



# Weight Loss v's Fat Loss

April 2019

## Weight Loss v's Fat Loss!

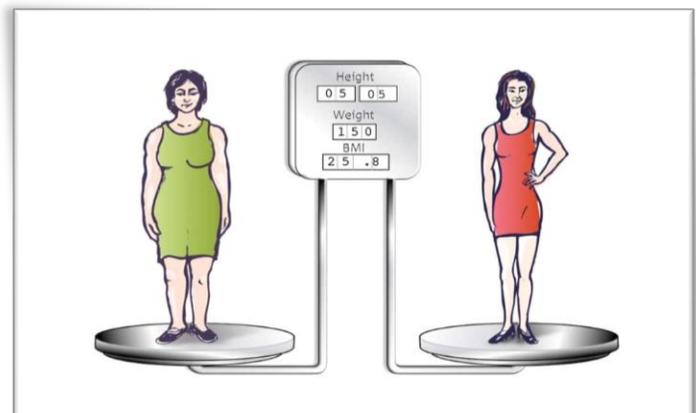
What's the difference?

- **Weight loss:** You want to lower your body-weight, the sum weight of your bones, muscles, organs, body fat
- **Fat loss:** You want to lower your body fat, the amount of fat your body carries. Healthy goals are 10% body fat for men and 15-20% for women.

Anybody can lose weight by dramatically reducing their calorie intake. The problem with that though is that you will lose muscle and fat. The goal to successful weight loss is to reserve as much muscle as possible, or possibly gain more, while at the same time lose as much body fat as possible. There are people who must lose weight, like athletes before a competition, but most of us need fat loss.

### Why the scale isn't the best indicator;

- **Unreliable:** The human body is about 50-65% water. Your body-weight can fluctuate daily since it's influenced by your stomach/bowel/bladder content, water loss/retention, muscle loss/gain, fat loss/gain, you'll have no idea what's going on.
- **Irrelevant:** As the picture shows, two people with similar height can weigh the same but look completely different because one has lower body fat than the other. This is also the reason why BMI isn't so accurate either.
- **Carbs and water:** Carbs bind to water. Eating less carbs will make you lose weight, water loss. Those who dramatically lower their carb intake and lose weight in the first 2 weeks: is mostly water. Of course, increasing your carb intake will make you gain weight again, water retention.
- **Muscle gain and fat loss:** You'll gain muscle while losing fat when you get into strength training. But on the weight scale it will look like you're not making progress, your body-weight doesn't change. Look at the picture above, 5kg of muscle takes less space than 5kg of fat. That means you'll look slimmer at the same body-weight by building muscle.



## Does muscle weigh more than fat?

You've probably heard the old myth that muscle weighs more than fat. Think about it, a kilo is a kilo, regardless of what you're measuring. Two things that weigh the same can be very different in size. A kilo of fat is bulky, fluffy and about the same size of a mango. A kilo of muscle is hard, dense and about the size of an orange.

## Understanding body composition;

Depending on your fitness level, your total body weight consists of;

- **Muscle: 30-55% of body weight**
- **Fat: 10-30% of body weight**
- **Water: (not including water in muscle or fat) 10-25%**
- **Bone: 15% of body weight**
- **Organs and other tissues: 10-15%**

## Tips to losing fat not muscle;

- **Get stronger:** Strength training builds muscle, prevents muscle loss and speeds up your metabolism.
- **Eat healthy:** Eat whole unprocessed foods 90% of the time and eat less starchy carbs.
- **Cardio:** Include cardio and HIIT training to speed up fat loss.

## Track progress efficiently;

You don't need to track progress weekly, changes wouldn't be drastic enough. Aim for fortnightly or monthly.

- **Stop weighing yourself daily;** The daily fluctuations will mess with your motivation. Try to weigh yourself weekly or fortnightly.
- **Take measurements;** Girth measurements of your neck, chest, arms, waist, hips and thighs.
- **Take photos;** Take full body pictures monthly, compare with your previous pics.

## Evie's Eats - Biftekia, Greek Baked Rissoles with Sweet Potato

(Makes 6-7 large rissoles)

### Ingredients:

- 500g beef mince
- 1 carrot, grated
- 1 tomato, grated
- 1 onion, grated
- 1-2 cloves of garlic, grated
- 1 egg
- A splash of red wine
- A splash of olive oil
- 1/2 cup dried breadcrumbs or 2 slices of bread (soaked in water for 2 min, squeeze water out with hands before adding it in mince mix).
- Handful of chopped parsley
- Pinch of mixed dried herbs
- 1-2 sweet potatoes, peeled and cut into thick wedges
- 1/2 cup of water
- Pinch of salt and pepper



### Method:

1. Mix all ingredients together in a bowl with your hands until well combined.
2. Take a portion of the mixture and roll into flat balls.
3. In a large baking tray, arrange rissoles and sweet potato. Add 1/4 of a cup of water
4. Bake at 180C for 30-40 minutes, or until brown in colour, depending on the size of the rissoles.
5. Serve warm with sweet potato and a salad. Enjoy!

## Quote of the Month - Nothing great was ever achieved without enthusiasm!



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Take control your life, be happy! – rock on!

Till next month... *Evie*