

Three Tips To Help With Fat Loss



**BY: COACH DANNY
MATRANGA, CSCS**

Weight loss can be a complicated process. Contrary to what many trainers and fitness fanatics say, losing weight is NOT the same process for everyone.



Each and every client I worked with had their own story. The reasons that they put on the weight were always unique. That being said, there are some very fundamental commonalities we all share in regards to gaining or losing weight.



What causes weight loss/gain?





ENERGY BALANCE

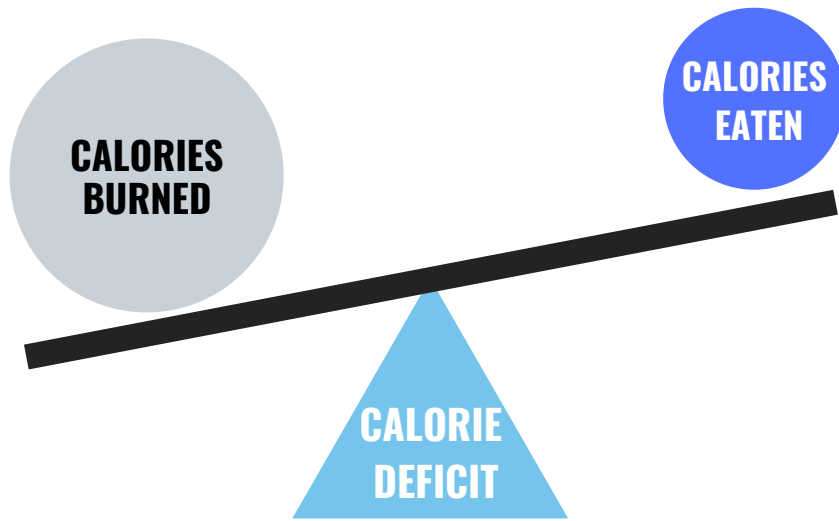
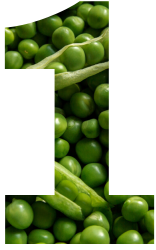
Weight loss or weight gain are dictated by something called energy balance. Energy balance represents the overall balance of energy in and out of the body. It is measured in calories. If someone's output of calories exceeds their input (they burn more than they consume), this is known as a negative energy balance or calorie deficit. On the other end of the spectrum, we have a calorie surplus or positive energy balance. A calorie surplus occurs when calorie intake exceeds calorie output.

As this is a fat loss guide, let's talk specifically about the concept of a calorie surplus of positive energy balance. To put it simply, if an individual is in a calorie surplus for too long, those excess calories have to go somewhere. Where do they go? Usually fat. IF an individual resistance trains and gets adequate protein intake, some will go to muscle - but that is a topic for another day.

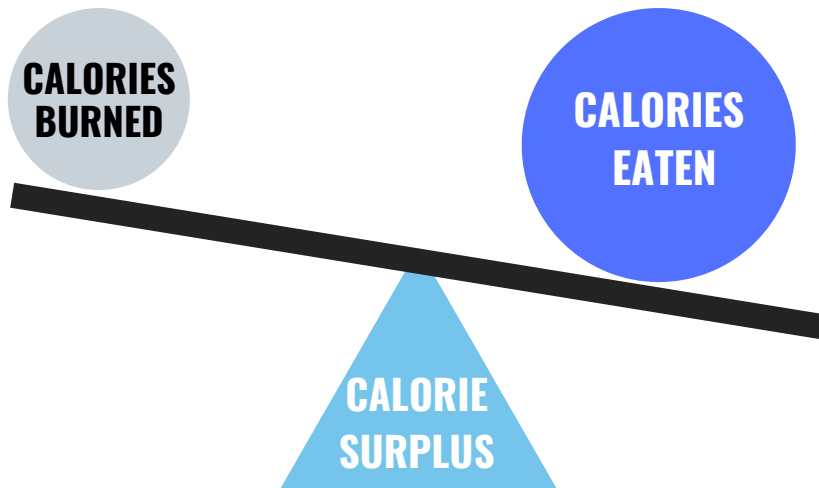
So, in HEALTHY individuals, if someone is gaining body fat or overweight, it is safe to assume they have been in a calorie surplus for some time.

What are the primary causes of a calorie surplus' in today's society? Or, in other words, why are we struggling so mightily to lose weight despite having so many diets and exercise regimes available to us?

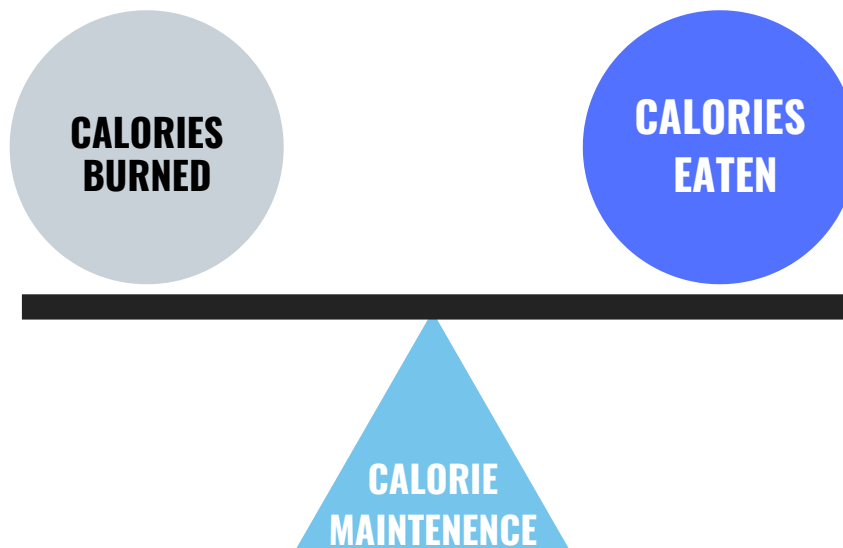
Here are the THREE primary reasons people struggle to lose weight, and THREE solutions.



Energy balance illustrating a calorie deficit, tipping the scale in favor of weight loss.



Energy balance illustrating a calorie surplus, tipping the scale in favor of tissue gain.



Energy balance illustrating calorie maintenance. Bodyweight will be maintained.

TIP 1:

Limit Your Intake Of Processed Foods

Let me start by first saying this; processed foods ARE NOT inherently fattening. No food is. Yes, that's right - there is no one food that causes direct body fat gain. Not sugar, not gluten, not even FAT. While our excess calories are stored within our fat cells, there is no singular food that magically flips a switch and opens the floodgates of fat gain.

Processed foods are probably the closest thing we have to a food that is "likely" to cause overeating. In doing this, fat gain can be expected because overeating will cause a calorie surplus - especially if you are overeating high-calorie foods. Most processed foods contain a mix of sugars, fats, and salts that create a very tasty combination. Because these foods are often low in fiber and designed to be overeaten, they are at the epicenter of the obesity epidemic.

A tool I use with clients who are new to trying to lose weight is to ask them to cut their processed food intake back 80%. This is not to say to cut it back 100% is not superior; for fat loss, it probably is - it's just much harder. The goal with any dietary change is sustainability. Cutting out the bulk of processed food, but not all of it is a perfect middle-ground for creating lasting behavior change.

So if you are struggling to lose weight but have not yet limited your intake of fast foods, processed foods, or highly refined foods - try this first!



TIP 2:

Track Your Calories

Tracking your calories seems like a lot. I'm sure you have heard people talk about it, maybe you have even tried it. I like to think of it as managing your checking account. You likely have a pretty good idea of what's in there, but you maybe dont check it every day.

However, trying to lose weight requires the same attitude you need to have when trying to stay on a budget. You have to be aware of how many calories you can eat and how much is in the food you consume. It is not a lot different than being aware of your expenses. If you only have so much money to work with (calories), you have to be careful what you buy (eat).

The problem is, most people make little to no effort to account for the number of calories in the food that they eat. Even the slightest effort of tracking food can make a colossal difference in food intake. The more accurate you can be, the better. Having an approximate idea of how much to eat and your intake to ensure you are "in the ballpark" is a fantastic place to start!

Perhaps the most commonly overlooked mistake people make is dietary consistency. Limiting processed food intake and tracking your calories WORKS - so long as you do it. Most people have no problem doing these things when there is structure in place.



TIP 3:

Be Consistent All Week

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Over the years, clients would often report how great they ate over the week, and how they only had one bad day on the weekend. This sounded great to me, I thought they certainly must be on track to lose weight eating good six days per week, yet the scale would not move.

After years of seeing this rise up with client after client, I did the math. If you are in a 300 calorie daily deficit six days per week, but on Sunday overeat by 1800 calories (not uncommon behavior in traditional western society), your week was effectively a wash.

Six days of discipline effectively neutralized by one day of "binging".

This sucks and is far from fair. But it is INCREDIBLY common. If there is ONE thing to remember from this analogy, it is the necessity for discipline and consistency when dieting.



ABOUT COACH DANNY



Danny has been personal training in-person and online since 2013. After his high school athletic career ended, he continued to pursue his passion for health and human movement. He worked as a personal trainer the entirety of his tenure at university, where he achieved his bachelor's degree in kinesiology. He holds over a dozen certifications and specializations, from NASM, ACE, NCI, FAS, including the NSCA's prestigious CSCS. Having trained over 10,000 individual sessions and worked internationally with clients online.

Danny has bridged the gap between academia and application. It's one thing to be some guy on Instagram who posts workouts; it's a whole different thing entirely to be an "in-the-trenches-coach."

He now spends a great deal of his time educating trainers online and in person at various workshops - all while remaining extremely involved in his in-person and online coaching business.

If you are interested in working with coach Danny, both his one-on-one coaching and online programs can be found at:

www.coachdannymatranga.com