

SWANSEA OUTDOOR FITNESS - Nutrition & Lifestyle

ACTION PLAN

Primary Goal: Lose weight, increase strength and feel healthier.

Welcome to the Starting Fat Loss (SFL) Program. If you are looking to kick-start your fat loss efforts while improving your health at the same time, then this program is for you.

This program contains the key information and resources that you will need for sustainable and realistic weekly fat loss. Apply this and stay consistent to it and you will achieve great results.

Below you will find some further details on what to consider during this fat-loss program.

Nutrition

Fat loss is not about boring and bland meal plans. It is about how much you are eating on a consistent basis. Therefore our primary goal is to calculate how many calories you need to consume daily. We also know the importance of how your daily protein, carbohydrate and fat intake are too, so that must be calculated before starting. You will find more info on how to do this soon.

The meal planner below is to provide you a basic structure and an ideal template to follow. Use the suggested meals from it to create great tasting food every day. You don't need to eat every meal suggested on this plan; it's simply a template for you to use to guide your daily decisions and choices.

Make sure you create great tasting, varied and nutritious meals. Don't just eat a plain chicken breast with some boring veg, spice it up and get creative with it all. You know you have got this right when you actually look forward to your meals and enjoy eating.

So without starting out too complicated, you should complete the following:

1. Calculate your personalized calorie and macronutrient intake (see below)
2. Aim to be within 5-10% of your recommended calorie intake daily e.g 2000kal target 1800-1900kal
3. Use a food tracker such as MyFitnessPal app to record and track. Take off daily exercise as the link above will calculate this for you.



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CALCULATE YOUR CALORIE & MACRONUTRIENT INTAKE

The key factor to ensuring you achieve fat loss on this program is creating a daily calorie deficit i.e. you start eating less than your body needs.

Ideally this deficit should be as small as possible, to ensure your performance and health remains high over the course of this program. It will also reduce cravings and hunger levels.

By taking some time now to use the information and calculator below to determine your ideal starting point, you're creating an effective yet sustainable process over the coming months to your goals.

Do not skip this step – it is the critical component to personalizing this program for your exact needs and goals.

Please read all of the information on the below website and use the in-built calculator to determine the ideal starting point for you.

Calorie and macronutrient calculator → <https://www.calculator.net/calorie-calculator.html>

It's important to track your food intake for 1-3 days prior to changing anything. That's so you can compare your existing calorie and macronutrient intake to your suggested one from the website.

If you are only a few hundred calories away from your recommended intake, then feel free to transition onto your new calculations when you are ready to start.

Now set you're your recommended Calories on My Fitness Pal and set the following % for your macros Carbs 25% Protein 30% Fats 45% This can be adjusted slight but it is important to keep your carbs quite low, and only eat non refined carbs.

<https://www.calculator.net/macro-calculator.html>

If you find you are already under eating well below (400+ kcals) the calorie recommendations from this calculation yet are seeing no weekly progress, then this program is not right for you currently.



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This means you are already significantly under eating and therefore require a 'diet break.' The good news is I also have a program to help you do this – it's called 'The Metabolic Repair Program.' Please follow this instead.

Do I do this for the rest of my life to keep the weight off?

Answer...NO!

Nutrition and balance are all about education. We could give you a program or system that makes you rely on us to keep checking and putting you back on track. We have given you every personal trainer's secret weapon to get make you gain amazing results. After these 8 weeks you wont need to track all the time as you will have a much better understanding and relationship with food.

What we want, is for you to have the knowledge and confidence to be able to enjoy ALL food groups, have an understanding what food is rich in and calorie high so you can 'balance' your meals and life accordingly.

Example...

You are going out for a meal and drinks with your friends. You want to relax and treat yourself like anyone else, and why not we are not robots. You know that with the alcohol and potential 'treat' food you are going to be well over your daily calories which will slow progress or end up putting weight back on. Knowing this, you are aware of possibly changing the type of food you have for lunch (low carbs, much smaller proportion than normal, no breakfast etc)

This then keeps you pretty much on track without you having to worry about what you have or tracking a complicated menu while you're out.

Often, we can slip into old habits or stress of life can make us neglect or forget about our nutrition. I often switch back to this plan for a week or two too help me reset and remind myself what I need to be doing.

This along with regular exercise with our classes will torch the fat and improve your metabolism. After the 8 weeks you can repeat the process but remember to recalculate your target calories as you will now be lighter and will need less on a daily basis.



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