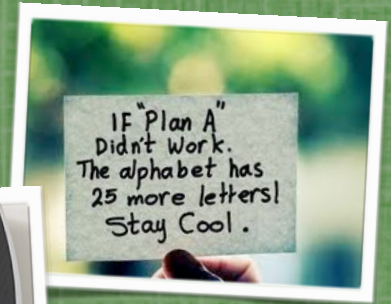
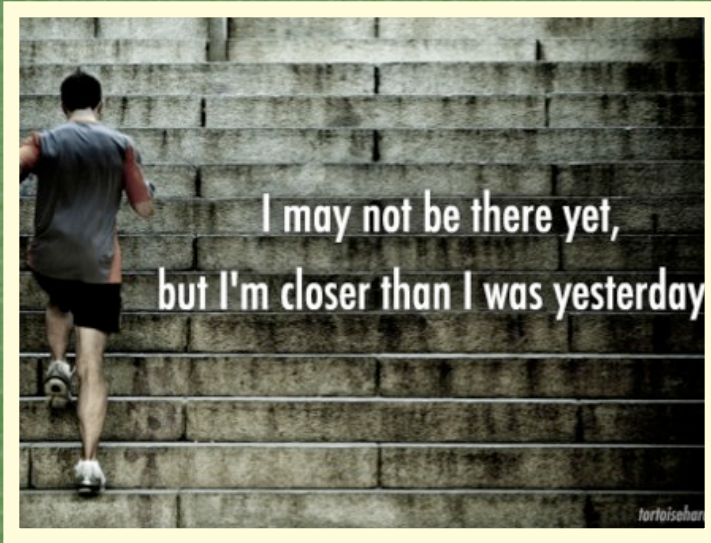


# Losing Weight

BY WILLIAM MARSH



## The Basics

**There's a lot to know about losing weight, but first you must start with your metabolism.**

Your metabolism dictates how many calories your body burns in a day. Many sources state that the average person burns 2000 calories in a day, but that is only an estimation.

To find out your own metabolism you must use a formula to learn your own metabolism. The formula's below will gauge your metabolism based on gender, age, weight and height.

**Do Not Give Up. You are closer than you think.**

Men:

$$\text{BMR} = 66 + (6.23 \times \text{weight in pounds}) + (12.7 \times \text{height in inches}) - (6.8 \times \text{age in year})$$

Women:

$$\text{BMR} = 655 + (4.35 \times \text{weight in pounds}) + (4.7 \times \text{height in inches}) - (4.7 \times \text{age in years})$$

The next thing we must do is take your activity level into account. If you have little to no exercise in your daily life, multiply by 1.2. If you exercise 3-5 days a week, multiply by 1.55. If you exercise everyday on top of conditioning for a sport at least twice a week, multiply by 1.9. If you fall between two categories feel free to multiply by the middle of those two numbers.

**Now that you have your metabolism, we need to set a caloric goal to meet everyday.**

Now that you have your metabolism, subtract 500 calories from that. That will give you the number of calories that you should eat per day. Be careful not to go

A pound of fat is 3500 calories, which means that a 500 calorie deficit will burn roughly 1 pound per week.

over too much.

**That may sound difficult but in the following pages will be advice and information on how to make it easier.** Malesuada eleifend, tortor molestie, a fusce a vel et. Mauris at suspendisse, neque aliquam faucibus adipiscing.

## Eating Right

Eating right is unquestionably the most important part of body recomposition. If you don't eat well, then time in the gym will be squandered. So, because we've already gone over the basics I'm going to cover the more complex topics, starting with macronutrients. Macronutrients is a fancy word for fat, carbohydrates and protein. They are called macronutrients because they are nutrients that you need in large amounts, whereas micronutrients (like vitamin A, calcium, iron etc) are only needed in very small amounts.

## Fat

Fats are broken down into several categories, but the three significant ones are saturated, unsaturated, and trans fats. Saturated and trans fats are bad and should generally not be consumed in large portions. Saturated fats are found in red meat frequently. Not to say that red meat is bad, but it should be eaten in moderation. Trans fats do not occur in organic food, but is found in some manufactured products like potato chips and pastries.

## Carbs

Carbohydrates are broken down into two main categories: Complex carbs and simple carbs.

Complex carbohydrates are found in leafy green vegetables and unprocessed oats like whole wheat and steel cut oatmeal. These carbs are very filling for their portions and help maintain digestive health. Simple carbs are found in fruits and sugary foods. They are not terribly filling and can cause 'sugar rushes'. That said, fruits are much better than sugary, processed snacks like cookies.

## Protein

Protein is the simplest of the macronutrients. Protein is used to help repair and build muscle. Protein can be found in a variety of foods. The most relevant is meat, which is largely composed of protein. The best meats for protein are poultry and fish. Beyond meats, protein can be found in beans and nuts.

## Summary

When it comes to eating right, try to stay away from processed foods. Leafy green vegetables and white meat are excellent, as are nuts and berries. Fruit is good and is rich in micronutrients, but is surpassed by leafy greens. Red meat is okay, but should be eaten in moderation. Processed sugary/salty snacks should largely be avoided. Don't read the tips saying how healthy something is, read the nutritional information.

## Exercise

Exercise is a very important factor in living a healthy life style. Whether losing weight or gaining weight, exercise is an invaluable tool. But, as with any tool, you need to know how to use it properly for best results. When it comes to burning calories, cardio (running, swimming, biking etc) is king. Cardio burns a lot of calories in a short duration and is very applicable to daily life. You'll find that climbing stairs is easier and that you may save money by walking distances you would normally take public transportation for. But that's not to say that lifting weights doesn't have it's place as well. Lifting weights helps to put on muscle which serves two primary purposes in losing weight. The first purpose of lifting weights while trying to lose weight is that lifting weights builds muscle which increases your metabolism. The second purpose builds off of the first, which is that added muscle mass makes the body look leaner by giving it more defined lines.  
*Note: For those concerned with looking too 'bulky' and shying away from free weights section; bulking up does not happen over night, and lifting weights on a caloric deficit will not build the same amount as eating on a surplus.*

### Works Cited:

<http://www.bmi-calculator.net/bmr-calculator/harris-benedict-equation/>  
<http://www.bmi-calculator.net/bmr-calculator/bmr-formula.php>