

THE ULTIMATE GUIDE TO FAT LOSS

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Hello and welcome to the Ultimate Fat Loss Guide!

I assume you're here because you want to lose some body fat. In this guide, I'm going to teach you some of the basics principles that will help you on your journey.

Maybe you're here because you've tried all the things, low carb, low fat, intermittent fasting, whole 30, paleo, carnivore, Weight Watchers, etc. and nothing has worked longterm because maybe you like carbs and fat, or you like eating breakfast, or you like being able to enjoy dinner with your family without having to prepare something completely different for yourself.

It can feel frustrating and overwhelming to know what diet is going to work for you. In this guide, I'm going to break it down in the most simplistic way possible so you can know exactly what you need to do.

It's simple, but it won't be easy. It's going to take some work, effort, and time to figure things out.

This is a JOURNEY. Not a quick fix. Take time to learn new skills and habits that will help you keep the weight off long-term.

Here's what we're going to cover:

- ★ **Calorie Deficit**
- ★ **Calorie Counting**
- ★ **Ways to Stay More Full in a Calorie Deficit**
- ★ **Exercise**
- ★ **Sleep**
- ★ **Mindset**
- ★ **6 Weeks of Workouts**

Calorie Deficit

First things first. How do you lose fat? There are a lot of myths out there, but the only way to lose body fat is to be in a calorie deficit.

What is a calorie? A calorie is a unit of measurement used to show the energy content of food.

A calorie deficit is another way of saying that you're eating less calories than your body is burning throughout the day. In other words, you're putting yourself in an energy deficit.

To lose weight → Eat in a calorie deficit

To maintain weight → Eat maintenance calories

To gain weight → Eat in a calorie surplus

You might have a friend, co-worker, or family member who lost weight doing keto, carnivore, intermittent fasting, weight watchers, whole30, or some other fancy diet and they SWEAR by it. It worked for them, but will it work for you?

Each of those diets can work if they put you in an overall calorie deficit. For example, keto cuts out almost a whole macronutrient—carbs—so you might naturally eat less calories and lose fat. Intermittent fasting shortens the window of eating so you might end up eating less calories and lose fat. However, there isn't anything magical about these diets. They can help put you in a calorie deficit. If you love carbs or love breakfast, don't do these diets!



With any diet you need to ask yourself if you can maintain this for the rest of your life. If you can't, DON'T DO IT! You might lose weight initially but as soon as you stop your diet, you'll likely gain the weight back.

The best way is to put yourself in a moderate calorie deficit. I like doing this because it's much more sustainable. You can figure out how to enjoy your favorite foods in moderation. You don't need to be overly restrictive or cut out whole food groups.

You can learn how to incorporate everything in moderation and work on adding more nutrient dense foods into your diet. You won't always be in a cut.

Eventually you will move back into maintenance, but you can continue eating how you normally would, just slightly more calories.



Calorie Deficit cont...

So how do we determine what a calorie deficit looks like for you?

Step 1: Figure out your goal body weight. Make sure it's realistic. It's a weight that you feel most comfortable at.

Step 2: Next, multiply your goal bodyweight by 12. Those are your daily calories.

example: 140lbs x 12 = 1,680 calories per day

I like to give a range so there's less pressure to hit an exact number. In the above example, I'd set my calorie range for 1,580 - 1,780 calories per day.

Some days you'll be on the upper end of calories and some days you might be on the lower end. You can add your daily calories up for the week and divide by 7 to be sure you're in the correct calorie range each week.

For example, $1,680 \times 7 = 11,760$ calories each week

The goal is to hit your daily calorie target as consistently as you can. Shoot for 80-90% consistency. That means in a 30 day month you should hit 1,680 calories/day 24-27 days.

This gives you some wiggle room to enjoy a night out, birthday party, dinner with the in-laws, etc.

Counting Calories

Calorie counting is tracking the calories in the foods and drinks you're consuming to help determine how many calories you're eating each day.

Think of it like having a budget for your finances. You have a set amount of money (or calories) you can spend each day. In order to stay in your budget, you would need to track how much money (or calories) you spend (or eat) on each item (food) and add it up each day.

By tracking your calories (or spending, you'll get a really clear picture if you're in your calorie deficit (or budget) or not.

With calorie counting, no food or drink has to be completely off limits. You'll need to learn how to enjoy all foods in moderation. You'll learn that some foods are more calorie-dense than others. You'll learn that some foods fill you up better than others.

Calorie counting will teach you more about the foods you're already eating and how best to "spend" your calories to ensure you're hitting your calorie deficit target.

Ways to Stay More Full in a Calorie Deficit

Protein

1. Protein builds, sustains, and repairs your muscles. This is SUPER important for fat loss because the more muscle you have, the more efficiently your body will burn calories while at rest. Lean body mass will also make you look more toned and give your muscles a good shape so you don't end up skinny fat.
2. Protein also has the highest thermic effect of food (TEF) which means that your body is burning more calories to process, absorb, and digest protein. That's pretty cool!
3. Protein will fill you up and will make your calorie deficit more manageable. You'll feel less hungry, more satisfied and satiated.

Aim for 0.8-1 gram per pound of goal body weight. I like to give myself a range:

example: $140 \times 0.8 = 112$ grams, $140 \times 1 = 140$ grams / **112-140 grams per day**

Volume Foods

Volume foods are foods that you can eat a lot of for very few calories. They're generally more full of fiber and water and will help keep you full for longer.

Salad is a great example of this. 2 cups of spinach is only 20 calories. That's a lot of spinach that will fill your stomach up with food for very few calories. Toss in some other veggies and a protein source and you have a very filling meal. Here are some other examples:

Watermelon. 1lbs=150 calories

Strawberries. 1lb=140 calories

Cauliflower rice

Boiled potatoes

Greek yogurt

Cottage cheese

Oatmeal

Egg whites

Broccoli

Peppers

So many others. Most veggies and fruits fall into this category.



I'm not saying to ONLY eat volume foods, but I'd recommend adding at least 1 volume food to every meal. Choose mostly nutrient dense foods. But, it's okay to include other foods you love as well in moderation.

These foods will help you stay full and satisfied throughout the day so you aren't constantly hungry which can make it difficult to stick to your deficit!

Eat Simple Meals

You don't need super complicated meals.

The majority of people who are successful with their calorie deficit and weight loss journey, eat very simple meals every day.

By simple, I don't mean that it can't be tasty or something you enjoy. In fact, I recommend that you look forward to your meals. This will make you more successful.

Try to eat one ingredient foods. Some examples: eggs, oatmeal, apple, banana. Each of these foods have just 1 ingredient.

First, you'll notice most of the 1 ingredient foods are more nutrient dense and less processed. They will fill you up on fewer calories.

Second, it makes tracking so much easier.

Third, it's harder to overeat. Think about eating eggs vs. a bag of chips.

Which one is easier to overeat? Bananas or oreos? Apples or french fries?



I've never heard of anyone overeating too much spinach or broccoli. It's the highly processed foods like crackers, chips, and cookies that people tend to overeat. They're made for this purpose! They want you going back to buy more.

Stick to mostly one-ingredient foods during your meals and this will help make your deficit easier.

Here's an example meal: chicken breast (you can season as you like), baked potato, and steamed broccoli. All 1 ingredient foods, but you can season as you like.

Cut Out Liquid Calories

This is one of the easiest ways to make your deficit easier. Sodas, juices, alcohol, coffee, etc. These all contain calories that won't help you be more full or satisfy your hunger.

I'm not saying you have to completely eliminate them, but be aware that these calories add up quick and they aren't offering much in terms of satiety or nutrition.

You can certainly budget them into your deficit if it's important to you, but I wouldn't recommend doing it on a daily basis. It can make you extra hangry if you aren't filling your calories with mostly nutrient-dense foods. Choose diet or zero calorie drinks when you can. Water is also amazing. "

Workouts

Steps

There are 4 ways that your body burns calories:

- **70% BMR** - This is how many calories your body burns while at rest if you just laid in bed all day.
- **15% NEAT** - This is all of the extraneous movement you get throughout the day that isn't dedicated exercise. Things like walking, typing, fidgeting, etc.
- **10% TEF** - This is how many calories your body burns as it digests your food.
- **5% EAT** - This is calories burned from exercise. Side note, it's only FIVE percent. Another important reason to not worry about how many calories you burn during your workouts.

With that said, if you want to make your deficit easier, you can increase your NEAT by walking. This will help you burn more calories per day. You'll increase your overall energy expenditure and help yourself get into a calorie deficit. Aim for 7-10k steps a day. If your steps are currently very low, start where you're at and gradually work your way up to this. Find little ways you can increase your steps throughout the day.

Cardio

The #1 factor for fat loss is being in a calorie deficit. As long as you're eating in a calorie deficit you'll lose fat. Exercise accounts for about 5% of your total calories burned each day. It's not a lot! So, is cardio useless?

NO! Cardio has a ton of benefits. The American heart association recommends 150 minutes/week of moderate intensity aerobic exercise. This could be a brisk walk, jog, bike ride, swim, etc. Cardio is important for cardiovascular health and I find it very helpful for mental health too!

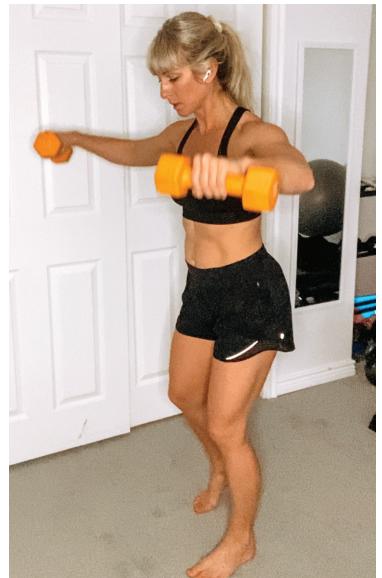
Cardio can't make up for a poor diet though. The best and easiest way to make sure you're in a calorie deficit is to control in with your nutrition. Do cardio for the health benefits, not to burn calories. Also, be aware that doing A TON of cardio can increase your hunger making it harder to stay in a deficit.

Strength Training

Aim to strength train 2-4x each week with a focus on getting STRONG. When you lift weights and work on building muscle, this can help boost your metabolism.

I feel like a huge benefit of strength training is the mental benefit. It gives you something to focus on other than the scale moving down.

It's also cool to see yourself getting stronger, improving your form, and learning new exercises. I had a client tell me recently that she feels so much stronger and is able to keep up with her kids a lot more. That is huge! It'll also give you a more defined and "toned" look which is what a lot of people are looking for.



Sleep

Sleeping less than 8 hours a night has been linked to lower leptin levels and higher ghrelin. These are 2 opposing hormones in appetite regulation. The differences in these 2 hormones caused by shorter sleep times will lead to an increase in appetite and hunger. Basically, when you're getting less quality sleep, your appetite increase and so do your cravings.

If you're eating nutrient-dense foods and enough protein and you're still hungry all the time, take a look at your sleep quality. I have all my clients rate their sleep quality on a scale of 1 to 10 every week. Now, I know 8 hours a night isn't possible for everyone, especially new moms and dads. Remember that this is a phase and it will pass. Really evaluate if this is the best time to be in a deficit.

Mindset

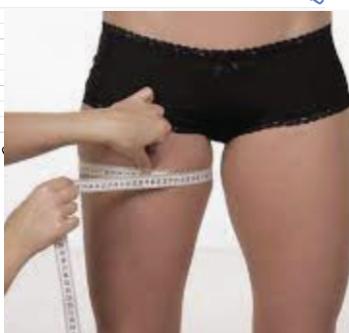
Tracking Your Progress

Track your weight daily, take measurements every 2 weeks, and progress photos every 4 weeks. This will help you have a lot of data to see the progress you're making. The scale alone will not tell the whole story!! Your weight will fluctuate daily. Take the average weekly weight and compare month 1 week 1 with month 2 week 1 and so on.

Also be sure to take note of "non-scale" wins. Things like how strong you're getting in the gym. How your sleep is improving. How much more disciplined you feel. How your clothes are fitting. How much more energy you have, etc.

Track as much as possible so you can have more data to know if what you're doing is working. Give your plan AT LEAST 4 weeks before you change anything.

Weight Tracker





Consistency and Flexibility

Consistency doesn't mean being perfect,

Things are not going to go as planned during this journey. You're going to have obstacles that might prevent you from getting your workout in or from hitting your protein target. Be flexible and know that perfection is not required to make progress.

Maybe you had a meeting go long so instead of getting 60 minutes to workout, you take a 20 minute walk. Maybe you have a date night coming up for your anniversary so you choose to not track calories, enjoy the night, and then get back on track the next morning!

Consistency means that you showed up for 24 out of the 30 day month.

You could have the perfect program, but if you aren't consistent, it's going to take a lot longer to get the results you're looking for. I have my clients aim for 80% consistency each month.

That means you show up for 24 days out of the month.

I don't want you to be 100% perfect because that means you're probably being too strict and rigid which could lead to burnout. Being 80% consistent means you have some wiggle room to enjoy a night out, celebrate someone's birthday, have unexpected things like illness or whatever might prevent you from hitting your calories.



When you do go "off track", know this: you're just 1 meal, 1 day, 1 decision away from getting back on track. DON'T GIVE UP!!!

Patience

Sustainable fat loss TAKES TIME. A long time.

You didn't gain the fat in 1 month so don't expect to lose it in 1 month. Set some realistic expectations so you're prepared to be in this for the long haul.

If you follow the steps in this guide consistently, you will begin to see results.

Lastly, if you have any questions, email me:
christyewingfitness@gmail.com

And if you want more specific help, accountability, and support, learn more about 1:1 coaching here:

<https://christyewing.com/one-on-onecoaching/>



6 Week Workout Plan:

Do these workouts for 4-6 weeks. Be sure to rest 48 hours between working the same muscle groups. If you aren't sure how to do an exercise, email me or search it up on youtube!

In addition to these strength workouts:

Aim for 7-10k steps daily and do 150 minutes of cardio each week

Starting Strength:

Do each set 3 times, rest 2 minutes between sets.

Workout 1: Lower Body

- 1a) DB Goblet Squat, 8-10 reps
- 1b) Glute Bridge, 12 reps
- 2a) DB Reverse Lunge, 8-10 reps per leg
- 2b) Kneeling Hip Flexor Stretch, :20-30 per leg
- 3a) Stability Ball Hamstring Curl, 12-15 reps
- 3b) Single Leg RDL, 8-10 reps per leg
- 3c) Slow Russian Twists, 8 reps per side

Workout 2: Upper Body

- 1a) Single Arm DB Chest Press, 8 reps per side
- 1b) DB Back Row, 8 reps per side
- 2a) DB Seated Shoulder Press, 10-12 reps
- 2b) DB Lateral Raise, 12-15 reps
- 3a) DB Hammer Curl, 12-15 reps
- 3b) DB Overhead Tricep Extension, 12-15 reps

Workout 3: Full Body

- 1a) DB Deadlift, 8-10 reps
- 1b) DB Chest Press, 8-10 reps
- 2a) DB Step-ups, 12 reps per side
- 2b) DB Arnold Press 12 reps
- 3a) 1.5 Single Leg Hip Thrust, 12 reps per side
- 3b) Elevated Pigeon Stretch, :20-30 per side
- 4a) Alternating DB Bicep Curl, 12-15 reps per side
- 4b) DB Tricep Kickback, 12-15 reps per side
- 4c) Slow Bicycle Crunches, 8 reps per side

And remember, you're stronger than you think you are!
You got this!