



NEW STRENGTH

THE ULTIMATE FAT LOSS GUIDE



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Newstrength

Ultimate Fat Loss Handbook

Fat loss is simple.

Really simple. It's an equation. An objective equation that unfortunately doesn't care about your feelings.

Your feelings, on the other hand, are complex. REALLY, REALLY complex, and this leads me to my next point.

You are the complication in your weight loss issues, not weight loss itself.

Luckily for you, this handbook will address both:

1. The objective equation you must understand to lose fat

And

2. How to understand and guide the complexity that is you

I've been helping people take control of their health, fitness, and lives for over a decade now.

That's a long time.

That's a lot of people wanting to get in shape.

Honestly, it's in the thousands.

That's a big population pool to derive information from.

Information that will make this book so valuable for you I've studied it. lived it and delivered it.

I've seen what works, why it works, and what fails.

So enjoy over 10 years of my own (and others') sweat and tears.

The Hard Truth You Need to Hear First

Life's rules apply to you whether you like it or not. I've learned this in life, and it's very freeing.

Most of the time, the world operates on objective measures. You either did or did not. Your effort, while necessary, is subjective and not the determinant of success. The sooner you learn this, the sooner you gain control of your life and your results.

For example,

We have two of you.

Yep you.

Both want to save \$2,000 this year for a holiday. One of you puts \$50 away every week, no matter what. The other works hard and tries to spend less on takeout food. I'm hoping that this will result in some money saved for a trip at the end of the year. One did what was required to have 2600, and one didn't.

Both feel as though they "deserved" the holiday.

Both worked "hard."

Both needed a break.

But life doesn't always run on the currency of goodwill and effort. While I place a high value on goodwill and effort, they are also dangerously subjective. Their definition is too skewed from person to person.

This is my point.

Effort is subjective and ultimately creates a sense of entitlement. I deserve this result, or I did x and should have z. The world does not care if you (Insert difficulty) so you think you deserve to have (insert desire). Perceived effort is completely subjective and varies too much from person to person to be heavily relied upon.

Results are objective.

Owning a business smacks you in the face with this. You either did or did not do the necessary work to achieve the desired result. No amount of effort or thinking about what you deserve will change this. I can never stress enough how important hard work is.

But

That's not how we measure our input. We measure inputs objectively. The sooner you learn this, the sooner you can control your outcomes, your environments, your emotions, and the reason you're here: your fat loss.

Chapter 1: The Big D

It's safe to say you've probably been on one or know of someone who has. Diets are everywhere and have been sold to you as your solution for fat loss. While I'm sure you have your favourite or heard of that "one" where someone's neighbour lost 50 kg,

I'm here to deliver the good news.

They all can work.

Yep, That's right.

How do you think so many people can swear by so many conflicting ways to lose fat?

Most are misinformed and misled.

You see, the diet is just the mask that the calorie deficit can wear.

I'll say that again because it's very important.

The diet is just the mask that the calorie deficit can wear.

Dress it up however you want.

It's all the same really

Low Carb (removes calories)

Low Fat (removes calories)

Intermittent fasting (removes calories)

Carnivore (removes calories)

Shake Diets (removes calories)

5:2 (removes calories)

I'll stop there but insert whichever diet you believe in and... it removes calories.

This is why they all work, and this is why so many people will tell you until their face turns blue that X is the best way to lose fat.

They don't yet understand the objective equation that's at play and what delivers the success.

or they do understand and they have an underlying agenda.

Most people, however, believe there is magic in their method when there isn't. There's Math, just math. No need to turn blue while you miss the forest for the trees.

Chapter 2: Everything You Need to Know

This is it.

THE THING

The one thing you NEED

The thing that has led to fat loss around the globe.

The Caloric Deficit

A caloric deficit is a shortage in the number of calories consumed relative to the number of calories needed for maintenance of one's current body weight.

The objective equation that every diet uses for its success (knowingly or not)

Dress it up any way you want with whatever FAD diet you want.

It will work.

And it will continue to be your most valuable tool for losing fat and keeping it off.

This knowledge will enable you to never again rely on a diet.

Before we dig in, though...

To really extract the value of this equation, we must first understand it.

Properly

Skim read this and you'll find yourself on another FAD Diet you can't sustain.

Chapter 3: Why Understanding Basic Nutrition is Critical to Getting Lasting Results

Creating an understanding of nutrition is crucial when you're pursuing a body composition change. Without this understanding, you will be forever reliant on external things that spark your motivation. Quick fixes, supplements, or maybe even the latest inspirational video on Instagram that inspires you to take control of your habits again. These temporary motivators are based around your feelings, and they're just not consistent enough to rely upon.

They're just a fleeting emotional high that makes you believe this time is different. I'm sure you know them. They usually happen on Sunday night, just before the magical Monday arrives. This is easy. Anyone Can plan out their week perfectly with that motivated feeling. Then they assume the feeling is required to fulfill the actions that must be done.

This change you're seeking will require effort and it won't always feel great.

I can appreciate that we naturally want things to be as easy as possible. Adherence is much more likely when effort is removed.

This is what makes nutrition so hard.

There's no one at home counting your calories or reminding you that the feeling you're experiencing will fade and you should put the second tub of ice cream down because you're full and eating for no reason other than your emotions. It's on you and you alone to navigate your nutrition to live the life you want to live.

It will require effort because change requires change.

But

Thinking there is an easy solution or a secret you don't know yet is killing your results.

Chapter 4: The Basic Nutrition You Need to Know

When we refer to "basic nutrition," we are addressing the biggest bang for your buck pieces of knowledge.

I don't know if spinach or kale will be better for your health smoothie.

The main contributors to your health and body composition are factors of basic nutrition, which we can break down into three major categories:

- Calories
- Macronutrients
- Micronutrients + Fibre

Let's dive into each of these individually.

So, what exactly is a calorie?

Calories

Simple definition: a measurement of the energy content of food.

The body uses calories for three distinct categories of activities.

One is your basal metabolic rate, or how many calories your body burns just to keep the basics going—heart beating, kidneys functioning, lungs breathing, etc. AKA –(BMR)

This makes up 70% of your caloric needs.

The body also needs calories for physical activity, whether it's picking up the remote or running a marathon. This is known as your daily energy expenditure. AKA: (DEE)

The third component of calories burned is the thermic effect of food, or how much energy it takes to digest your food to turn it into energy. AKA: (TEF)

Your caloric requirements are determined by a combination of these three factors.

Simply put, the calories that you put into your body fuel all your activities for the day. If you put in too much fuel, your body stores it as adipose tissue (fat) just in case you are faced with a deficit of calories in the future. When a deficit of calories is present, the body will go to its adipose tissue to use these stored calories for energy.

THIS IS FAT LOSS.

A simple process led to our species' (and many others') survival over the centuries.

We are sometimes quick to forget that we are just a species.

We also ignore the simplicity of fat loss because we assume humans are so complex.

However, when we look at things objectively and remove ourselves from the equation, the picture becomes clear.

For example

If our dog was a little on the chubby side, you'd probably feed it less and add in a walk or two.

Or

If a newborn wasn't gaining weight appropriately, we would look to supplement their caloric intake to facilitate healthy weight gain.

The calorie exchange is forever present and obvious in situations like this, but for some reason we adults feel as though this doesn't apply. Instead, we look to trends, fad diets, and sketchy supplements to answer our fat loss prayers.

Why do we think we are so special or unique?

Macronutrients

The macronutrients include carbohydrates, proteins, and fats. These three macronutrients contain the energy commonly known as calories.

Protein

Basic Roles in the Body

- repair and generate structures such as organ tissues, muscle, hair, skin, nails, bones, tendons, ligaments, and blood plasma.
- enzymes that regulate metabolism
- Its value increases as one's strenuous activity levels or recovery needs do.

1 gram of protein equals 4 calories

Fats

Basic Roles in the Body

- vital organ protection + nervous system protection
- Hormone production
- can also be used for energy

1 gram of fat equals 9 calories.

Carbohydrates

Basic Roles in the Body

- Energy
- Protein is saved (which helps to maintain muscle mass during exercise).
- Preferred Fuel for the Central Nervous System and intense training

1 gram of carbohydrates equals 4 calories

So How Much Of These Do I Need?

Now we know what they are.

How much of each do we need?

As always, we can adjust and tweak based on our own responses.

Currently and over the last decade of my coaching career, this is what science shows to be best for active individuals.

Protein = 2 g per kilo of lean bodyweight per day (a 90 kg person would consume around 180 g). Alternatively, we can aim for a gram per cm of height. This is a great guide for those with more than 10 kg of Bodyweight weight to lose.

Carbohydrates = Sufficient to Maintain Training Output. A good starting point is 2-2.5 g per KG of body weight or lean body weight. This can be increased much past this though.

Fats = the remainder of the calorie goal

While this information is beyond valuable, I also appreciate that everyone's taste buds, cultures, and lives have the ability to be drastically different.

This is why I no longer track Fats and Carbohydrates.

While both are important, research clearly shows that if protein and calories are consistent, fat loss isn't interrupted or changed by the individual's carbohydrate or fat intake/preferences as long as it stays within their caloric need. I use this information to reduce the rigidity in my dieting phase, and you can too. If you're not an elite level athlete I strongly recommend this.

Micronutrients

Micronutrients are made up of vitamins and minerals. Vitamins are made by living things, while minerals are found in the earth. For example, almonds contain vitamin E and minerals such as zinc, can be found in soil.

All vitamins are essential (vitamins A, B, C, D, E, and K, with 8 vitamins in the B complex), though only some minerals are required by the body. Essential minerals include calcium, chromium, copper, iodine, iron, magnesium, manganese, phosphorus, potassium, sulfur, sodium, and zinc.

These are the reasons you do not want to just hit your caloric needs with whatever food choices you fancy.

While you will still lose weight, you may not feel or function as well as you should and these sub par feelings can lead to adherence interruptions.

Whilst this can sound complex it really isn't.

Focus MOSTLY on lean proteins, dairy, and a variety of fruits and vegetables. This will ensure you get a variety of nutrients while allowing you to eat whatever you wish to live the experiences you desire. I generally encourage a 70/30 approach. 70% lean proteins; dairy; and a range of fruits and vegetables. The other 30% can be whatever you wish as long as you still hit your protein and calorie targets and function well. I've eaten a LOT of GYG and icecream and I'm still down 20kg and my training is going fabulously.

Fibre

Research suggests an appropriate amount of fibre is inversely associated with all-cause mortality. So it's safe to say it has its place and needs to be mentioned.

Dietary fibre aids in regular digestion, not to mention that many whole-food fibre sources also carry a high density of micronutrients beneficial to general wellness. This would be another contributing factor in its inverse relationship with all-cause mortality.

So what is fibre?

Dietary fibre is a group of carbohydrate types from plant sources that are only partially broken down by the human digestive system.

In general, dietary fiber can be broken up into two types.

Insoluble fibre is particularly beneficial since it essentially provides indigestible material that acts as a brush to push necessary substances along the digestive tract, promoting regular bowel movements. Soluble fiber, on the other hand, attracts water and contributes bulk to stools for regular, comfortable bowel movements. Benefits to digestion, as well as potential benefits to cholesterol levels and heart health. As a result, it is a clear requirement in a healthy diet. (Carnivore fans don't get cranky at me it's just the loads of research over many decades"

So How much?

This part isn't rigid. It seems that one's previous intake will determine tolerance levels. Keep this in mind to minimise GI discomfort. Outside of this, a great goal is 14 g per 1000 calories. If I were consuming a 2000-calorie diet, I would be aiming for 28 grams a day. with the ability to move up and down based on my performance and GI comfort.

An Example of Calorie and Macronutrient Targets Set for Fat Loss

Now to find these numbers, you'll need both a BMR calculator and the Harris-Benedict Equation. First, we need to calculate your basal metabolic rate and then determine our maintenance through the Harris-Benedict Equation. It's super easy. Here's a link that contains both:

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

The "Activity Box" on the right hand side is the Harris-Benedict Equation.

Let's use myself as an example.

My Age 30

Gender Male

Height 184

Weight 92 kg

Once those key details are entered, I receive my BMR and my maintenance calories in the box below, depending on my activity levels. (This is the Harris-Benedict Equation.) Remember, our BMR is just our basic cellular or automatic function. This does not account for any activity but does make up a large chunk of our energy expenditure.

BMR = 1.925 calories per day

Daily calorie needs based on activity level

Activity Level	Calorie Needs
Sedentary: little or no exercise	2,310
Exercise 1–3 times per week.	2,647
Exercise 4–5 times per week.	2,820
Daily exercise or intense exercise 3–4 times/week	2,984
Intense exercise 6–7 times per week	3,321
very intense exercise daily, or a physical job	3,658

With this information, I can now set my targets. I train four times a week, so we can assume my maintenance calories are at 2800, give or take. Now, to lose weight aggressively, I would look to consume 70–80% of this number. This would result in me losing roughly 1 percent of my body weight per week on average.

But let's keep things much more simple.

Your maintenance calories minus 500 to 800 calories -- would be sufficient for rapid weight loss. 500 is more than enough if your intake is tracked correctly every day but this never happens.

200–300 calories off of your maintenance per day would be a more "sustainable approach."

I've seen both work well, but I would always suggest starting with a small deficit to allow more wiggle room down the road. If you are an experienced lifter, you will have more information about your individual differences, which will allow you to determine the size of your deficit.

BUT

There is no need to lose more than 1% of your BW per week on average. Staying at or below 1% will allow you to maintain a high quality of life while also resulting in successful long-term fat loss.

Now

I'm going to be aggressive with this fat loss stage for myself. It is a short duration and I want minimal time in a deficit.

I'm going to decrease my calories by 600.

Earlier we calculated my maintenance calories to be 2800

I now have 2200 calories to consume each day.

We also know that my protein intake needs to be around 1 gram per 1 cm of height per day. I'm 184 cm so Let's go to 190 grams of protein for me.

Also, because protein contains 4 calories per gram, we know that we will consume 760 of our 2200 calories from protein (190×4). This leaves 1440 calories for fats, carbs, or alcohol on some days.

Now with this information I now know I can achieve my fat loss goals and still have 1440 calories to live my life. Pancakes with the kids, icecreams, Thickshakes and whatever else I would like to fit into my calories to make sure I not only look and feel great physically but I also feel great emotionally from living a life I love. There's plenty of miserable people with six packs that think a donut will kill them. Don't do that.

Do this instead.

Calorie Budgeting

We can set budgets to allocate financial expenditures, but did you know we can also do so to maximise our experiences and flexibility while dieting?

I've found this to be a HUGE game changer for everyone I've explained it to.

Now we break up our caloric needs into a daily figure because it's much easier to navigate, but in reality, our caloric needs fluctuate and aren't an exact figure daily.

BUT

Let's look at our caloric needs/intake more like finances to get some clarity on how they exactly work. With your finances, what you spend over the day matters much less than what you spend in a week, and that matters even less than what's spent in a month, and the month matters less than what you've spent over the quarter.

The same goes for calories. Your intake over the quarter will determine your fat loss. One good or bad day means nothing on it's own. I repeat **NOTHING**.

A caloric Budget Example

Now, as an example, we're going to budget calories for Bob. Bob needs 2000 calories a day to reach his fat loss targets. He meets this most days and does exceptionally well. Well done BOB!

But he has a birthday dinner for a friend this Friday, and he is worried this is going to derail him or interrupt his fat loss. So instead of avoiding what will be a great experience we get Bob to create a calorie Budget for the week.

Let me show you how Bob can have his cake and eat it, too.

We know Bob eats 2000 calories per day to reach his goal. That means he eats 14,000 per week (2000 x 7).

So what we can do here is subtract calories from certain days and add them to Friday for his party with no effect on his overall fat loss. Cool, right?

We can create 1500 calories extra by taking 500 from Monday, Tuesday, and Wednesday.

or however you wish to do so.

But this is what worked best for Bob.

So now Bob's week now looks like this:

Mon:	1500 cal
Tues:	1500 cal
Wed:	1500 cal
Thurs:	2000 cal.
Fri:	3500 cal.
Sat:	2000 cal.
Sun:	2000 cal

Total = 14,000 cal. Fat loss for the week remains the same. Use this knowledge to create freedom in your dieting phases. **PLEASE.**

How to understand and guide the complexity that is you

This is where things can get complicated.

But!

The good news is that you now have the knowledge needed to reach your fat loss goals. I guarantee you don't need any more information for fat loss.

BUT

To successfully implement it, we need to learn a little about ourselves first.

At the end of the day, you will decide whether or not you will lose fat. No other person or thing will get you there. This is your responsibility. You're an adult, and you create your circumstances or at the very minimum your response to them.

Your fat loss is under your control.

While this statement is blunt, it's also a valuable reminder. And sometimes we just need reminding.

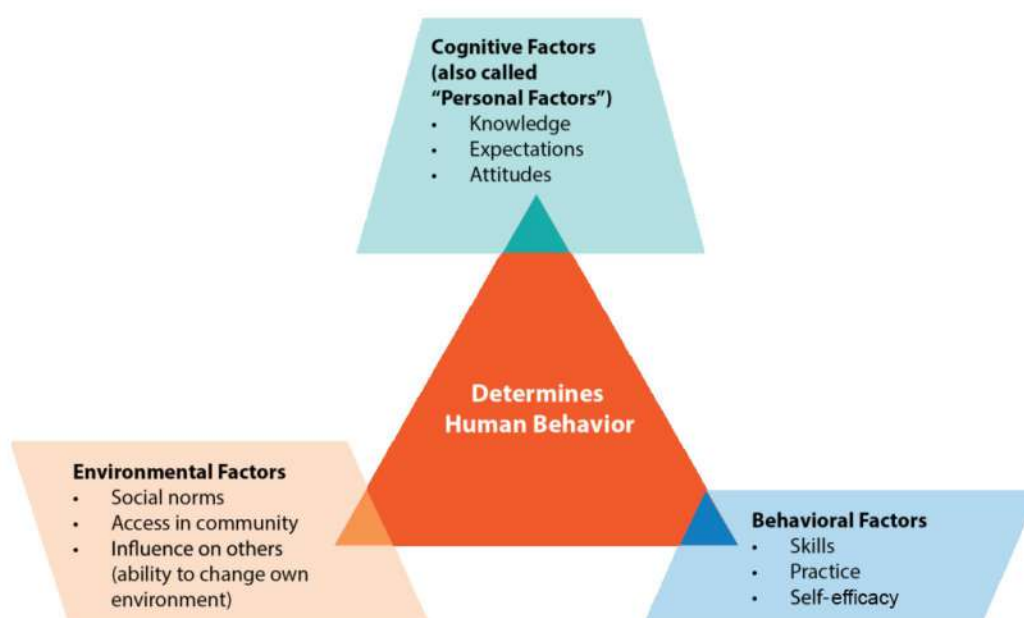
Let's dive into some human behavior.

Human behaviour and fat loss

Why do we make the decisions we do?

Understanding this first will help facilitate lasting change.

There is an abundance of research and many ways to categorise what influences your decisions, though I really like the simplicity and effectiveness of Albert Bandura's Theory, aka Social Cognitive Theory.



Now we aren't going to dive deeply into this. While I agree that all of these factors influence your decision-making and are very real, at the end of the day, you make your decisions the best you can with your current resources. So we need to look at what resources are most valuable to you for your fat loss. Where do you lack, and what is it that you need most of all to succeed in your pursuits of fat loss.

Think Globally

Local vs. global decision-making for fat loss

In short, when I refer to local decisions I'm referring to when you give in to your desires and get a temporary boost of "happy hormones" like dopamine and endorphins. It provides "Local Temporary Satisfaction". Food is great for this. We eat for many reasons other than hunger. A lot of them are a short term fix or escape. Being aware of this will provide huge value.

Global decisions are made in order to achieve your objectives and find long-term fulfillment. Generally, these are less stimulating in the short term.

BUT

They liberate you from the short-term fixes that eventually hold you hostage. This is a skill, and like any skill, the more you practise it, the better you get. Outside of appropriate resources, this is the key. Fat loss is achieved through delayed gratification.

Before moving on, Know this. An experience with a loved one like an anniversary dinner or an ice cream with your kids at the beach is a GLOBAL Decision. We are talking about fat loss today

BUT

You must understand how to lose fat, NOT Lose experiences that add to your life.

Remember this please.

Fat loss doesn't have to create experience loss.

Fat loss training

No amount or style of training will make you lose fat if you are in a caloric surplus.

NONE.

I REPEAT

NOT EVEN A SINGLE ONE.

Though we can train in ways to maximise our results and overall body composition.

Newstrengths Group training (and my own) is about maximising how we look, move, and feel. This training method allows us to maximise our time in the gym to make sure we are looking, moving, and feeling great. The main focus of this method is strength training, and for good reason. Being strong lays the foundation for everything. If you don't agree, have you tried being weak? It doesn't end well.

Though, in our pursuit of strength, we must not lose sight of what is also important. Along with increasing our strength, we must also improve our physical resilience, structural integrity, fitness, flexibility, skills, longevity, and, of course, our mental and emotional states.

Now, this can sound like a lot, but when written well, it's completely achievable. I'm now 30. I have two kids, a marriage, a business with three employees, and over 180 clients. I am the busiest I have ever been. I sleep the least. Yet I'm the fittest, leanest, and strongest I have ever been. I have nothing to sell you in this free ebook either. I just want you to know what's helped me and thousands of others. So without going into too much detail in this ebook, here is how I would structure someone's training to lose fat and build a body they're proud of both aesthetically, functionally and emotionally.

- Lift weights 3–5 days per week.
- Full body or upper and lower body sessions are great.
- Progressive overload in major strength movements is key.
- Think squats, deadlifts, presses, and pulls in rep ranges of 5–15 per set.
- Maintain a high training density by utilising supersets, giant sets, and time-based intervals such as EMOMS to keep your workload high and time efficient.
- Then add some conditioning.
- One to two 20–40 minute conditioning sessions focusing on quality rather than burying yourself will help.
- If you're like me and you're time poor, add some simple intervals or Metcon-style sessions after your weight training as shown in our Look, Move, and Feel Great template.

Your training doesn't have to be complex to lose body fat.

BUT

It does have to be consistent.

Frequently Asked Questions

It is very common for people to ask questions about the following:

- What about Starvation Mode?
- What about my Hormones?
- Does Fat turn to Fat
- Does Sugar Make You Fat?
- Meal frequency or eating to stimulate your metabolism
- "BAD" Foods
- Is Diet or Exercise More Important for Weight Loss?
- Can I Drink Alcohol/Soda/Sweet Tea/Juice and Still Lose Weight?
- Is Sleep Important for Weight Loss?
- What foods are best for fat loss?

Now I do not blame you for asking these questions and honestly it's not your fault. The fitness/ Nutrition and supplement industry makes plenty of money from fear and A LOT of people just believe and regurgitate what they hear.

Let's set these straight once and for all.

Starvation Mode

In short, no not a thing to waste energy thinking about. Yes we can experience metabolic adaptations. No, there isn't enough of an impact to place concern here. An easy way to objectively look at this is these scenarios.

1. If I dropped you on an island with no food and just water and came back a month later do you really think you would be heavier/fatter? No
2. Have you met anyone that has had weight loss surgery that hasn't lost weight?
(p.s I am all for them if it's the right decision for the individual. It's just to drive a point home)

Hormones and Fat loss

I could never do a better job of debunking this than Layne Norton so here you go -

<https://biolayne.com/articles/research/its-not-calories-its-hormones-a-response-to-dr-jason-fung/>

For the Skimmers. Hormones DO affect weight loss. Though outside of REAL diagnosis don't waste your time here. You need to be in a caloric deficit. You do Not need to optimise your hormones with someone's \$1200 Ebook. Again, if I dropped you on an island with no food and come back a month later you would have lost a substantial amount of weight.

Does Fat Make You Fat? Does Sugar Make You Fat?

Neither do and are totally fine to consume in healthy amounts within your calorie needs.

A meta-analysis of over 20 controlled feeding studies (food was either provided to subjects or the subjects were housed in a controlled environment where adherence was not an issue) demonstrated that there were virtually no differences in fat loss between diets that were high in carbohydrate (sugar) vs. those low in carbohydrate (Higher Fat) when calories and protein were equated.

Too many calories over time lead to weight gain. Not sugar. Not Fat.

Meal frequency or eating to stimulate your metabolism

It's very common to hear you need to eat regularly to lose weight. This is false. Whilst the science is clear on this we can also just look around at the success people have had with Fasting to lose weight. This is due to the fact that fasting removes calories. Fasting itself is NOT superior for fat loss.

“BAD” Foods

My Favorite. That food is “BAD”. Now it’s not uncommon to hear this and generally its just a repeated narrative. “BAD” Foods got termed this was due to their high caloric value and low nutritional value. Now we understand calories and nutrition you soon see how this is false. If I can fit my “BAD” Food into my caloric needs and I’ve eaten nutritionally that week it will have NO impact on my body composition. Also, sometimes experiences outweigh the calories don’t forget that.

There is no “BAD” Foods.

Is Diet or Exercise More Important for Weight Loss?

Diet of course. I hope you realise that this far into the book. You can NOT train to lose fat if you’re eating over your caloric needs.

Can I Drink Alcohol/Soda/ INSERT ANYTHING and Still Lose Weight?

YES, There is evidence all around you. Alcoholics that are underweight. 55kg people drinking cans of coke. It’s ALL ABOUT YOUR CALORIES.

Is Sleep Important for Weight Loss?

A lack of sleep is linked to poorer food choices, increased hunger and calorie intake, decreased physical activity, and ultimately, weight gain. This is still due to our caloric balance and not the Sleep itself.

What foods are best for fat loss?

Whilst there are no “Best Foods” that facilitate weight loss there are foods that make life easier when in a caloric deficit. I’d break this into two categories.

1. Foods that you Love. add them into your calorie needs to live your life. What use is your dream body if you’re a miserable F***K.

2. Foods of high volume and low calories. Berries, spinach etc they help on the hungry days.

Wrapping it up

If you're to take at least two things from this book, please let them be these:

1. Calories matter and will always matter for fat loss. How you manage them is up to you, but they must be managed for fat loss to occur. Effort itself isn't enough to guarantee a result. Objective measures are.
2. You will determine your fat loss. If you're not in the shape you want to be in, it's up to you to change that. No one is coming to rescue you, nor is the right time about to arrive when it will all fall into place. This ebook was made to cut through the garbage, and our excuses are a big part of that. Decide what life you want and start taking steps towards it. no matter how big or small all of them count.

If you have any questions or would like more information on a subject, please email me at Nathan@newstrength.com.au.

I genuinely would love to help you.



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