



## The Countdown

We may have only just entered the colder months but summer is really just around the corner, and now is the time to start your preparation to get into beach bod shape with results that last all summer long. You must avoid the last minute panic, throwing yourself into a crash diet which just causes endless misery. Weight loss should be a sustainable lifestyle change that's starts today! The body is a lot more intelligent than we give it credit for. A drastic reduction in calories just send signals for the body to act in defense and in turn slows your metabolic rate, increase protein oxidation and glycogen depletion, resulting in loss of lean muscle tissue, low energy levels and extreme hunger. Rapid weight loss also reduces your vitamin and mineral status due to the lack of nutritious food. As with any crash diet, there will come a time where you just cannot handle it anymore, resulting in a full on pig out and piling back on the pounds. You are guaranteed to look far worse than when you first started. Pure misery from start to finish!

I've said it before, a slow but sure approach is required for effective fat loss, reducing your daily calorie intake by no more than 15%, thus avoiding the metabolic slowdown. The whole idea with dieting is to reduce body fat, not muscle tissue. Muscle tissue is essential for maintaining a high metabolic rate allowing you to burn the body fat at a far quicker rate, so the No.1 rule is to maintain as much muscle tissue as possible. Another aim is to reset your 'fat point'. Your body has been used to surviving with a certain level of fat for some time, so its going to need 'some time' to reset, and this can take up to six months. During this time the body will re-model its adipose cells, hormones, enzymes, capillaries etc. This has to happen slowly as not to arouse the body into a defensive action.

### ***So Where Do I Start? I Hear You Ask***

Firstly, if at any time whilst reading this you become confused, refer to the 'Countdown Made Easy' at the end of this article...If you are already a regular gym participant, then read on....First you will need to establish your resting metabolic rate - RMR. Your RMR is the total amount of calories that your body requires in order to maintain its basic everyday functions. This can actually consume up to 70% of your total calorie intake, so even couch potatoes burn up some calories! There are slightly varying ways of calculating your RMR so here is an average one. Next to it I've given you an example of a 30 yr old woman who weighs 61kg at 5'7", is moderately active and trains 4 times a week burning approx 400 calories per session.

### ***Resting Metabolic Rate for active females:***

Age 18-30 years (bodyweight in Kg x 14.7) + 496 = RMR

Age 31-60 years (bodyweight in Kg x 8.7) + 829 = RMR

**(e.g. (61kg x 14.7) + 496 = RMR of 1393 calories)**

### ***Then calculate your average daily maintenance calorie expenditure (without exercise):***

Sedentary / Mildly Active = RMR x 1.4 =

Moderately Active = RMR x 1.7 = **(e.g. 1393 x 1.7 = 2368 calories)**

Very Active = RMR x 2.0 =



This amount will give you the total amount of calories you need to sustain your life healthily during an average day. But you then have to add on the average amount of calories you would burn in each workout session. If you train 4 times a week for example add up each days worth of calories burned and divide by 7 to give an average daily amount. Add this amount to the above RMR maintenance calories and you are left with an average calorie requirement to maintain an **active** weight. Hope I haven't lost you!

***(E.g. 4 x week x 400 calories per session = 1600 divided by 7 = 229 calories per day  
=2368 + 229 = 2597 calories per day to maintain your active life)***

***So What If I Want To Lose Weight? I Hear You Say***

As I mentioned previously you should only ideally reduce your calorie intake by 15%. To find your new reduced calorie intake you take your active RMR amount and multiply by 85% which will give you the new reduced calorie amount.

***(Eg.2597 x 85% = 2207 daily calories to lose weight)***

***So How Do I Work Out How Much Protein, Carbohydrates & Fats to Take?***

To find out the breakdown of grams in Carbohydrates, Proteins and Fats:  
Your % split should be Carbs 50 %, Protein 30 %, Fats 20%

Carbohydrates = Total Daily Calories x 50% divided by 4 = ..... grams

Protein = 1.75g x Body Weight in Kg = .....grams

% = .....grams divided by total calories x 100 =... %

Fat = Total calories x fat % (20%) divided 9 = .....grams

***E.g. Carbs = 2207 x 50% divided by 4 = 276 grams***

***Protein = 2207 x 30% divided by 4 = 165 grams***

***Fat = 2207 x 20% divided by 9 = 49 grams***

Just be aware of how to calculate how much protein for example is in a can of tuna or a chicken breast. Just because the can says 100g on the label that doesn't mean there is 170g of protein content in there, in fact there is only on average about 26g per 100g of protein in the can. So if your total protein grams per day should be 165g, one can of tuna only takes up approx 44g of that total. Some people assume that if their total for the day is 165g then 1 can of tuna exceeds it as it says 170g on the label! The same goes for carb and fat content of foods, you need to look at the breakdown on the label. Reading labels is essential and getting a calorie counting book is a huge help, to understand individual breakdowns of certain foods.



### ***Nutritional Tips***

1. Keep a food diary to evaluate your eating habits, so you know where to make changes.
2. Never consume fewer calories than your RMR to avoid defensive action by the body.
3. Trim off the fat on meat. Stick to unsaturated fats and include essential fatty acids in your diet, and avoid saturated fats.
4. Consume low GI foods to ensure a slow calorie burn and avoid hunger between meals.
5. Drinking plenty of water and including fiber in your diet will make you feel full – Fiber also slows digestion and absorption of carbs and fats.
6. Eat frequently 5-6 times a day, planning your meals and making your food in bulk, carrying food in a Tupperware or cooler box. Take regular snack breaks at work.
7. Adapt family meals to suit everyone, leaner meat cuts, veg etc. Why not try some of my recipes?
8. When eating out always choose low fat options in restaurants, no basting, butter or sauces etc.
9. Always manage your stress levels to avoid the pig out.
10. Indulge once a week to maintain your sanity. Treat yourself to your favorite foods so you always have something to look forward to. There is no real substitute for something sweet, not even men!

### ***Don't Forget the Physical Exercise!***

For optimum fat loss you MUST do some form of resistance AND cardio vascular training. If you have the time the aim to train 4 times a week initially increasing to 6 with one days rest. Alternate cardio and resistance on separate days e.g.:

Monday – Resistance – 40 minutes (Chest, Back & Calves)  
Tuesday – Cardio – 30-40 minutes & Abdominals  
Wednesday – Resistance – 40 minutes (Legs - Hamstrings, Quads, Calves)  
Thursday – Cardio – 30-40 minutes & Abdominals  
Friday – Resistance – 40 minutes (Shoulders, Arms & Calves)  
Saturday – Cardio - 30-40 minutes & Abdominals  
Sunday – Rest Day – Hooray!!!

If you are short on time then you can double up the resistance and cardio, but always do the resistance training 1<sup>st</sup> followed by the cardio and then stretch. You will get longer fat burning quality from training in this order. With resistance training it is also more beneficial to split up the body parts, training upper body and legs on separate days to avoid over training a muscle group and ensuring proper focus on each area. Aim for 9-12 sets per muscle group with a rep range of between 12-15. With the cardio training you will need to find your 'training zone' to burn fat efficiently, which should be 70-90% of your maximum heart rate (MHR). Here's how to find your MHR:



220 – Age = MHR e.g. 220 – 30 (yrs) = 190 which gives you your MHR. Then to find out 70%, 80% & 90% of your MHR:  $0.7 \times \text{MHR} = 70\%$

$0.8 \times \text{MHR} = 80\%$

$0.9 \times \text{MHR} = 90\%$

E.g.  $0.7 \times 190 = 133$  beats per minute (70% of MHR). So the training zone for a moderately active 30 year old would be 133 – 171 beats per minute for effective fat burning. Wearing a heart rate monitor will allow you to constantly assess your training zone, or alternatively most gym apparatus is equipped with hand grip heart monitors.

Interval training is excellent to keep your heart rate where it should be. Intervals can be carried out on a stationary cycle, treadmill, rower, stepper, skipping etc.

E.g. 3 mins faster pace

Repeat 5 times = 20 minutes

1 minute easier pace

Always ensure you carry out a 3-5 minute warm up and a cool down.

### **Countdown Made Simple!**

#### **Genie Treatments**

If the above seems a bit too energetic or you simply do not have the time then why not try the Genie Complete Slimming, Toning or cellulite programs to reduce your body fat levels and tighten and tone your muscles for a more slender look? The Toning programs resemble resistance training and the Slimming programs help to speed up your metabolism and therefore the rate in which your body burns fat, helping you to reduce in size and lose weight. It's also important to train your heart and lungs so it is advisable to incorporate some form of cardio training such as brick walking, hill walking or even jogging! Why not take the dog for an extra long walk a few times a week. That way it will benefit your both! A pedometer is a great idea so you can increase your step count each day and set goals for yourself. You can still alternate your Genie Complete training days with some form of cardio:

Monday – Genie Complete Treatment  
Tuesday – Cardio – Brisk walk / Hill Walk / Jogging  
Wednesday – Genie Complete Treatment  
Thursday – Cardio – Brisk walk / Hill Walk / Jogging  
Friday – Genie Complete Treatment  
Saturday – Cardio – Brisk walk / Hill Walk / Jogging  
Sunday – Rest Day – Hooray!!!

As far as nutrition goes, you can download one of the nutritional plans which are based on an average daily calorie intake of 1200-1300 calories – adjust slightly if you require slightly less or slightly more calories.

So hopefully you are now well enough equipped in knowledge to get on your way to that beach perfect body you always wished you had whilst sunbathing next to the beauty queen.