

Losing Weight

Why?

"Why do you want to lose weight?" This is the first question you need to ask yourself. Whatever your reason is, may it be to fit in your clothes again or because some important event is coming up or maybe just because you want to be healthier, it is your personal reason and you have to feel good about it. First find the why and then start planning your diet & exercises. If you need to lose weight because your doctor said so, that might not be enough to motivate you. When someone else tells us that we need to do something to change ourselves, we're often not motivated because it is not out of our own will.



Yes, you know you need to lose weight to become healthy, however the first step should be yours and not because someone told you so. Find your own personal motivation and then start planning.

When?

When you have found your motivation, you can now start planning. Don't aim on a weight loss of more than *1kg per week*, as it is not healthy. If you have a special event coming up (eg. your wedding), then don't start too late as you most likely won't achieve your goal which will result in disappointment. Count about a loss of 0.5 - 1kg per week, keeping in mind that it will be 0.5 instead of 1kg. Now you can start planning.

Even if you aren't doing it for a special event, then still you can set a deadline as it will motivate you.

Eg. You want to lose 10kg so that you can look fabulous at that event on 30th June. Start calculating, 10kg divided by 1kg is 10 weeks, a miscellaneous of 0.5kg so you have to count at

least 20 weeks. Make it 30 to be sure, as you never know what will come across your path. Thirty weeks is about 7.5 month. This means that you have to start dieting around November.

Which?

These days more and more diets are being thrown at your head. Advertisements here, slimming pills there, slimming clothes, fat melting chocolates, liquid diets,... There are too many and what they do? Exactly nothing!

“Oh, but Kim Kardashian and top models and other celebrities are following this diet and they look stunning.”



Never look at celebrities and which diet they follow. They have the time and the money and most of them also have a personal trainer. Whatever product they're using (special brand diet, special clothes, medication,...) they might get result but this is also because they work for it very hard or get even plastic surgery and say it was because of a special diet. There is no such thing as a wonder pill or wonder clothes that will let you lose weight without any effort.

If there was really such a thing, then ask yourself one thing *“Why still so many people are struggling in losing weight when there is this wonder product which is low in price?”*

One answer: because ***there is no such thing as a wonder product for weight loss***. It is very important to keep that in mind.

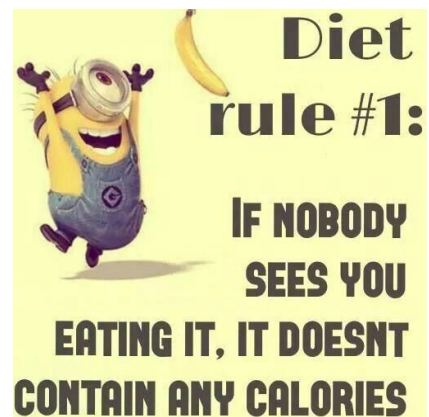
“So, then which diet do I have to follow?” This depends on how much you want to lose, your age, your gender, your activity. The most important thing to remember is that your diet always has to be natural and clean.

How?

Do you want to lose weight only for that one special event or do you want to be like that after it as well? I think we all can agree that you want to **stay the new you**. Though it isn't always easy, but when you keep setting new goals you'll motivate yourself every time. Again I mention, do not aim on losing more than 1kg per week, as it is not healthy. Your body needs to be able to adapt to the changes it's going through. If you starve yourself and lose 3kg per week, you might be very optimistic and happy BUT!!! those lost kgs will add on right away after a week or two or when you cheated one day. There goes your effort and there goes your motivation.

A diet should **never** contain **less than 1200kcal per day**. Below that your body will miss the important nutrients and it will start taking up everything that you eat and drink. At this stage even an apple will let you gain weight, as your body will absorb everything that it gets. So be sure never to take less than 1200kcal per day.

As I can't give all possible combinations (it are more than a 1000 combination), you can check on <http://www.calculator.net/calorie-calculator.html> how many calories exact you need for your height, weight, gender and age.



"What after I reached my goal?" Congratulations!! Now you want to stay like this right? The moment that you reach your goal you might be super euphoric and you might say to yourself *"And now I deserve to go crazy!"*

Hold it right there! Yes, you have reached your goal and yes you can be very proud on yourself, however, your body just went through a gradual change to achieve your weight loss. If you go, as matter of speaking, binge eating right away you will destroy everything you have worked on for the past weeks or months. Just as starting slow, you also have to build up slow. Your **stomach has shrunk** because your intake was less so you need to extend it slow. Don't get scared with the term '**extend**', if you do it right your stomach will extend not you. Gradually you have to build up your calorie intake again to the point that you are '**allowed**'. Not everyone needs as many calories. It yet again depends on your age, gender and activity.

Diet

1. Nutritions

Keeping up your nutritions are very **important**, as they are there to keep you healthy. Never skip any food group, just eat less of some. The food pyramid you most likely know already but nevertheless:



- The **top** (optional food) of the pyramid should be consumed the **least**. Don't cut it, but don't overdo it either.
- The **grain** part is important as well, however also **don't overdo** it, as this is the carbs section and carbs are put in sugars when they're not processed. Aim for the *whole grain and unrefined ones*, skip white rice, white bread, white pasta...
- **Vegetables** you can eat **as much as you want** as they are full of vitamins and less in calories, only a few contain carbs and proteins as well which make them have a higher calorie level. Though, better to have those healthy proteins and carbs than artificial ones or those out of processed food.
- **Fruits** are important for your vitamin intake, but they have a high sugar level. **Don't eat more than 3 pieces** of fruit each day as otherwise your sugar level will go higher than needed.

- When it comes to **meat and fish**, this is a very important intake for your daily **protein**. Go for the **lean meat and white fish** as they contain the least in fats. If you are a vegetarian, no problem, lentils, chickpeas, eggs (if you can eat those) are examples of foods that contain a good level of protein.
- The dairy section is not as important as you might think. Don't get mistaken with "you have to drink milk everyday for your calcium", this is wrong. The moment you are full-grown (around the age of 16), you don't need as much milk anymore as before. It even can harm your bones as it will brake down your calcium. You **don't need** everyday twice a day milk.

2. Workout

What else **important** is, workout. Whether you go walking for 1h, running for 30min or going for gym for 1-1.5h, that is all perfectly fine, but take your workout as **serious** as your diet. Only dieting will let you lose weight, but you will lose muscles first and not the fat you want to get rid off. Your muscles are important to keep for your health and daily movement.

"But I want to lose weight and muscles weigh more so I will gain weight, I don't want that. Muscles will also make me look like a pumped up hulk. I will not do gym I'll only do cardio and diet."

Wrong, wrong, wrong. Yes, muscles weigh more, but they're healthy for you. It makes you stronger, firm and your immune system will be better. You will also not look like a pumped up hulk, for that a lot of dedication, very strict diet and supplements are needed, which you don't do if you are normal dieting. Don't be afraid to put some weights during your gym session, you wont become like a hulk. Just don't overdo it, don't be to confident, you want to be able to do gym for a long time not only 1 time.

**EXERCISING WOULD
BE SO MUCH MORE
REWARDING IF
CALORIES
SCREAMED WHILE
YOU BURNED THEM**

Depending on how many weight you want/have to lose, it is recommended to implement a **cardio** session of about 30min. For those who are overweight it is important to first lose the amount of weight to bring you between the **BMI of 20-25**, before you start aiming to develop muscles.

If you are in the level of **obese** take it slow with any kind of exercise but also don't think *"Yes! I don't have to do exercise!"*. That is not the case. The reason why you have to take it **slow**, is because your fat ratio will be high which has brought your **heart in danger**. Your heart rate is already higher than that of a healthy person and during cardio (or any kind of heavy exercise) your heart rate will also be higher and that in a dangerous rate. Therefore it is better to start with a cardio that is **less harmful** at this stage. Think about going for a walk of 1h or taking the stairs instead of the elevator at work, or going by bicycle for short distances. Until you have come to the **BMI of 30-35** you can start doing more intensive cardio.

NOTE: When you have done your cardio or went to the gym, see it as a quicker process of achieving your goal. Don't see it as *"Oh, I have burned x amount of calories so I'm eligible now to eat more. After my workout let me get myself a treat!"* **DON'T DO THAT!** It is easier to take in calories then to get rid of them, this means that your 1-2h workout has been for nothing.

3. Drinking

It is everywhere, *"Dieting? Drink as much water as you can!"*, and it is completely true! Drink water throughout the day, approx **1.5-2L a day**. You are a coffee or tea drinker? No problem, you can still drink this but in limited amount. Prefer to drink **black coffee** (no sugar and no milk or milk creamer), and when it comes to tea prefer to drink **green tea** (with or without flavour but no or



limited added sugar). Milk creamer that you put in your coffee is full fat and brings nothing good to your diet, though if you can't drink coffee without that then choose skimmed milk instead, and it should be more coffee than milk. Same counts for sugar, don't put 4-5-6 or more spoons/cubes/sachets, 1 is the maximum amount if you really can't go without.

Why green tea? Green tea has a lot of antioxidants which will purify your system, it quasi flushes away the bad things. Don't drink more than 2-3 cups of coffee/tea a day.

Avoid alcohol, sugar containing drinks like softdrinks and juice. However, you can drink juice (limited amount) but only freshly made juice.

4. Supplements

Try to **avoid** all the chemical supplements like pills and '*packed*' diets. We have all seen it and maybe you have also tried it, hence I even tried all kind of diets like these, but they're **everything except good** for your health. Mostly those special meals and shakes contain only protein and nothing much of the other nutritions you need. The people selling this will say it will work and that it is healthy, but it is not. So stay away of those '*meal replacers*' and choose the food that IS healthy and tasty.

Do you want to be lean and fit with some visible muscles but dieting and gym isn't giving you what you want? Then try to take **whey protein**. This is made out of natural ingredients and protein is good for you.

5. Diet plan

Like I mentioned before, your diet should **not** contain **less than 1200kcal**. First you need to know how many calories you take normally. You don't have a list of foods where you can find all the calories? No problem, there are many **apps** these days which you can download and they calculate the calories for you. You only have to add the food item and the quantity. There are many but my favourite is **MyFitnessPal** (available for Android and iOs).

As we live in India we have different food items, even the Indian food is findable there! You can also see how many protein, fat, vitamins, etc the food item has. You fill in your details (height, weight, goal, active state...) and it calculates how many calories, protein, fat, carbs etc you need every day to achieve your goal.

Everyday you have to fill in what you ate during the day (breakfast, lunch, dinner, snacks), even you can fill in your water intake and the exercises you did (kind + duration). Whenever you fill something it will calculate the total calories and how much you have left.

5.1. Daily Intake

As mentioned before there are many combinations to get your ideal daily calorie intake. The following charts are those for a 26 y/o person (male and female) of 180cm weighing 70kg with a moderately active live (3-5 times a week sport).

The chart is between 1300-1600 kcal, depending on which combinations you take.

Breakfast	1 carb intake + 1 dairy intake + 1 protein intake	carb: 2 slices of bread or 40g oats or 40g cereals dairy: 1 glas of milk (unsweetened) or 150g yoghurt (unsweetened!) protein: 1tbs peanut butter or 2 egg whites or 100g boiled chicken
Snack	1 fruit or 1 vegetable	any kind, smaller fruits like grapes should not be more than 10pcs., don't overdo with banana and avocado idem dito.
Lunch	1 carb intake + 1 vegetables intake + 1 protein intake	carb: 2 medium potato or 150g boiled rice or 120g pasta or 2 slices of bread/roti vegetable: 300g any kind, don't overdo with peas and other of these kind. You can boil it, season it (not too much salt), but don't use more than 1tbs/pers of oil. protein: 120g chicken or 150g white fish or 2eggs or 120g boiled pulses. Season as much as you want (not too much salt) and not more than 1tbs/pers of oil.
Snack	1 fruit or 1 vegetable	any kind, smaller fruits like grapes should not be more than 10pcs., don't overdo with banana and avocado idem dito.
Dinner	1 carb intake + 1 vegetables intake + 1 protein intake	carb: 2 medium potato or 150g boiled rice or 120g pasta or 2 slices of bread/roti vegetable: 300g any kind, don't overdo with peas and other of these kind. You can boil it, season it (not too much salt), but don't use more than 1tbs/pers of oil. protein: 120g chicken or 150g white fish or 2eggs or 120g boiled pulses. Season as much as you want (not too much salt) and not more than 1tbs/pers of oil.
Snack	whey protein if you take this supplement	any flavour
Exercise	15min cardio + 45min gym (with weights)	cardio: running or cycle gym: 2 muscle groups (don't do legs and abs in one day)

5.2.Sample Diet Plan (Indian non-veg)

Breakfast	2 slices of bread + 1tbs peanut butter + 150g yoghurt	410kcal
Snack	2 carrots	59kcal
Lunch	2 roti (without ghee)+ 100g baigan bharta + 50g salad (no onion) + 100g channa daal	340kcal
Snack	1 apple	80kcal
Dinner	chicken biryani (made with 100g chicken, 120g rice and veggies of own choice)	322kcal
Snack	whey protein	133kcal
		1344kcal / 98protein

5.3. Sample Diet Plan (Western non-veg)

Breakfast	2 slices of bread + 1tbs peanut butter + 150g yoghurt	410kcal
Snack	2 carrots	59kcal
Lunch	2 medium jacked potatoes (1tsp butter/ each allowed) + 120g grilled chicken (seasoning by choice) + 300g stewed French beans with 1 onion	271kcal
Snack	1 apple	80kcal
Dinner	350ml vegetable soup + 2 slices of bread + 100g grilled cod filet	434kcal
Snack	whey protein	133kcal
		1387kcal / 121protein