




THE BASICS FOR LOSING WEIGHT



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INTRODUCTION

Congratulations! You've decided to take charge of your life and this initiative is the first step towards a new lifestyle.

Even if you want to change everything overnight, progress towards balance and healthy eating will come in stages. Changing your habits takes time and awareness.

The process of change that you are about to embark on will consist of different stages that you need to be aware of:

1 - The first stage: Why do we put on weight?

This essential step helps you understand how your metabolism works.

2 – The second stage: How do you lose weight?

This phase provides the keys to losing weight effectively and sustainably.

3 - Stage three: What is the ideal weight?

Discover the 7 tips to reach and maintain your ideal weight.

WHY DO WE PUT ON WEIGHT?

1/ UNDERSTANDING THE ENERGY BALANCE

At the heart of weight management lies the notion of energy balance, a key concept that governs the relationship between the calories we consume and those we burn...

Energy expenditure

Our bodies need energy to live and function. We consume energy to :



MAINTAIN OUR VITAL FUNCTIONS (breathing, digestion, body temperature cardiovascular and cerebral systems). This is known as basal metabolic rate.



PHYSICAL ACTIVITY AND SPORT, but also any movement such as walking or climbing stairs.

And of course, to meet this energy expenditure, we need an energy supply.

Energy intake

Energy intake, measured in Kilocalories (Kcal or Cal), comes exclusively from food and drink. Calories from food come mainly in three forms, known as macronutrients: proteins, carbohydrates and fats. These macronutrients are supplemented by alcohol.

It is important to know that:

1g protein = 4 Cal
1g carbohydrate = 4 Cal
1g fat = 9 Cal
1g ethanol = 7 Cal



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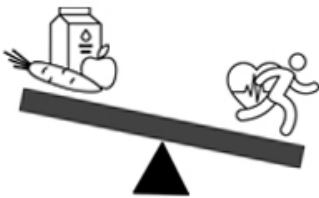
The calorie intake we receive is not constant, even though our bodies function continuously, 24 hours a day. To cope with periods when food intake is limited, our body has developed a calorie storage mechanism, known as fat reserve.



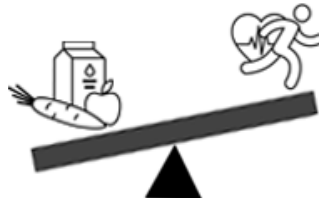
2/ WHEN YOUR ENERGY BALANCE IS OUT OF BALANCE: WHAT ARE THE CONSEQUENCES?

Weight fluctuations

When your energy balance is out of balance you can experience changes in your weight:



You lose weight when your calorie intake is lower than your energy expenditure.



You gain weight when your calorie intake is higher than your energy expenditure.

As you will have realised, weight gain generally results from taking in too many calories in relation to your energy expenditure.

BASAL METABOLIC RATE

The basal metabolic rate is the minimum energy required to keep vital organs functioning and maintain body temperature... It accounts for 60-70% of total energy expenditure and is influenced by factors such as height, weight, age, sex, genetics and external factors such as climate and environment. Basal metabolic rate decreases by 2 to 3% per decade after adulthood depending on age, while in children it is on average twice as high.

HOW TO LOSE WEIGHT?

There is no point in going on a restrictive diet to lose weight. Trying to lose weight quickly can lead to rapid weight regain shortly afterwards.

Instead, take your time. Analyse the causes of your weight gain and learn to listen to your body and your sensations.

To restore your energy balance and achieve lasting weight loss, it is essential to know your calorie needs, adopt a healthy diet and maintain regular physical activity.

Any weight-loss goal is doomed to fail if it is not accompanied by a genuine long-term change aimed at a healthy lifestyle.



1/ KNOW YOUR DAILY CALORIE NEEDS AND EXPENDITURE

First of all, it's essential to know the calorie intake your body needs to function at rest. This will enable you to adjust your diet to achieve your weight goal.

To do this, you need to calculate your basal metabolic rate (BMR) as follows:

- Female BMR (Kcal) = $230 * (\text{Weight } 0.48) * (\text{Height } 0.5) * (\text{Age} - 0.13)$
- Male BMR (Kcal) = $259 * (\text{Weight } 0.48) * (\text{Height } 0.5) * (\text{Age} - 0.13)$

Once you've calculated your basal metabolic rate, simply do the following calculation to obtain your daily energy expenditure:

- BMR*1.37 if you are sedentary
- BMR*1.55 if you are active
- BMR*1.80 if you're sporty, and this can be *2 for very sporty people

The number obtained represents the amount of calories you should consume each day to cover your energy needs and your physical activities.

To lose weight, you need to be in a calorie deficit, i.e. you need to expend more energy than you take in with your meals so that your body can draw on your reserves.

You should also be aware that a basal metabolic rate combined with good muscle mass will consume much more energy at rest!



NOTE:

For your weight loss to go as smoothly as possible, you could start by reducing your daily calorie intake by 10%.

However, it's important not to deprive your body excessively, to avoid the yo-yo effect. Diets that are too restrictive weaken your basal metabolic rate and cause you to lose muscle mass.

2/ EAT A HEALTHY, BALANCED DIET

There's no need to count calories to balance your energy balance and lose weight! A good knowledge of food allows you to choose the lowest calorie foods and eat a healthy, balanced diet.

CHOOSING THE RIGHT FOODS

- #1 **CARBOHYDRATES:** make sure you limit foods rich in simple carbohydrates, as they can lead to rapid weight gain. It's better to choose foods containing complex carbohydrates that are rich in fibre and have a low glycaemic index.
- #2 **PROTEIN:** choose high-quality protein-based foods (meat, fish, eggs) that are well assimilated. However, meat can be high in saturated fat. Ask your butcher for lean cuts from farms that respect animal welfare.
- #3 **FATS:** avoid foods rich in saturated fatty acids, as excessive consumption can increase the risk of cardiovascular disease and lead to high cholesterol levels. Instead, opt for quality fats such as unsaturated fats, omega-3 or omega-6, found in nuts, oilseeds or oily fish.
- #4 **FIBRES:** you need 30 g/day. You'll find it in semi-complete cereals, pulses, vegetables and fruit. Fibre slows down digestion and assimilation and keeps you full for longer. It stimulates the development of good intestinal bacteria.



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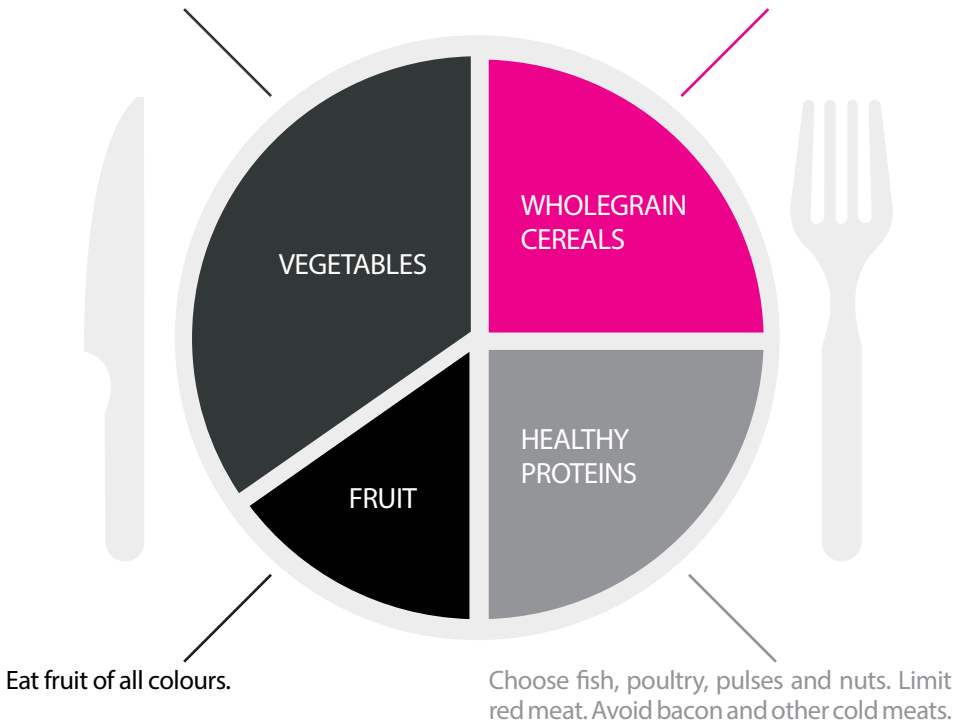
Avoid ultra-processed industrial foods such as ready-made meals, soft drinks, breakfast cereals, cold meats and pastries. These foods are low in nutritional quality and very high in calories, sugar, fat and salt.

THE IDEAL HEALTHY MEAL

A healthy diet means $\frac{1}{2}$ plate of vegetables and fruit, $\frac{1}{4}$ plate of wholegrain cereals and $\frac{1}{4}$ plate of protein.

The more and varied vegetables you eat, the better. Crisps and chips are not considered vegetables.

Eat wholegrain cereals (brown rice, wholemeal bread, wholemeal pasta, etc.). Limit refined cereals (white rice and white bread).



Use healthy oils (such as olive oil or rapeseed oil) for cooking, salads and as a side dish. Limit butter. Avoid trans fats.



Drink water, tea or coffee (with little or no sugar). Limit milk and dairy products (1-2 portions/day) and fruit juices (1 small glass/day). Avoid sugary drinks.



3/ PRACTISE REGULAR PHYSICAL ACTIVITY

Daily energy expenditure is the number of calories burned in the course of a day. So the higher your level of activity, the more your body will draw on its energy reserves to perform, resulting in increased calorie burning.

TO EACH HIS OWN!

You can resume physical activity gradually. The important thing is to avoid a sedentary lifestyle.




DAILY ACTIVITY: start by taking the stairs rather than the lift, getting off 1 or 2 underground stops before your destination and finishing the journey on foot, walking for at least 30 minutes a the day.



ENDURANCE ACTIVITY: brisk walking, jogging or cycling all raise your heart and breathing rates. The longer this activity lasts (> 30 min on average), the more the body uses its fat reserves as a source of fuel. The fat-burning effect of this type of continuous, moderate-paced exercise is enhanced when done in the morning on an empty stomach.



MUSCLE-BUILDING ACTIVITY: muscle-building exercises combined with an appropriate reduction in calorie intake can speed up weight loss and reduce fat, because muscle burns more calories at rest than fat. So the more muscle you build, the higher your basal metabolic rate (calorie consumption at rest).



NOTE: For a sculpted body, combine endurance and muscle-strengthening exercises, so you'll be working on both tissues: developing muscle tissue while burning fat tissue.



THE IDEAL WEIGHT

DO YOU KNOW THE SECRET TO THE IDEAL WEIGHT?

Having a healthy weight makes you feel alive, alert and energetic. It makes you feel stronger in the face of life's difficulties, so what are the secrets to having a healthy weight?

Here they are...



7 TIPS TO HELP YOU SLIM DOWN TO REACH YOUR IDEAL WEIGHT

- 1- Balance your calorie intake with your calorie expenditure.
- 2- Eat a healthy diet rich in fruit and vegetables.
- 3- Reduce your consumption of animal products.
- 4- Finish your meal when you're at least 80% full.
- 5- Cultivate the art of eating well in a convivial atmosphere.
- 6- Get your body moving.
- 7- Sleep well and avoid stress.



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