 + (4.35 \times 140) + (4.7 \times 62) - (4.7 \times 42) = 1358$

# Now you have your RMR/BMR

Multiply your RMR/BMR by your activity level:

- Sedentary or light activity lifestyle: 1.53
- Active or moderately active lifestyle: 1.76
- Vigorous or vigorously active lifestyle: 2.25

**Example:  $1358 \times 1.76 = 2390 - 500 = 1890$  calories a day**

\*\*\*Please remember: calories burned through your fitness trackers are NOT added to your daily calories!

# Make it easier.....

\*Use an equation from the internet!

<http://www.bmi-calculator.net/bmr-calculator/>

*\*If you run the original equation verses the website equation, you'll get 2 different numbers!*

**This is why it's important to work with a registered dietitian to figure out what's best for you and where to start!**



# Be in Positive Nitrogen Balance

- Protein contains a nitrogen molecule. You need to get enough protein in your diet to create a surplus of nitrogen.
  - Recommendation: If you strength train:  
*1.6-2.2g/kg of GOAL BW*

*Example: Goal weight 135 pounds:*

$$135/2.2 = 61.3\text{kg} \times 1.6 = 98 \text{ grams}$$

$$135/2.2 = 61.3\text{kg} \times 2.2 = 134.8 \text{ grams}$$

\*\*\*\*make sure you do not exceed more than 40% of your calories coming from protein!

# Using My Fitness Pal Correctly

- Enter you calories based on your calculations
- Set your Macros: (carbohydrates, fat and protein)
  - 40% carbohydrate
  - 30% fat
  - 30% protein

***Remember: the equations we used already accounted for your calorie burn for the day.***

***DO NOT enter your calorie burn into MFP!***

***\*The ONLY thing you should focus on is: total calories and total protein for the day.***

# Move Your Butt

- ACSM guidelines recommends **30 minutes** of moderate exercise 5 days a week for better clinical outcomes.
- National Weight Loss Registry showed **420 minutes** of movement a week (60 minutes, 7 days a week) was necessary for weight maintenance.

Conclusion: if you're only exercising 3 hours a week, you need to make a change!

# Best Types of Exercise

**Anything you like to do and will continue to do!**

- **Strength training** is great for adding lean muscle tissue and changing your body composition.
- **Cardiovascular training** is great for your heart and burning calories.
- Yoga is great for stretching tight muscles and for mind/body balance.

***A combination of all 3 is what I recommend for my clients!***

# Have Patience

- Write down your goals! Be as specific as possible.
  - I want to be 128 pounds by June 20, 2019 for my Strong First certification test
  - I want to take off 5 minutes from my 2018 Spartan Stadium Race
  - I want to save \$2000/month for retirement
- Create 1 new habit a month = 12 new habits a year!
- It can take 30-120 days before you see a difference!
- Is this a short term or a long term plan?
- Learn the difference between “I want it NOW vs. I want it LATER.” Delay gratitude.

# Be Realistic

- If you're built like Serena Williams, you'll never look like Kate Moss 😊
- Don't fall for "quick fix" detox diets, very low calorie diets, or something makes grand promises!
- If you can't follow the plan for the rest of your life, don't start it.
- If you think you'll NEVER eat sugar again, you're surely mistaken.

***Stop making things SO difficult  
#scienceworks #nogimmicks***

# Realize WHO you ARE!

## **Make it work!**

If you like to eat sweets, eat sweets.

If you like to drink wine, drink wine.

If you like potato chips, eat potato chips.

Give yourself 200-250 calories a day to have  
WHATEVER you want.

***Compliance = Consistency = Success***

# Final Thoughts

“Fail to plan, plan to fail”

“A goal without a plan is a wish.”

“Losing weight is a mind game. Change your mind, change your body.”

“People often say that motivation doesn't last. Neither does bathing. That's why we recommend it daily!”



**QUESTIONS?**

# Books to Read

- The Motivation Manifesto by Brendon Burchard
- The Subtle Art of Not Giving a F\*\*K by Mark Manson
- Think and Grow Rich by Napoleon Hill
- Lean In by Sheryl Sandberg
- Girl, Wash Your Face by Rachel Hollis
- The A\*\*hole Survival Guide by Robert Sutton
- The Ultimate Jim Rohn Library (audible.com ONLY)
- The Art of Exceptional Living by Jim Rohn
- Braving the Wilderness by Brene Brown
- The Born to Win Seminar by Zig Ziglar (this was my father's)
- The Compound Effect by Darren Hardy
- The Energy Bus by Darren Hardy
- Relentless: From Good to Great by Tim Grover
- Grit by Angela Duckworth
- The Emigrant Edge by Brian Buffini (I listen to his podcast too)
- It's Called Work for a Reason by Larry Winget (my brother from another mother)
- Acres of Diamonds by Russell Conwell
- The Richest Man in Babylon by George Clason
- The Greatest Salesman in the World by Og Mandino
- Crucial Conversations by Kerry Patterson
- The 7 Habits of Highly Effective People by Stephen Covey
- Ego is the Enemy by Ryan Holiday
- Give and Take by Adam Grant
- The Power of Positive Thinking by Norman Vincent Peale
- The Originals by Sheryl Sandberg
- It Takes a Tribe by Will Dean