



## **8 Steps to Fat Loss**

### ***Step 1 – Reduce Calories***

To lose weight you need to create a calorie deficit by consuming fewer calories than your body needs to maintain weight.

To maximize your weight loss, a combination of a healthy reduced calorie diet and a regular exercise routine is vital. The combination of the two will yield far quicker results than just either dieting or exercising. For long term results it's beneficial to reduce calories from each meal, rather than skip a meal. This can be done gradually over the course of a few weeks. A great way to reduce calories per meal is to substitute e.g. Use whey protein and water with your oats instead of using milk, or instead of having a full bowl of cereal, why not cut the portion in half and add fresh fruit and berries instead?

To work out how many calories you need to consume daily for weight loss, simply multiply your body weight in kgs by 22, e.g. 60kgs x 22=1320 calories per day. (If you prefer to work in lbs. then multiply your body weight by 10 e.g. 132lbs x 10=1320 calories per day)

### ***Step 2 – Rev up the Metabolism***

If you are only having 2-3 meals a day then you need to eat more often. Eating 5 - 6 small meals per day actually prevents hunger and speeds up a sluggish metabolism, meaning you burn body fat at a far quicker rate and give you far more energy throughout the day. Your calories for the day should be split between these regular meals e.g. 1320 / 5 = around 264 calories per meal for 5 meals per day.

If you think you can lose weight by simply skipping meals then think again. All this does is catabolize the muscle and slows down your metabolism. This in turn can also allow your blood sugar levels to drop and therefore will reduce your energy levels. A regular intake of calories throughout the day combats this.

Each meal should be split into 3 equal parts - protein, carbohydrate and salad and vegetables. A good rule of thumb for fat loss is to make each third roughly fist sized portions. Good sources of protein include fish, chicken, eggs, ostrich, turkey, lean red meat and whey protein. Preferred sources of carbohydrates include whole grains, beans, vegetables and fruit. Always include healthy fats with your meals. Reducing fat does not mean eliminate it from your diet. Fats such as Extra Virgin Olive Oil, Fish oils and Flax Seed oil added to salads are fine. If you struggle to prepare meals then always have a meal replacement bar or shake available for emergencies.

### ***Step 3 – Choose carbohydrates Carefully***

Look out for carbohydrates that are high in fiber like whole grains, beans, nuts, fruits and vegetables. Sugary carbohydrates such as coated cereals, cookies, fizzy drinks, chocolate etc are known as starchy carbohydrates and have no nutritional value and can easily be stored as body fat. Save this type of carbohydrate for your cheat day.



If you happen to suffer from sugar cravings then opt for chocolate flavored meal replacement or a low carb protein bar, they taste great and should curb the cravings, but do try to avoid having a protein bar every day.

#### ***Step 4- Supplementation***

It has been shown that using meal replacements high in whey protein not only preserves muscle when dieting, but you'll also suffer less from hunger and cravings and reach your weight loss goals more easily.

The use of additional products such as a thermogenic fat burners – Genie Lifestyles Slima - may also yield additional results. These products act to mobilize and burn fat when used in conjunction with the advised exercise and diet plan.

#### ***Step 5- Exercise Routine***

Muscle is metabolically active, i.e. it burns calories. If you lose muscle, your body's demand for calories decreases, hence weight loss is harder. The best way to preserve muscle and give your body that attractive toned look is to resistance train at least 3 times a week for around 45 minutes. Aim to complete 3 resistance sessions with 2-3 cardiovascular training sessions a week (running/cycling/aerobics) to increase muscle tone and fat loss. Genie Complete also offers effective programs on toning muscle which in turn also increases your body's ability to burn fat stores.

#### ***Step 6 - Fluids***

Aim to drink 2 - 3 liters a day. This is easily achievable in small regular drinks and will support weight loss – 1 medium sized glass each hour.

#### ***Step 7 – Treat Yourself***

This is the best day of the week because you get to reward your hard efforts with your favorite treats. Pick out one day per week and try and keep your cravings at bay until that day. Have some chocolate or pizza, whatever you fancy. After six days of keeping your diet in check you deserve a treat. Your body cannot gain a significant amount of fat in just one day. It can handle a day of treats so enjoy.

#### ***Step 8 – Detox***

Every now and then it's a good idea to detox your internal system to get rid of all the waste and toxin build up from pollution and stress. Try the Genie Detox nutrition plan for a few days as well as the Genie Lifestyle Calma product to gently cleanse your system through. This in turn will speed up your metabolism, help your absorb nutrients more efficiently and minimize the appearance of cellulite by filtering out the toxins.