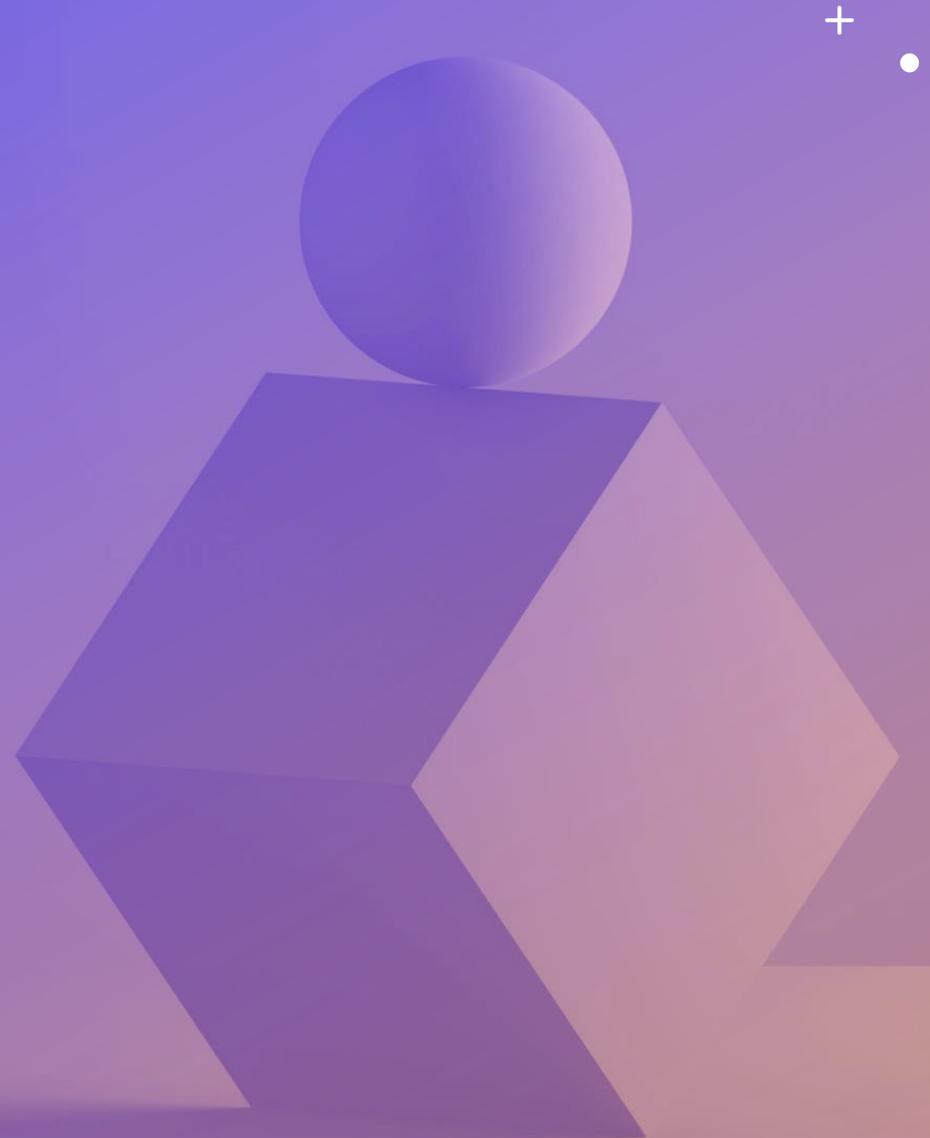


LESSONS LEARNED DURING WEIGHT LOSS

St. Thomas the Apostle, Peoria
Heights, IL

October 27, 2020



FINDING MOTIVATION

- Recognizing the need for change
 - Intellectual reasons
 - Emotional or Personal reasons
- Asking for help*
- Evolving and the need for a new and stronger “Why”
- Building consistent habits

* Thanks to Mario Tomic for much of this information (www.tomic.com).

THE BASICS

- Calories in (carbs, fats, protein)
- Calories out (exercise, activity)
- Recovery (sleep, stress management)
- Mindset (the mental commitment)

STARTING POINT



	2020	January	March	October
Weight		233 lbs.		
Waist		44 in.		
Hips		45 in.		
Body Fat %		34%		

CALCULATING INTAKE

- Total Daily Energy Expenditure (TDEE)
 - For example: www.tdeecalculator.net
- Tracking calories
 - For example: www.myfitnesspal.com
- Tracking weight (use weekly averages)
- 3500 calories = 1 pound of body weight
 - Eating 500 fewer calories per day to maintain a target of 1 pound of fat loss per week.

TARGET WEIGHT LOSS

- Target weight loss between 0.3% and 0.7% of body weight per week; maximum of 1% of body weight per week.
- A slow and steady pace is ideal.
- Larger weight loss targets can be selected when body fat percentage is higher.

For BW of 200 lbs...	Percent of BW	Target Change	Weekly Calories	Daily Calories
Minimum Target	0.3%	0.6 lbs.	-2100 calories	-300 calories/day
Maximum Target	0.7%	1.4 lbs.	-4900 calories	-700 calories/day

BALANCED DIET

- A balanced diet contains Protein, Carbohydrates and Fats.
- Protein and Carbs have 4 kCal/gram. Fat has 9 kCal/gram.

Recommended Protein Levels

- Common recommendation of .36 g per pound of weight.
- I followed a higher goal of 1 gram per pound of ideal body weight.
- Advantages of protein:
 - Build muscle, or maintain muscle during fat loss
 - Increased satiety
 - Higher thermic effect of digesting the food

BALANCED DIET

Recommended Fat Levels

- Fats should be about 30% of calories.
- Advantages of fat:
 - Fats are necessary for immune system
 - For cellular repair
 - For maintaining certain vitamins

BALANCED DIET

Recommended Carbs Levels

- Carbs make up the rest of the diet.
- Advantages of carbs:
 - Energy source for training and recovery
 - Healthy carbs provide volume and satiety
 - Good source of vitamins, minerals, nutrients

CALCULATING THE MACROS

- For example: Suppose a target intake of 2000 kCal (approximately 700 kCal under maintenance).
- **Set 180g of protein** based on 180 lbs. target.
 - $180 \text{ g} \times 4 \text{ kCal/g} = 720 \text{ kCal}$ of protein.
- Set fat at ~27% of total intake or 540 kCal.
 - $540 \text{ kCal} \div 9 \text{ kCal/g} = \mathbf{60 \text{ g of fat}}$.
- Set remaining 740 kCal for carbs.
 - $740 \text{ kCal} \div 4 \text{ kCal/g} = \mathbf{185 \text{ g of carbs}}$.
- These targets can be set up in My Fitness Pal.

EXERCISE

- Cardio vs Resistance Training
 - Cardio alone is not enough.
- The goal is to build or maintain muscle while losing fat.
- Avoid losing weight too quickly to burn fat, not muscle.
- Energy burn through LISS exercise (Low Intensity Steady State) like walking.
- Value of MISS exercise (Medium Intensity Steady State) with higher heart rate.
- I avoided muscle interference and joint disruption of HIIT (High Intensity Interval Training).

ADVANTAGES OF WALKING

- Health Benefits:
 - Contact with nature
 - Fresh air
 - Exposure to natural light
 - Clearing the mind
 - Increased focus and perspective
- Additional benefit: Exercise the mind with audiobooks
 - More about this later...

RESISTANCE TRAINING

- Value of Consistency
- Progression: Progressive Overload
- Good Technique with full range of motion, not relying on momentum
- Compound movements vs. isolation exercises
- Exercise the whole body
- Keeping a log
- Importance of rest for recovery

RECOVERY

Sleep

- Going to bed earlier; Getting up earlier
- Sleep 8 hours, or at least 7 hours.
- Good Sleep Habits:
 - Dark room
 - Cool temperature
 - Avoiding blue light
 - Avoiding stimulating activity before bed
 - Avoid caffeine

RECOVERY

Stress Reduction

- Value of Healthy stress
- Stress occurs because we care about something.
- Good Stress Management:
 - Not getting emotional
 - Stay grounded
 - Look for solutions and not problems
 - Detach from electronics, social media, and even news
- Identify core values, such as humility, vulnerability, consistency, courage.

ROUND TWO: HEALTHY BALANCED DIET

A deeper dive into managing a healthy balanced diet...

- Stick to natural, unprocessed foods.
 - Processed foods are higher in fats and carbs and lower in protein, vitamins and nutrients.
 - Shop the perimeter of the grocery store.
- Flexible dieting priorities:
 1. Stick to calorie goal.
 2. Then make the protein goal each day. (Carbs and fats can be exchanged.)
 3. Then focus on vegetables and fruit.

UNPROCESSED FOOD EXAMPLE

Quarter Pounder,
Large Fries and
Diet Coke

VS

Large salad
(lettuce, celery,
carrots, cucumber,
tomato, onions,
balsamic vinegar),
Apple and
60 g Chicken Breast



	Fast Food	Unprocessed Food
Calories	1000 kCal	300 kCal
Carbs	108 g	43 g
Protein	37 g	26 g
Fat	49 g	2 g

HIGH PROTEIN SOURCES

Grams of protein (per 100 kCal of food)

Protein (g)	Food	Protein	Food
23	Shrimp	14	Ham
20	Egg Whites	13	Sliced Turkey
20	Whey Protein powder	13	Asparagus
19	Chicken*	10	Cauliflower
19	Tilapia*	10	Broccoli
19	Salmon*	10	Spinach Tortilla Wrap
18	Greek Yogurt (non-fat)	10	Steak
16	Cottage Cheese (fat free)	9	Egg
16	Cod*	7	Brussel Sprouts

*Foods should be grilled or baked, but not fried.

DIET TIPS

- Low calorie density foods provide volume and fullness.
- Salads are excellent for low calorie volume, but beware of the dressing!
- Beware of calorie dense foods: e.g. olive oil and butter.
- Purging empty/liquid calories: alcohol, soda, juices.
- Avoid hyper processed foods, fast food.
- Beware the Halo effect, foods that look healthy but aren't.
- When eating out, study the menu and make a plan.

- Feel fuller with protein
- Get volume with vegetables
- Choose solid foods over liquid calories
- Use intermittent fasting
- Avoid snacking between meals
- Get quality sleep
- Simplify the diet
- Choose a bland diet
- Drink more water

HUNGER STRATEGIES

- Focus on simple unprocessed healthy sources
- Increase variety of fruits and vegetables
- Hide unhealthy foods
- Avoid comfort eating
- Interrupt the trigger between craving and action
- Stop eating before feeling uncomfortably full

UNEXPECTED LEARNING

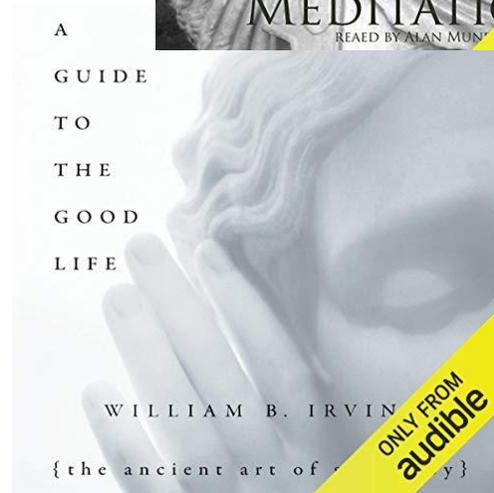
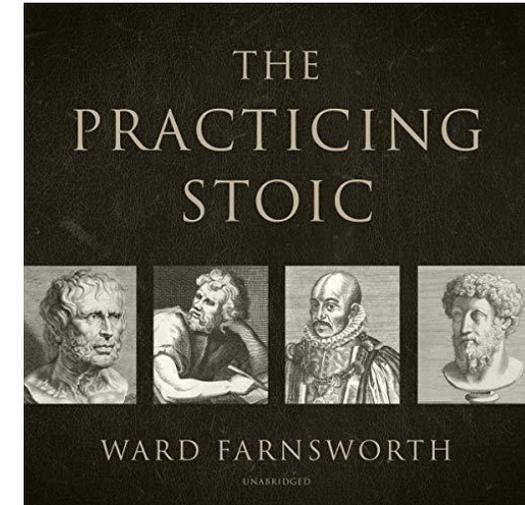
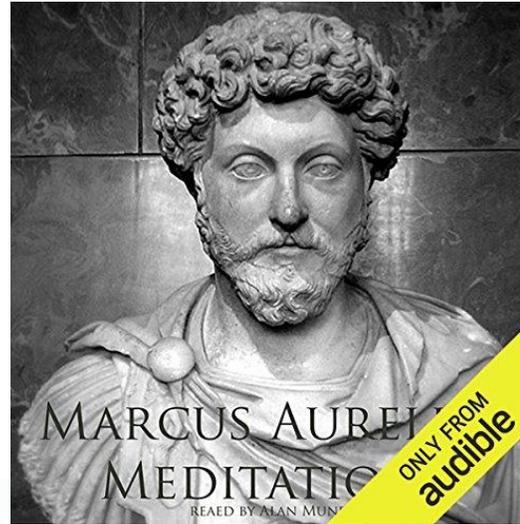
- Progress is not linear: water weight fluctuations
- Hunger sometimes gets worse and then gets better.
- The silver lining of the shutdown on meal preparation
- Learning to live with less oil, butter, sugar, cream, and soda. Drinking water makes a difference.
- Enjoying more types of fresh fruits and vegetables, and new ways to prepare them.
- Feeling lighter and colder

ENDURING MOTIVATION

- Strength of Motivation needs to match the Challenge
 1. Momentary Inspiration
 2. Stable Purpose
 3. Discipline or Will Power
 4. Well-formed Habit
 5. Passion or Identity
- Motivation needs to withstand natural fluctuations in body weight and setbacks.
- No all-or-nothing thinking.

AUDIOBOOK BIBLIOGRAPHY

- Meditations of Marcus Aurelius
- A Guide to the Good Life: The Ancient Art of Stoic Joy by William B. Irvine
- The Practicing Stoic by Ward Farnsworth
- The Hungry Brain by Dr. Stephan Guyenet



THE HUNGRY BRAIN

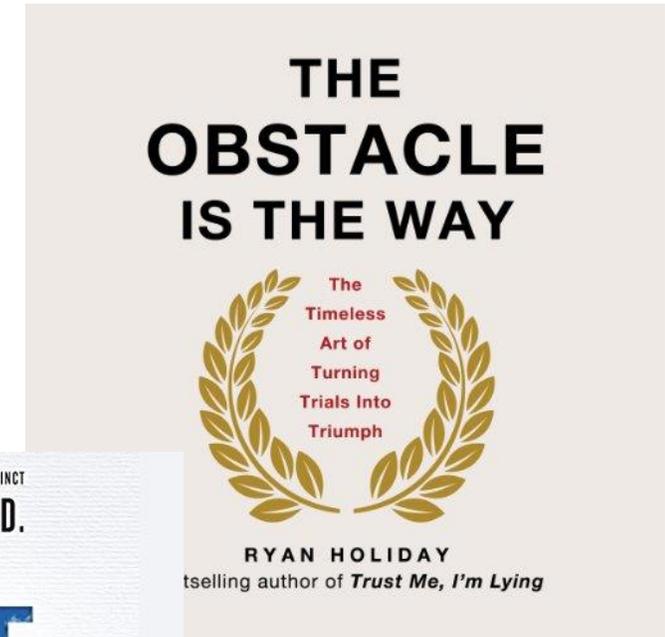
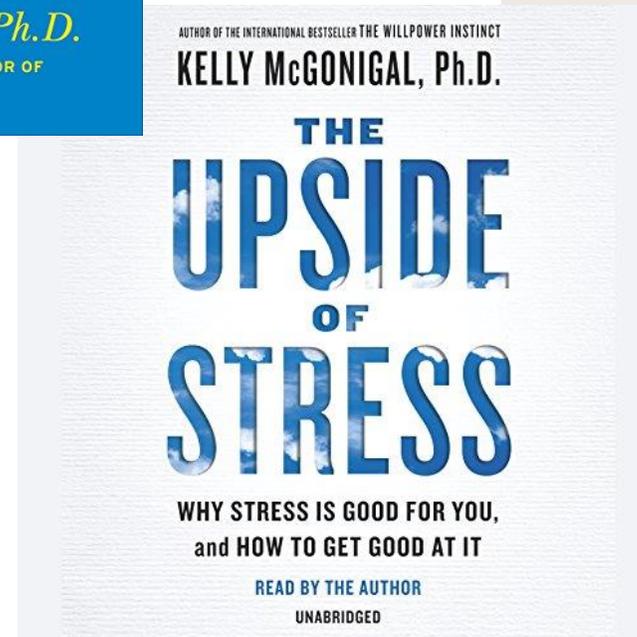
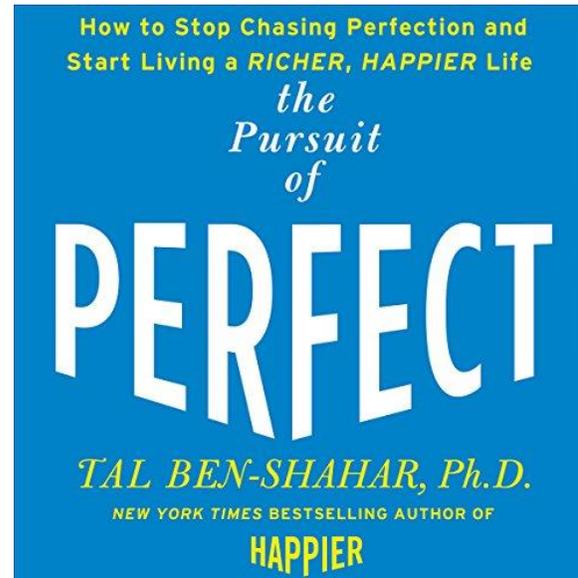
Outsmarting the
Instincts That
Make Us Overeat

Stephan J. Guyenet, Ph.D.

Read by Aaron Abano

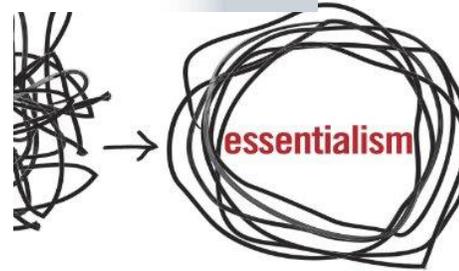
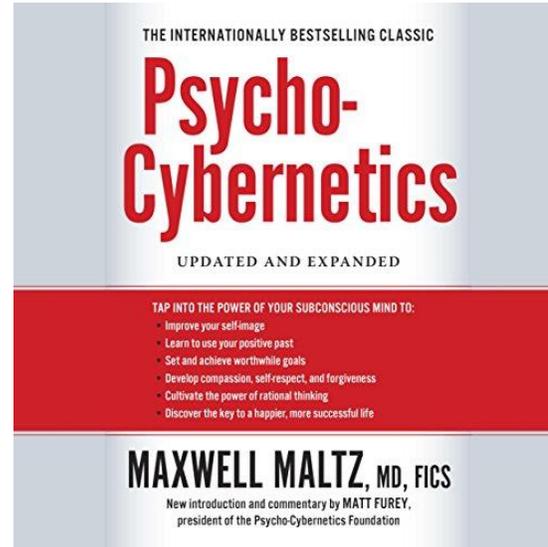
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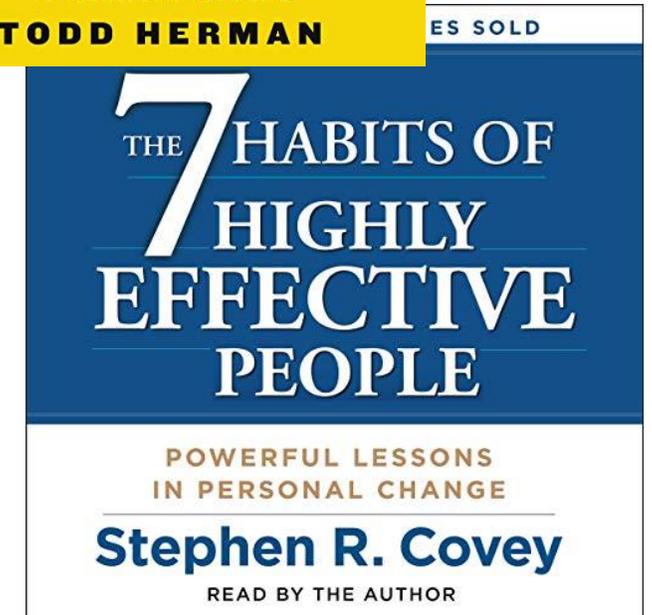
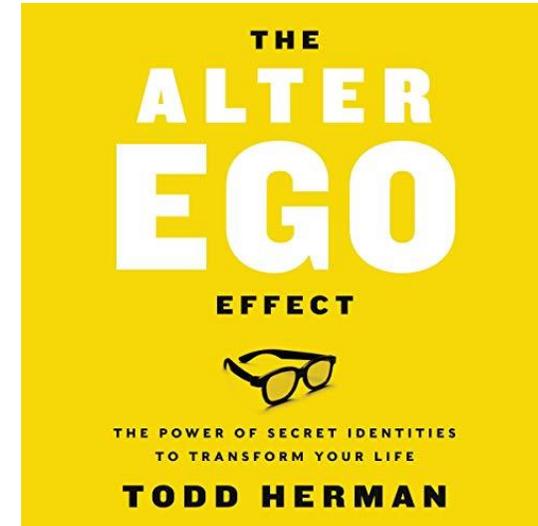


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- The Alter Ego Effect by Todd Herman
- Essentialism by Greg McKeown
- Seven Habits of Highly Effective People by Stephen R. Covey

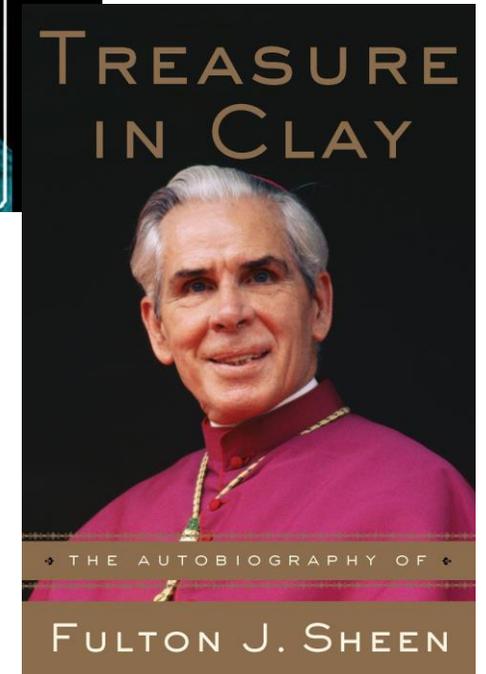
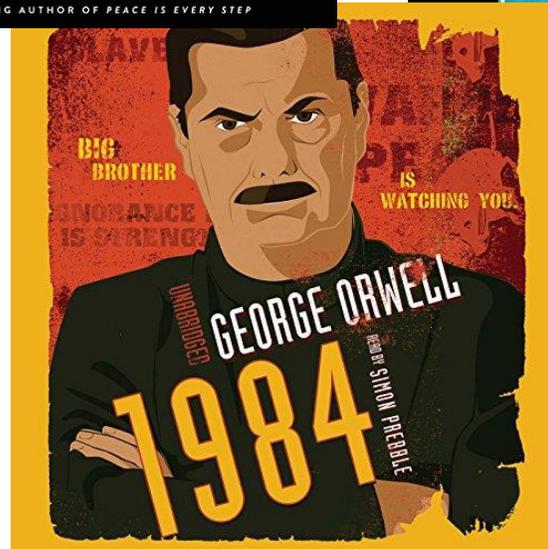
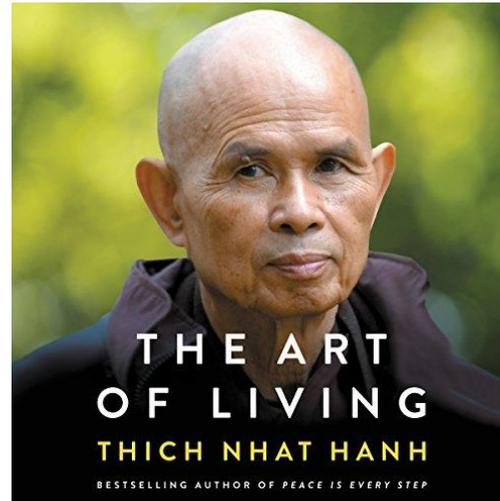


The Disciplined Pursuit of Less
GREG MCKEOWN
Read by the Author
An Unabridged Production



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- The Art of Living: Peace and Freedom in the Here and Now by Thich Nhat Hanh
- Man's Search for Meaning by Viktor E. Frankl
- 1984 by George Orwell
- Treasure in Clay by Fulton J. Sheen



ONE CHANGE THAT CHANGES EVERYTHING

- One thing leads to another
 - Removing alcohol
 - Weight loss
 - Better diet
 - Increased exercise for fitness
 - Going to bed earlier; less TV and Internet
 - Getting up earlier; more time for prayer and contemplation
 - More walking
 - More reading
 - Better focus, better health, better sleep, more energy
 - Increased happiness

ONE CHANGE THAT CHANGES EVERYTHING

- Love with all your Body, Mind, Soul, Strength: A package deal
 - Healthy body
 - Stimulated mind
 - Dedicated soul
 - Committed strength
- Finding joy in a disciplined life
 - The stoic approach to life; put first things first
- Finding time for the most important goals by diverting energy from waste-of-time activities.

LESSONS LEARNED ON THE WAY

- The fast and slow brain
 - We automate a lot of habits that operate in the unconscious.
 - We can use our conscious brain to direct our unconscious.
 - *"What I do, I do not understand. For I do not do what I want, but I do what I hate"* (Rom 7:15).

LESSONS LEARNED ON THE WAY

- We have a greater capacity to change than we would believe.
 - We can lift more than we expect.
 - We can embrace more sacrifice more than we assume.
 - We can be more than we imagine.
- Choose to make peace with the status quo or choose to change the status quo.
 - Get sick and tired of being sick and tired.

LESSONS LEARNED ON THE WAY

- The Saints are real examples of living heroic virtue. They remind us that holiness challenging but possible.
 - Nothing is impossible for God.

STARTING POINT, MAKING PROGRESS, AND REACHING THE GOAL



	2020	January	March	October
Weight		233 lbs.	210 lbs.	170 lbs.
Waist		44 in.	40 in.	34 in.
Hips		45 in.	42 in.	37 in.
Body Fat %		34%	26%	12%





QUESTIONS

Thank you for attending