

WEIGHT LOSS



In order to lose weight some form of “restriction” is required in your diet

This restriction can come in many different forms:

- A restricted eating “window”
- Restricting a macronutrient such as carbohydrates (low-carb diet)
- Reducing total calories across food groups
- Cycling between lower and higher calorie days during the week

You as an individual

What might work well for one person, may be a terrible weight loss method for another. So sometimes trial and error is necessary to find your best fit

Ultimately you need to find the least restrictive form of restriction to get the best outcome

Tracking

Keeping track of your weight is an important part of any weight loss journey, and not doing it properly can leave you unmotivated and wanting to quit

These key tips will keep your tracking effective and accurate:

- Use the same scales
- In the same place
- At the same time of day (preferably when you wake up and after using the toilet)
- Avoid weighing yourself daily (if you do, add up the weekly weight and divide by 7)
- Try to weigh yourself once per week (i.e on a Sunday morning)
- Understand that there can be daily changes in weight (e.g. change in the bodies fluid balance)

Useful tool

Myfitnesspal: free to download and gives you the ability to track calorie intake through the day

<https://www.myfitnesspal.com/>