



**Q: Dear Coach: I am 32 year old woman and I'm tired of being overweight! I'm ready to change. I weigh 114 kg and my goal is to get down to 80kg by my birthday, in 7 months. I don't want to get bulky with weights, either. Can you help?! – "Determined"**

**A:** Dear Determined: Congratulations for your will-power. Your target goal sounds reasonable, but it will take a great deal of consistent, dedicated work.

Your target is to lose 34 kg in 7 months. This is 4.85 kg per month or 1.15kg per week. A healthy weight loss goal is up to approximately 1 kg per week, so you are within this framework. Your goal should include an improved body composition – that is, lean muscle mass in relation to fat.

We recommend a combination of exercise and diet to achieve this weight loss goal. First, please see your doctor to receive medical clearance when embarking on a new exercise regime.

When targeting a specific weight loss goal, it is good to know your science:

1 lb = 3500 kCal (calories)  
2 lbs = 7000 kCal  
1 kg = 2.2 lbs

Your goal, 1.15kg / week = 2.53 lbs = 8855 kCal per week.

This means that to achieve a weight loss of 1.15kg per week, you need to have a calorie deficit of 8855 kCal every week, or 1265kCal deficit every day of the week. This "deficit" can occur from a reduction of overall caloric intake and an increase in exercise output, or utilization of energy in the form of kCals. In general, people who consume more calories than they burn during their regular daily activity are more likely to be overweight.

We recommend speaking to a qualified nutritionist to help you work out a healthy meal plan. We like the "cave man" thought behind food – keep it simple, lean, and fresh (not processed). Lean proteins, lots of vegetables, moderate fruit, and moderate to low complex carbohydrate, while avoiding fatty or processed foods and alcohol. Drink lots of water. Keep meal portions small. Think before you eat – not all food sources offer the same amount of energy input. Fat and alcohol are highest:



- Fat: 1 gram: = 9 calories
- Protein: 1 gram: = 4 calories
- Carbohydrates: 1 gram: = 4 calories
- Alcohol: 1 gram: = 7 calories

There are a lot of quick calorie-count books on the market that can help guide your meal selection. Start by keeping a diary of what you eat on a daily basis – be honest! – and calculate current caloric intake. Then set your target to reduce this and you will find healthy selections that allow you to remain sated (feeling full) but without the caloric intake.

Exercise daily is vital to your goal. If you want to lose weight, then cardiovascular and endurance muscle training is essential. Your sessions can include building your cardiovascular endurance base, intensity interval training, and endurance muscle training – low weight with high repetitions each set – to build long, lean muscle fibers without gaining bulk. A personal trainer can help set up a regular program to build your tolerance to exercise.

Here is an example of calories burned with regular activity:

|                             |                             |
|-----------------------------|-----------------------------|
| A studio spin cycling class | = 500 – 750 calories burned |
| A brisk walk (1 hr)         | = 355 – 400 calories burned |
| A moderate paced jog (1 hr) | = 600 – 850 calories burned |

This means you could perform one studio spin cycling class and reduce your meal intake by another 600 calories and you would have met your daily requirement to create a caloric deficit of approximately 1265 calories per day.

Remember, every day you must ask yourself: “Have I done enough exercise and reduced my calorie intake with sensible, healthy eating, to have made a difference of 1265 calories every day?”.

Good luck and keep us posted!

Yours in health and fitness  
The Coach

*Guest response – Sara Pazell, director of L’Amour Yoga Institute Pty Ltd, is a strength and conditioning coach, occupational therapist, personal trainer and group fitness instructor. She is a fellow Paradise Training trainer with Coach Tim.*