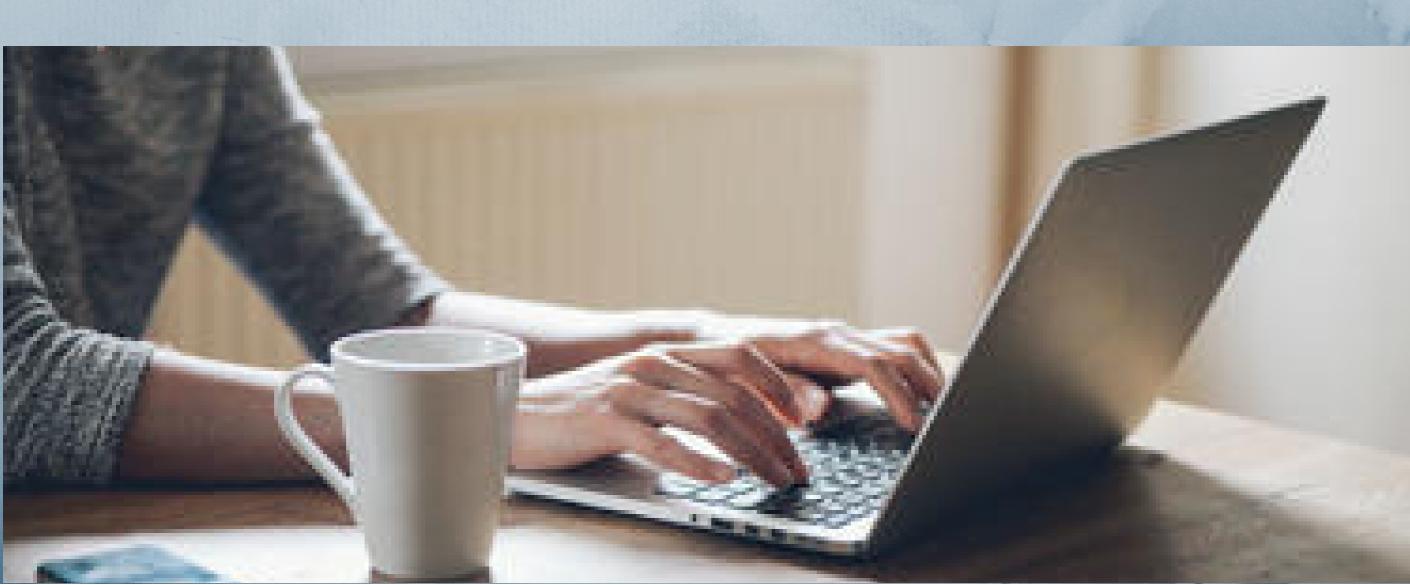


How to lose weight.
The SIMPLE TRUTH.

If you have downloaded this guide then it means that you are someone who wants to lose weight. You might not know where to begin. You might not know where to look. I know it can be very confusing because there is just so much information out there some of which is true and a lot of which isn't. I want to simplify things and give you some tips to help you get rid of that stubborn fat. I understand not everyone can afford a coach and that is why I decided to give you the fundamentals to a healthy weightloss. These tips are general recommendations, some of these you might like, some of you might not, or maybe some tips will work for you and some won't. If you are looking for something more specific for you then make sure to check out my programs listed on my website(dianagarciafitness.com) where I will work with you one one one to help you reach your goals.



Many of these things
you might have heard
of already and that's
because things haven't
changed. If you
downloaded this in
hopes of finding some
quick scheme, or some
new astounding
information then you're
barking up the wrong
tree.



Fat loss isn't very complicated however it is time consuming. Now a days everyone wants quick fixes and that right there is where people go wrong. You must understand that losing weight depending on how much weight you are trying to lose, it takes time, maybe 3months, 6months, 12months and maybe even more. Again it depends on your goal but you won't lose 10lbs in a week, or 30lbs in a month and if ANYONE is offering you that or you see that on the internet then look the other direction because that right there is all LIES or maybe possible but NOT HEALTHY. In GENERAL you want to try and lose .5-1lb each week, you don't really want to go beyond 2lbs a week. This is because it's going to become too difficult and make losing weight unsustainable. When losing more than 2 lbs a week you are also more likely to lose muscle. This is going to vary from individual to individual but again generally this is what you want to aim for.

I've said it in many of my posts but the most important thing in weight management is CALORIES.

You have to be in a caloric deficit in order to lose weight.

Remember CALORIES IN VS CALORIES OUT

you are essentially In a caloric deficit, expending more calories than what taking in which you are is referred as negative Caloric deficit balance. energy This can be done your calories by lowering weightloss or by increasing physical activity your of both. This is or a combination One of the reasons why people will start cardio into their routine. to incorporate more

• Try being more physically active

This does not refer to just exercise but instead your everyday activities. Take your dog for a walk, take the stairs instead of the elevator, park further away when going somewhere, try watching less tv and less time on your phone, try getting in more steps throughout the day, try doing some yard work. If you live a sedentary lifestyle all these things will help you get started on the right track. Poor diet combined with a sedentary lifestyle not only can lead to weight gain but also increase's risk of cardiovascular disease, type 2 diabetes, and cancer so **Just get moving**.

· Diet and Exercise

there's no way around this, if you want to lose weight then you must incorporate some exercise and you must have a balanced diet. This means incorporating more vegetables, more fruit, lean protein, more whole grains and foods with fiber. Your meals should also provide the adequate vitamins and minerals on a daily basis.

Don't get me wrong you can still have a cookie or two but everything in moderation.

Try incorporating aerobic exercise aka cardio. The recommended amount for an adult is 150 minutes of moderate aerobic activity, this can be as simple as walking. If you are not an active person try starting with 30 mins of aerobic activity at least 2-3x a week. Start lifting weights. Try incorporating some weight lifting at least 3-4 times a week. As you build more muscle your resting metabolic rate will be higher meaning even at rest you will burn more calories.

· Macronutrients

Foods provide energy which are composed of Macronutrients.

I won't go into much detail but there are three MACRO nutrients which are essential for our bodies to function properly. This includes carbohydrates, lipids (fat), and protein

Here's what you should remember
Carbohydrates=4cals/g
Fats=9cals/g
Protein=4cals/g

Alcohol=7cals/g(not a macronutrient but still provides calories)



· Health VS weight loss

The problem is that we as humans tend to be really good at eating, and like I said it's all about calories in VS Calories out, and so if you are eating more calories than you are burning then you are GOING TO GAIN WEIGHT. The reason why a balanced diet is recommended is because these are foods that are going to help you feel fuller for a longer period of time and hence you won't need as many calories to fill you up.



Think about it what's going to fill you up more a chocolate bar or an apple? An apple will most likely fill you up more and it has less calories. I Know at first it's going to seem like you're on a "DIET" but the goal is to make it part of your lifestyle. However at the end of the day it doesn't matter if you eat clean or if you eat junk food every day, if you eat too many calories you will gain weight. Think about it though, eating junk food every day will not provide any health benefits as opposed to a balanced meal. Might as well kill 2 birds with one stone right?



Now there's also another problem: DIETS or coaches that tell you to eat REALLY LOW calories. I mean sure you might lose weight initially but that is not HEALTHY and eventually your body will adapt to that and you'll stop losing weight. Also once you go back to eating how you normally eat you'll gain that weight back and you might just find yourself in a cycle of yo-yo dieting. Remember QUICK schemes don't work in the LONG term and are not sustainable.

PUT in the effort. Don't expect to see results if you are not willing to put in the work. You are going to have to put in effort into your diet as well as your workouts. It's not suppose to be easy. This might mean eating some veggies instead of eating cake 3 days in a row, or going to the gym after a long day of work. It's all up to you, no one is going to push you so learn how to push yourself.

· Mutrition label

Read nutrition labels. This is something I always do because just because something has the word organic, or natural doesn't mean it's LOW CALORIE. Always read nutrition labels, on the front it might say something like 100 calories but if you look at the nutrition label it might say 100cals per serving. Let's just say you didn't read it and you thought something was only 100 calories but in reality that food had 6 servings and so now you're in 600 calories just because you didn't read a nutrition label.

· Measure and count

Measure out portion sizes as well, reason is that we tend to overestimate when we just eyeball something and that's not something you want if you are trying to lose weight

Count your Macros: this is something that I recommend to everybody because it has worked for myself and many other people do this as well. However I understand that this isn't for everyone but if this is something that you have never tried doing then I highly recommend it. You won't know if something doesn't work for you if you have never tried it. Counting Macros is very optimal because if you are trying to lose weight what's better than actually knowing how many calories you are eating? This is one way to ensure you're on the right track towards your goals.



I provide macro coaching, so if you are unsure where to start or need help staying on track make sure to check out my programs or email if you have any questions



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· Food Niary

Keep a food diary. Either in a notebook or even on your phone. There are great apps where you can log your food. Remember to log everything you eat, so you know how many calories you're eating. You might snack on bite sizes throughout the day but those calories add up. It's up to you whether you log everything, but just because you pretend you didn't eat something doesn't mean the calories don't exist. By logging your food you are more aware of your food choices.

• Maintenance Calories

Figure out what your maintenance calories are. Once you know that number you can start by decreasing that by 200–300 calories a day. Let's say your maintenance calories are 2,200 calories a day, then each day you would instead eat 1900–2000 cals. That right there is enough to have you losing ½ lb/week. If you are also exercising and let's just say you are burning another 200–300 calories while working out then that will put you on the right path to losing 1lb/ week. If you really think about 200–300 calories isn't much. A soda can alone has 150 CALORIES, so even by cutting down on a soda can a day that's already 150 calories less.



• Fuel your body properly

Eat a well-balanced meal. What do I mean by this? You probably hear this all the time but what does a balanced meal even mean?! Well balanced meal means eating a meal with a lean protein, whole grains and some veggies and or fruit. A great website to look at is choose my plate.gov which was developed by the USDA, it explains what a healthy meal looks like as well as what each food group looks like.





Snacks

Keep your snacks low cal.

Snacks are just that,
something small that you
can eat before your next
meal. Try to eat snacks
that are around 150, more
or less. For this reason
fruits and vegetables are
always a great option as a
snack.

• Fiber

Eat your Fiber. Foods high in fiber include whole grains and vegetables. Fiber helps the body function properly and foods high in fiber will also help you feel full and thus help with total caloric intake. Vegetables especially are not only high in fiber but also low in calories, which means you'll be able to eat more vegetables without going over your calories. Fiber is also important for our digestive system and can help prevent colon cancer. Fiber can also help by lowering your cholesterol.

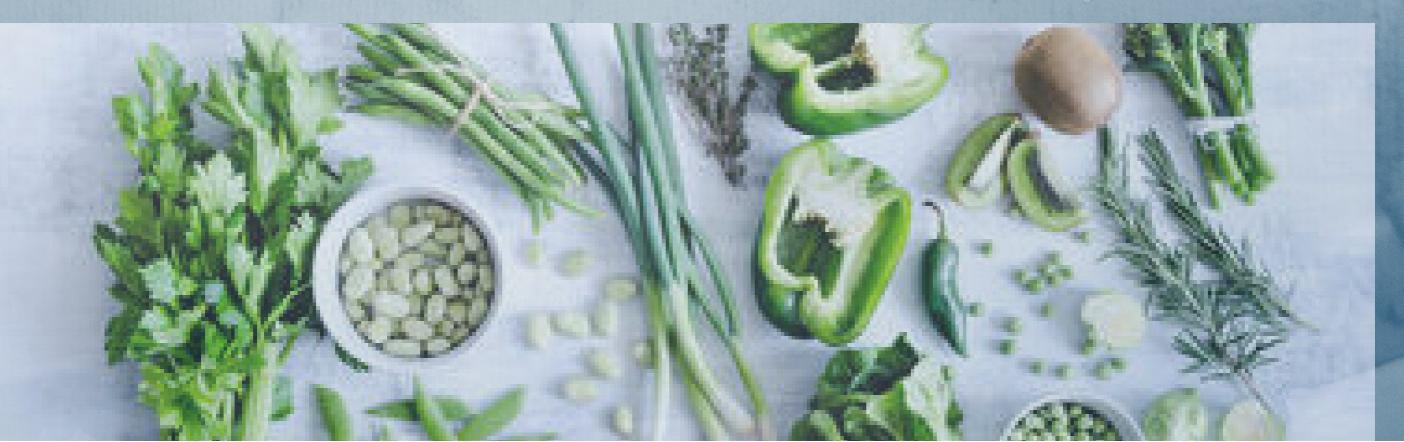
· Low fat

LOW fat. An easy way of reducing your calories is by using low fat or nonfat products. For example if you use whole milk try reducing to 2% or even skim milk. Some people complain they don't like the taste but our taste buds can adjust so just give it some time. This can apply to any dairy products, sauces, salad dressing and even certain foods. This is why nutrition labels are so important.

· Eat your fats

I'll keep it simple. Fats are necessary in a diet after all it's a Macronutrient. Eat more polyunsaturated fats, think aovados,oils and nuts and eat less saturated fats pretty much all processed food and try to stay away from trans-fat which provides no value for you.

Trans-fats are always listed on nutrtion labels so always read them or they are listed on ingredients as HYDROGRENATED OIL.



• Eat protein

Get enough protein. Protein as mentioned is a macro nutrient which means it's needed in larger quantities. Protein serves many important functions in the body but the one of more importance in terms of weight loss is the fact that it help build and maintain muscle. Protein is also the macronutrient that provides the highest satiety which can aid in your weight loss goal. When choosing a protein source go for lean proteins. Animal protein has saturated fat which is why you want to pick lean proteins: lean cuts of beef, fish, chicken breast, turkey.



Remove skins when possible.

Protein is also found in other foods so vegetarians and vegans can still get an adequate amount of protein.

This includes tofu, grains, nuts, soy, legumes, and beans. High quality protein at each meal is important to make sure that the Amino Acids needed for muscle protein synthesis are available throughout the day.

· Eat fruit

Make most of your servings of fruits from whole fruits and limit fruit juices. A whole apple will keep you more satisfied compared to a little juice box. The recommended amount of fruit is 2-3 servings

· Wait will you are hungry

There are times when we really aren't hungry but we still turn to food. Whether it be boredom, stress, cravings, frustration, a reward and so on. Try to find other ways to deal with these things and wait until hunger strikes to actually eat.



• Eat at home

Try to eat most of your meals at home, when you eat fast food or even at a dine in restaurant then you are more likely to eat more and eat high fat-high calorie foods.

· Plan ahead

An important part of staying on track is to plan ahead. Meal prep on sundays if you are too busy throughout the week. Have an idea of what you are going to make if you don't want to meal prep. Look at nutrition menu's before you go out to eat. Always be prepapred.



· Eat more whole grains

Whole grains have fiber while simple carbs have none or little to none. Like mentioned fiber helps by filling you up quicker. large amounts of simple sugars will not help supress hunger. Try to make at least ½ of your grains whole grains. Whole grains include brown rice, oatmeal, whole wheat pasta etc.

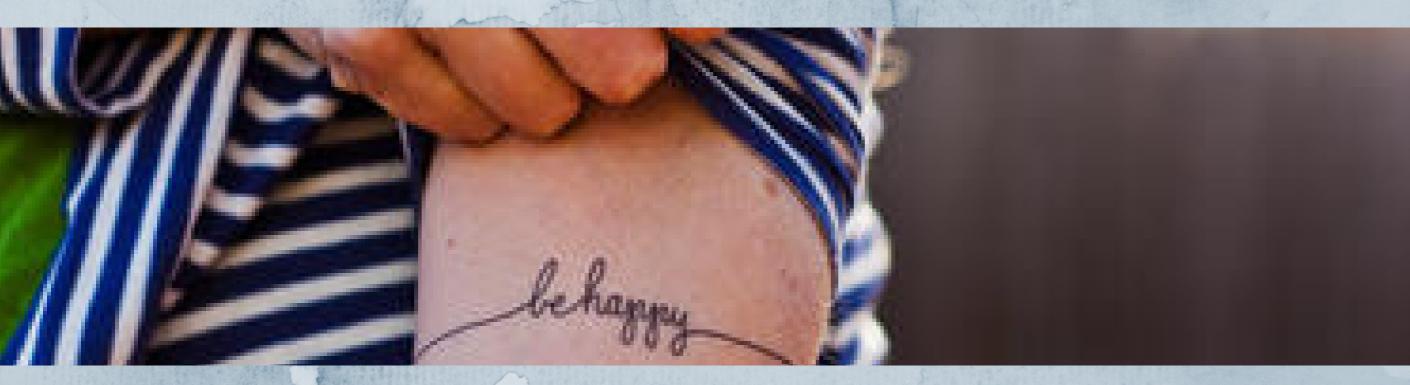
A Carbohydrate rich diet ensures that the body stores of carbs (glycogen in muscles and liver) are enough to meet the energy needs of exercise.

· Cut the sodium.

Cut the sodium. Sodium is in fact a mineral that our body needs however we only need a small amount. Most people get way above the recommended amount of sodium. Sodium can cause you to feel bloated and can cause you to retain water which can make the scale go up. Sodium can also lead to high blood pressure. Just about everything has sodium, many processed foods are high in sodium. When looking at nutrition labels next time look at the sodium amount. If it's higher than 20% than maybe it's a good idea to skip on it. Realize that adding salt to your food also adds sodium, try using different spices instead and only a small amount of salt.

· Be realistic.

Like I mentioned results take time and you can't expect to magically drop 5lbs in a day. If you want to lose 10lbs then you know that can take somewhere around 5–10 weeks. Don't try to do everything at once. Let's say you are eating out every day it's going to be hard to do a 360 and eat clean 24/7. Instead try eating out only 2–3x a week. Try incorporating veggies into your meals. Try swapping high calorie snack for lower calorie snacks. Set small goals each week and they will start adding up but don't try to do everything at once.



· Don't overly rresttrict yourself

I know you want to lose weight and your whole life you've been told to stay away from certain foods because they are bad for you and won't allow you to lose weight. However if you restrict yourself to only eating certain foods then you are more likely to binge, now instead of eaten 1 cookie you've eaten the whole bag and you're back to where you started. There's nothing wrong in eating something that isn't necessarily "good" for you, every once in a while that is fine. One bad meal isn't going to make you fat just like one healthy meal isn't going to make you fit. Follow the 80/20 rule, eat nutrient dense foods 80% of the time and treat yourself 20% of the time

Stop Drinking your Calories

Think about it: let's say in the morning you have a juice, for lunch you have a soda and for dinner you have another soda, well my friend you just added about 400 calories to your caloric intake. Drinks have almost no nutritional value and will not fill you up. This includes alcohol which provides 7 cals/g which can add on cals very quick. Try sticking to water, or even unsweetened or calorie free drinks.



I know many people who don't drink the adequate amount of water. Water is so important for our bodies to function properly. Not only that but it also keeps us hydrated and can aid when cutting weight. This is because water alone can at times fill you up. Have you ever tried drinking a crazy amount of water all at once...pretty difficult right? After a while it almost feels like your're getting full even though it's just water. Not drinking enough water can also cause you to retain water, I know that sounds contradictory but it's the truth. Not only that but if you are eating a high sodium diet and you're not getting the right amount of water then you are more likely to feel bloated and can even feel constipated. Drink enough water. Always carry a water bottle with you. Try to drink water throughout the day.

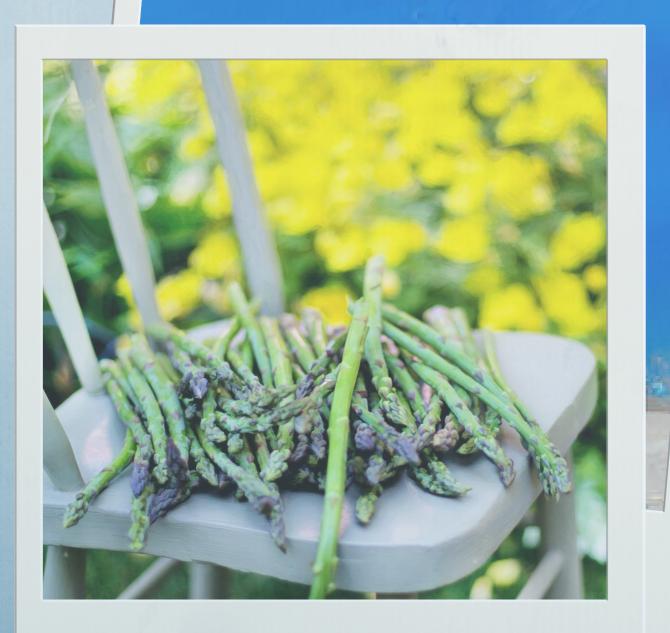
Stop trying to Spot Reduce

You can't spot reduce. Probably one of the biggest myths out there is that you can do certain exercises to target that area to reduce the fat. That is FALSE. FALSE. FALSE. Unfortunately you can't spot reduce, you can't decide where you lose weight, that is based a lot on genetics. However by being in a caloric deficit you will lose weight, it won't just be in that spot but all around. So exercises that target a specific body part aren't meant to shed fat they are meant to gain muscle and make that body part look toned.

Calories in vs calories out y'all.

Fat Burning Foods?

Have you ever read something like top 10 fat burning foods or something in that nature? I'm sorry to break it to you but they don't exist... but Diana I read that blah......I'll tell you again it doesn't exist. Don't believe everything you read on the internet. Fat burning foods do not exist, Calories exist. If you don't learn anything from



this guide, just remember this

CALORIES IN VS CALORIES OUT.

YES I agree that there are some foods that are very nutrient dense making them efficient when being in a caloric deficit, but there are no foods that you can eat and poof the fat will come off.



Change your Attitude

Don't let a bad day ruin your hard work. You will make mistakes, you are only human. Don't be so hard on yourself when you do make mistakes, when you ate more than you should have, when you decide to skip the gym... just move on. DON'T GIVE UP. Tomorrow is a new day. Don't be a negative Nancy, when you talk negatively to yourself, you start to believe those things and health is just as much mental as it is physical. Instead try focusing on being positive

· Be patient and stay consistent

As you begin this journey remember that everything takes time. I know you want results and you want them now but as cliche as this is... Rome wasn't built in a day. Always remind yourself that on the days when you feel like you're not getting anywhere. Keep working hard, stay consistent and with time you'll get the results you want



Sleep and stress

Get enough sleep and don't stress over silly things. Lack of sleep and high amounts of stress can have your body producing a hormone known as cortisol. Too much cortisol has been shown to impede weight loss. Aim for 7-9 hours of sleep, as enough rest is also very important for recovery and muscle growth.

· A few last words

If you are eating fast food regularly, most likely consuming high calorie foods, if you can't remember the last time you ate veggies, if you spend most of your day sitting down... need I say more? You know the answer, you know what you have to do. Stop thinking that you are going to achieve results over night, stop looking for quick fixes, because there aren't any. Plain and simple. What are you waiting for?

