

# How to lose fat

A guide to losing weight and  
getting lean

**RESULTS** inc

This guide  
covers how you  
can lose weight  
and get lean.

Let's make a  
start!

# Remember...

*"Show up.  
Be safe.  
Work hard.  
Progress."*

Coach Joe,  
Founder & CEO  
Results Inc.

# What's in this guide?

- A simple calorie guide
- Energy balance and creating a "calorie deficit"
- Your calorie "sweet spot"
- Are you eating too much?
- Protein and why it's so important
- Our 10 top tips for RESULTS
- Avoiding failure
- What really matters

Losing weight  
begins and ends  
with  
understanding  
**calorie balance**

**Pretty much everything we eat and drink contains calories.**

For example, a banana is 100 calories. Half a pizza is 500 calories. A glass of wine is 120 calories.

Each of us has a daily calorie requirement. A certain number of calories that we need to keep us going. Just like a car needs fuel in the tank to go.

**We burn calories by the things we do. Sleeping, breathing, laughing and talking all require calories.**

We burn more calories with our daily activities like walking and climbing stairs.

You can increase how many calories you burn even more by exercising.

**If you want to lose weight then you need to eat less calories than you burn.**

**This is a CALORIE DEFICIT**

Calories **IN**

- Everything you eat
- Everything you drink

Calories **OUT**

- Moving around, breathing, talking, working, sleeping
- Exercise in the gym

**IN less than OUT = Calorie deficit**



**To repeat... (because it's so important!)**

**If you want to lose weight then you need to eat less calories than you burn. This is called a calorie deficit.**

**You have three ways of changing your calorie balance to achieve this;**

1. Eat less
2. Move around more
3. Exercise

**How much should you eat to  
burn fat?**

**Bodyweight (kg)**

**x**

**27**

This is a starting point. If you're not losing weight then you're eating too much.

**Example**

77kg male would aim initially to eat (77 x 27), 2079 calories to lose weight.

# Activity #1

## How many calories did you eat yesterday?

1. Write down everything you ate and drank yesterday
2. Using Google or MyFitnessPal calculate how many calories that adds up to. This is **Number A**
3. Calculate how many calories you need to burn fat ( $27 \times \text{bodyweight}$ ). This is **Number B**
4. Number A should be equal to or a little less than Number B.

## Find your sweet spot

Aim to lose 0.5–1kg a week.

Remember, weight loss isn't a linear process. Some weeks you may lose more, and others you may lose less.

200g a week, still adds up to 10kg (over a stone!) of weight loss in a year.

Adjust your calories until you find your perfect amount.

Eat plenty of  
protein to fast  
track your  
progress

# Why is protein so important?

- Helps you maintain your muscle mass
- Maximises fat loss
- Keeps you fuller for longer (really important if you're eating less calories)
- It's tasty!

# Top sources of protein

- Meat
- Fish and seafood
- Eggs
- Low fat dairy (0% greek yogurt, cottage cheese)
- Protein powders
- Beans and lentils
- Tofu and edamame

# How much protein should you eat every day?

**Bodyweight(kg)**

**x**

**1.6**

To really fast track your progress, aim of 2g per kg bodyweight

## **Example**

77kg male would aim initially to eat (77 x 1.6), 123g of protein. If he really wanted to fast track his progress he could aim for 150g



## Activity #2

### How much protein did you eat yesterday?

1. Write down everything you ate and drank yesterday
2. Using Google or MyFitnessPal calculate how many grams of protein you consumed over the day. This is **Number A**
3. Calculate how many grams of protein you should aim to eat ( $1.6 \times$  bodyweight). This is **Number B**
4. Number A should be bigger than or equal to Number B

# **10 top tips for RESULTS**

Be flexible - aim for  
a daily calorie  
range not a precise  
figure.

E.g. 1700-1900  
calories, not 1800  
exactly.

Consider tracking  
your calorie  
consumption in an  
app (e.g.  
MyFitnessPal).

It can make it  
easier to stay on  
track.

Focus on your  
weekly calorie  
average.

It's OK to eat more  
or some days and  
less on others.

Find a style of eating that you enjoy. All diets work by creating a calorie deficit.

Find the one you like and be consistent at it!

Move more!

Aim for 10,000  
steps a day

Fill up on  
vegetables. This  
will help keep  
hunger at bay.



Avoid calorie  
containing drinks.  
Stick with water  
and other  
calorie-free  
options.

Be careful with  
snacks. They can  
halt your progress  
as the calories  
soon add up.

Portion size matters. Consider a small avocado vs. a big avocado. Watch out for sneaky calories in sauces and cooking oils too!

Be mindful that  
your weight will  
naturally move up  
and down,  
especially if you are  
female.

Fat loss isn't  
just a week day  
effort

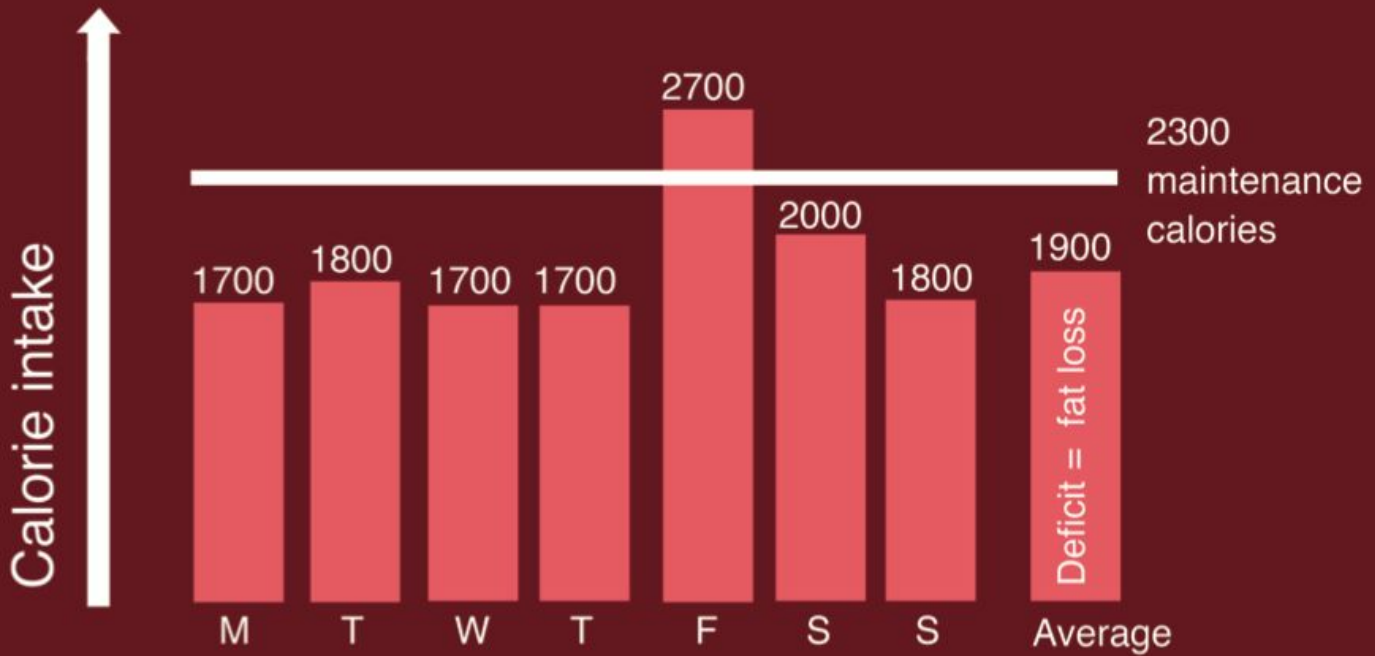
**Where most people fail is at weekends. You can be perfect all week but an excessive weekend can ruin all your hard work.**

What really matters is your average calories over a 7-day period.

If you can understand this and action on it then you will make progress (and still get to enjoy yourself!)

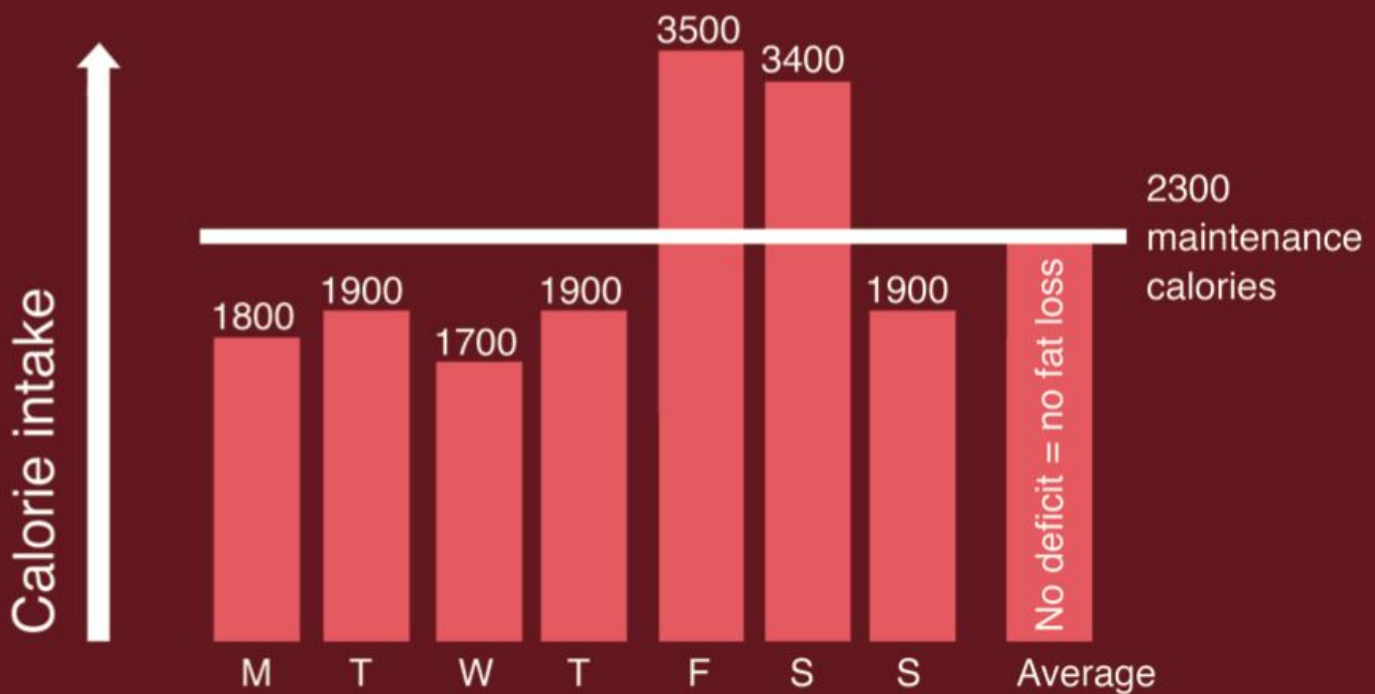
# Smart calorie cycling

Eating smart in the week means it's still possible to have fun at the weekend



# Excessive Weekend

An excessive weekend wipes out all the hard work done in the week



**For the third and final time...**

**If you want to lose weight then you need to eat less calories than you burn. This is called a calorie deficit.**

**You have three ways of changing your calorie balance**

1. Eat less
2. Move around more
3. Exercise



Bottom line.  
If you're not  
losing weight,  
you're eating  
too much

**RESULTS inc**  
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