

Weight Loss

**** Goal is to lose fat tissue, not lean tissue or water**

A. Wrong ways to lose weight

1) Fluid loss

- a) quick results, but temporary (homeostasis)
- b) low carbohydrate diet include high water loss (carbs help body store water, no carbs= water loss)
- c) Dangerous!!

2) Fasting (not eating)

- a) no energy consumed – use glycogen quickly
- b) body converts protein from muscles and organs
- c) lose muscle and water weight
- d) starvation mode – body holds fat = get fatter
- e) will gain weight back
- f) **DANGEROUS!!**

3) Diet pills, surgery

4) Short term diets

- example =

***** Best way to maintain healthy weight = lifestyle change!! Not a quick fix!

Smart Weight Loss Strategies

**** Know difference between Hunger = *need* to eat**

Appetite = desire to eat (emotions, ads)

A. Diet planning

- 1) Don't rush = 1-2 lbs a week at most
- 2) Eating plan – not a short term diet
- 3) Eat regularly (no skipping meals, eat throughout the day)
- 4) Don't weigh yourself too often
- 5) Don't punish yourself – Get back on track!!
- 6) EXERCISE!!!!!!

B. Weight Loss Study

- Group 1 = -500 cal from diet (-11.7lb, -2.4 muscle)
- Group 2 = -500 cal from exercise (-12.6 lb fat, + 2 lb muscle)
- Group 3 = -250 cal diet, -250 cal exercise (-13.1 lb fat, +1.1

C. Best way to lose weight = cut calories and increase exercise (resistance and cardio)

