



6 WEEK WEIGHT LOSS CHALLENGE

**Information Pack
April 2019**

Welcome to the boat house gym's 6 Week Weight Loss Challenge. We are excited to support & motivate you in changing your life over the next 6 weeks. Congratulations on taking the first step and committing to doing something that will improve your life. Making that commitment can often be the hardest part so well done. We are here to offer you advice & encouragement (as well as the occasional kick up the backside should you need it!) Losing weight can be challenging at times but also hugely rewarding and we can't wait to see your results, not just physically but also mentally. It is within your mind that the battle is often won or lost, so stay focused, positive and don't give up no matter what!

Good luck.



6 WEEK WEIGHT LOSS CHALLENGE

Losing weight is as much a mental challenge as it is a physical one.

How the challenge will work

Over the next 6 weeks we are here to encourage & support you to lose as much weight as you can. We want to instill in you positive attitudes around health & fitness that will ensure you continue to lose weight after the 6 weeks are over (assuming ofcourse that you still need or want to.) As we are a gym, our focus will be primarily on fitness and how exercise and strength training can have a massive impact on your weight, as well as your overall wellbeing. The significance of nutrition however can't be overlooked, as losing weight is largely determined by what you put in your mouth. We are huge advocates for learning how the body works and understanding which foods work best, and in which combination, to aid in greater fat loss. We encourage you to download a calorie counter app onto your phone and track everything you eat. We recommend 'easy diet diary' for iphone or 'My Net Diary' for Android. Alternatively you can purchase a small calorie counter book. Writing it down each week in the weekly food trackers will also help to keep you on the right path. You don't have to count your calories if you'd prefer not to but from our experience it can really help. In this pack we have given you some helpful general knowledge about how to approach your nutrition. We do however encourage you to chat to us at any stage if you have questions or concerns about your nutrition. You can also make an appointment with our resident nutritionist Jade.

The winner of the 6 week Weight Loss Challenge will be the person who loses the most weight as a percentage of their overall starting weight.

Prizes to be announced at information session.

Important Dates

Monday April 29th

Information and Q&A Night
1st Weigh In - must wear the same clothing for each weigh in.

Weekly weigh in

The weekly weigh ins will be each Monday night between 7.15pm and 8pm. Failure to weigh in will disqualify you from winning any prizes.

Monday June 10th

Final Weigh In - 6pm
Winners announced

Losing weight always comes down to what you put in your mouth - end of story!

Nutritional Information*

Good nutrition defined

Since losing weight is predominantly based around what you eat, it's important to have a working definition of "good nutrition." If you ask a hundred different people what "good" or "healthy" eating means, you'll likely get a hundred different answers! Some think good nutrition means eating fewer sugary desserts. Others think it means eating more fruits and vegetables, less meat, and/or fewer carbohydrates. And then there's the often-cited, commonsensical, and largely meaningless "balanced diet." While most of the definitions you'll hear are simple and easy to remember, most of them will be incomplete and some of them will be flat-out wrong.

Below are the 5 important criteria that all good nutrition plans must meet.

1. Good nutrition properly controls **energy balance**.
2. Good nutrition provides **nutrient density**.
3. Good nutrition achieves **health, body composition and performance goals**.
4. Good nutrition is honest and **outcome-based**.
5. Good nutrition is sustainable for both us **and the planet**.

Let's discuss each of these in more details.

1. Good Nutrition Properly Controls Energy Balance

The phrase "energy balance" represents the relationship between "energy in" (food calories taken into the body through food and drink) and "energy out" (calories used in the body for our daily energy requirements.) This relationship, defined by the laws of thermodynamics, dictates whether weight is lost, gained, or remains the same.

However, there's a lot more to energy balance than its physical manifestation in weight change. Energy balance also has a lot to do with what's going on in your cells. Both a positive energy balance (more energy in than out) and a negative energy balance (more energy out than in) affect everything from your metabolism to your hormonal balance to your mood. An intense negative energy balance does lead to weight loss. But so does getting thrown in a prison camp or being in a poor African village without adequate food. And that's exactly what our bodies think when we impose a large negative energy balance: *I'm starving!* All "non-survival" functions including reproductive function, metabolic function and brain function slow or shut down.

On the other hand, a positive energy balance from overfeeding (and/or under-exercising) has its own host of repercussions. Weight gain is the most obvious consequence, but health and cellular fitness suffer too: plaques can build up in our arteries; blood pressure and cholesterol can increase; we can become insulin resistant and begin to suffer from diabetes; our risk for certain cancers increases, and the list goes on. Good nutrition programs help to properly control energy balance. Good nutrition prevents excessive swings in either direction (positive or negative) and the body can either lose fat or gain lean mass in a healthy way.

2. Good Nutrition Provides Nutrient Density

Nutrient density is the ratio of nutrients (vitamins, minerals, fiber, etc.) relative to the total calorie content in food. Therefore, a food with a high nutrient density would contain a large amount of key nutrients (protein, iron, zinc, B vitamins, etc.) per 100 calories of food.

Calorie density is defined as the ratio of calories (which are merely units of potential energy in food) to the actual weight of a food. Therefore a food with high calorie density would have a lot of calories per 100g of food while a food with low calorie density would have few calories per 100g of food. For example, foods with a lot of fibre and water tend to have lower calorie density. Foods which have less water or are higher in fat tend to be higher calorie density.

As you might imagine, the best combination of nutrient and calorie density for improving health and promoting fat loss is a diet **high in nutrient-dense foods** (a lot of nutrients per calorie) and **low in calorie-dense food** (few calories per gram of weight.) Such a diet would have the following benefits:

- Easily controlled calorie intake (without calorie counting)
- Longer periods of satiation, or satisfaction/fullness, after meals
- Difficulty overeating
- A higher total essential nutrient intake
- More essential nutrients per volume of food

Conversely, for someone interested in weight or muscle gain, the recommendation above might be altered in favour of high-nutrient-dense, high-calorie-dense foods. This would allow for increases in both nutrient intake and calorie intake, both essential for gains in lean mass and total body weight.

3. Good nutrition achieves health, body composition and performance goals

Good nutrition is about more than weight loss or gain, which are just transient indicators of energy balance, since energy balance and weight can change from one day to the next. Therefore, finding a long-term set of dietary habits should be based on the intersection of the following 3 goals:

1. Improved **body composition**
2. Improved **health**
3. Improved **performance**

Yes, a large majority of people are working out with aesthetics in mind. They want to lose fat, gain muscle, achieve a flat stomach, and generally look great naked. Because of these strong motivators, they can easily be lured into a world of powerful drugs, invasive risky surgeries and ridiculous crash diets. While these short-term strategies can sometimes (and temporarily) improve the way you look in the mirror, in the long run such strategies can often sacrifice your health and well-being.

4. Good nutrition is honest and outcome-based

While good nutrition controls energy balance, boosts nutrient intake, targets health goals, body composition goals, and performance goals, it also has to be honest about whether it hits the mark. After all, how many times have you heard the following:

- "I eat really well...but I'm still 20 pounds overweight."*
"My diet is perfect...but I often feel sluggish and fatigued."
"I make good nutritional choices...but I've got high blood pressure & diabetes."

Is it possible that someone could eat really well and have a "perfect" diet yet be overweight, fatigued and riddled with lifestyle-related diseases? Sure, it's *possible*, but it's not *likely*. Most people who believe they're "doing a good job" but who don't have the physique or the health profiles to show for it, simply aren't. Either they have a good plan that they're not executing or their plan isn't very good.

Beyond honesty, good nutrition also requires results. If you think you're "doing a good job" yet have no results to show for it, how "good" is the job you're going? Not very. This is the definition of outcome-based: You evaluate the "goodness" of your nutrition plan by observing what happens when you follow it. In an outcome-based world, theory is meaningless and results are everything.

Good nutrition equals results.

5. Good nutrition is sustainable for both us and the planet

What we choose to consume has a major impact on sustainability. If we aren't responsible with resources, no one will be. The consumption (and overconsumption) of food and water has a strong impact on the planet. The diet we choose to sustain us must also sustain the planet. Fortunately, what's best for one is best for the other.

*Reference: Precision Nutrition

Nutritional recommendations



3 fundamental steps

There are 3 fundamental steps to achieving weight loss. It is only when all 3 steps are adhered to that a person can achieve permanent weightloss.

Step 1 - energy in vs energy out

The law of energy balance states that in order to lose weight you must burn more calories than you consume each day. It may come as a surprise but generally this is not the problem for most dieters and people attempting to lose weight. It is however only part of the equation (and is why most dieters fail.) If your total daily energy expenditure is greater than your food intake and you follow fundamental steps 2 & 3 you will burn fat for fuel which is always the goal in a weight loss program.

Step 2 - meal timing

This is one of the key problems for most dieters and is part of our evolutionary biology. People rarely eat frequently enough. As hunter gatherers our bodies are always looking for triggers to store fat. This is known as our starvation or survival response and it has kept us alive for hundreds of thousands of years throughout times of famine. It is our starvation response that is always attempting to add to our fat batteries to ensure our survival of the species. When we do not eat regularly (every 2 to 4 hours) our bodies go into fat storing mode, not fat burning mode, and our bodies fear famine is coming. This is NOT what we want! So keep your portions small and eat regularly.

Step 3 - meal type

This is also one of the key problems for most dieters and is part of our existing biology. A calorie is not just a calorie. It is important that meals are made up of the correct rations (carbohydrate, protein & fat) for permanent weight management. If a meal type is not correct then it creates a series of biochemical signals that make it impossible to burn fat for fuel due to the role of hormones.

Macronutrients

Macronutrients are the food substrates that fuel and repair our body. They are made up of carbohydrates, protein and fat.

Carbohydrates can be broken into 2 broad categories - simple & complex. Simple carbs include fructose (fruit sugar), lactose (dairy sugar), sucrose (white sugar), maltose (malt sugar) and glucose (blood sugar). So anything ending in 'ose' on a food label is sugar in disguise. Beware when purchasing packaged foods to always check the ingredients regardless of any advertising claims that may say fat or sugar free.

Complex Carbohydrates include both starchy and fibrous carbohydrates. It is the fibrous carbs (vegetables) that we should look towards for the majority of our meal portions. Fibrous carbs are a critical part of succeeding in weight loss and it is for that reason that their serving sizes are unlimited at main meals. While starchy carbs are often slow release (low GI) they simply contain too many grams of carbohydrate to effectively burn fat for fuel when eaten multiple times per day.

Protein We strongly advocate a vegetarian diet, as often the proteins of today are tampered with by growth hormones, chemicals, unethical & often very cruel treatment of animals. We highly recommend fish or free range products for your protein requirements if the vegetarian lifestyle does not suit you. Lean proteins are excellent for fat burning as the body burns energy to digest them. Eating 5 small meals a day, with a protein portion included in each, is a great way to elevate your resting metabolism and burn fats for fuel automatically throughout the day. Another option for getting your protein requirements is through protein shakes or bars (speak to your mentor about recommending a good brand.)

Fats play an important role in many processes including primary energy reserves, membrane constituents, hormones, fat-soluble vitamins, thermal insulators and biological regulators. For these reasons, fats are absolutely essential in your diet. We are talking about good fats like olive oil, fish oils, flaxseed oils, nuts, avocados, coconut oil, seeds (chia, pepitas, etc) that are essential in your diet, not bad fats. Trans fats are the bad fats that cause most problems and must be avoided. Trans fats are used by food companies to make their foods more appealing. Food manufacturers use it to give cakes, pastries and biscuits a more solid consistency and to prolong shelf life. Trans fats are also found in vegetable shortenings, some margarines, crackers and snack foods. Trans fats are bad for the heart and especially the waistline! Also spare a thought for the apes, monkeys & orangutans whose homes are being destroyed for the use of palm oil. Avoid using palm oil and feel better about your choices. Also avoid products that have partially hydrogenated oil on the ingredient list and foods where the trans fat content is likely to be high (deep fried fast foods, packaged biscuits, cakes, potato chips, pies etc.)

Alcohol is a form of energy in the body which should ideally be cut out completely or at least limited during the challenge because it acts as a buffer to the fat burning process. As alcohol is a toxin to the body, it is the first fuel to be processed so it delays any chance of fat burning.

In order to lose weight you need to burn up more calories than you consume...simple!

Metabolism

Metabolic rate is without question the most important factor in weight loss and must be the number 1 priority of any weight loss system. Eating every 2-4 waking hours is a great way to ramp up your weight loss and your metabolism. This equates to 5 small meals a day and ensures that your body will never go into starvation mode.

Remember that our bodies are designed to store fat for survival; it is a natural process to preserve life. Your job is to not give it a reason to store fat, by fuelling your body correctly and regularly we can eliminate the fat storage component. Once we do that, then we just need to get down to the business of burning the accumulated storage (fat.)

Eat small meals regularly to get the fire burning

Water

It is recommended that you drink 2-3 litres of water every day. This is the equivalent of 8-10 glasses. However, as your daily activity level increases or as the weather warms up, you may find that you need to drink more than this.

Caffeine/Coffee

Small amounts of caffeine (coffee & tea) are fine to have in moderation. We suggest that you do not drink more than the recommended 300mg of caffeine a day (approx. 2 average strength cups of coffee - with NO sugar) as too much caffeine has a number of side effects, including increased urination, anxiety, irritability and sleep problems. You may have up to 6 green teas per day, this will help increase weightloss. Please note that coffee does not count towards your water intake but Green tea does.

Sleep

We all know that sleep is important for concentration and memory, but sleep also plays an important role in weight loss and maintenance. Research has shown that sleep deprivation is linked to weight gain and an increased risk of obesity. This is because a lack of sleep boosts the concentration of a hormone that increases hunger. When you are tired you are more likely to eat more and the quality of what you consume is more likely to be high in sugar and high in carbohydrates. While the amount of sleep we need varies slightly from person to person, studies indicate that most of us need 7 to 8 hours a night.

Plan Ahead

Planning is critical to weight loss success. As the saying goes.... 'If you fail to plan, then plan to fail.' It's harsh but true. A lack of planning can often result in impulse purchases of food that aren't going to help you reach your goal. We recommend planning at least 1 day ahead so you know exactly what you are going to be eating and what exercise you will be doing. If possible plan a week in advance to really make sure you're prepared for anything. If you know you have a social occasion where you'll be eating out jump on the restaurant's website and choose what you're going to have in advance. Don't go to dinner hungry or you'll devour the bread basket and a whole bunch of empty calories along with it. And remember - no alcohol! Stick to water with your dinner and drink plenty of it to help fill you up faster.

Calculating your BMI

Body Mass Index (BMI) is a widely used indicator to classify an individual's weight status. It's a useful tool to work out your weight-loss goal. Your BMI is calculated by dividing your weight by your height in metres squared. So, if you're 1.70m tall and you weigh 78 kilograms, your BMI will be: $78 / (1.70 \times 1.70) = 26.9$

BMI Classifications

Less than 18: very underweight
Less than 20: slightly underweight
20 to 25: a healthy weight
26 to 30: overweight
Over 30: obese
Over 35: severely obese
Over 40: morbidly obese

Calculating your BMR

Our BMR describes the calories used to keep our body functioning every day - our lungs full of air, our heart beating and so on. We burn these calories when we are literally just sitting around, sleeping, etc. Our BMR is influenced by a number of factors including our gender, age & amount of muscle we carry. Once you know your BMR you can track your calories going in (food intake) against the calories going out (BMR + Exercise) to ensure you have a deficit each day resulting in weight loss. Calories burnt through exercise can be tracked using a heart rate monitor. Most of our cardio equipment will also give you a calories burnt reading.

Go to this website to calculate your BMR & BMI.

www.bmi-calculator.net/bmr-calculator/

Some final tips from us for a successful challenge...

- You must attend every weigh in without fail!
- Come to as many Masterclasses as you can & aim to exercise everyday (whether that's in the gym, doing a class or getting outside for a walk.)
- Lift weights! The more muscle you have the faster your metabolism runs and that means more weight loss.
- Ask for help or support when you need it.
- You can allow yourself 1 'cheat' meal a week but ensure you work out especially hard on that day! If however you are the sort of person who can't stop at one... then a 'cheat' meal is probably not a good idea for you.
- Keep the portion sizes under control - and don't cheat yourself. A few sneaky things here and there WILL make a difference.
- If you find you're still hungry after dinner just head to bed or sip on a Green tea.
- Drink at least 2-3 litres of water per day.
And PLAN, PLAN, PLAN ahead!

Good luck & congratulations on taking this step towards changing your life.

A few words from our PREVIOUS WINNERS...

Stephen Anderson, Round 1 "The boat house gym is totally amazing just love it! Everyone is so warm & friendly and coming to the gym has really changed my life."

Kylie Packer, Round 2 "It has been an amazing 6 weeks. I never thought I could achieve what I have and I feel fit, strong and so much more confident. Thanks to everyone involved. I had loads of fun and feel like I'm back in control!"

David Jones, Round 3 "The Challenge is a great way to get back on track and we always have a ball. Would recommend the Challenge to anyone who wants to change their life."

David Jones & Mel Puddy, Round 4

"We love doing the Challenges as they're fun, we get great results and the atmosphere is very supportive & encouraging. Highly recommend it!"

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