REBOOT#5

Janet loses 3.7kgs in stored fat (and 4.8 in total) in 25 days!

Here are the numbers!

To date, I have pitched a calorie is not a calorie.

Meaning: For example, a simple carbohydrate (sugar), while being 4 calories per 1 gram when consumed (in everyone), in everyone, this calorie is metabolised differently. In some, these calories will be burnt off near immediately, while in others, they will be stored as fat (weight) quickly.

For this reason, I have placed significance on namely, dietary carbohydrates, and the consequent moderation of blood glucose.

So, a calorie aint a calorie.

However… along with directing food macronutrient balance (CHO:PRO:FAT:ALC), I have also directed total calorie balance via the Hunger Games Laws.

Today's post outlines the calorie 'in:out' balance for Janet (an actual person), her consequent weight loss, and the numbers associated with that weight loss.

The Math – Janet loses 3.7kgs in fat (4.8kg in total) over 25 days.

Please consider: N = 1.

The following information is accurate and transpired Mar/April 2021.

TO KNOW.

BMR, Basal Metabolic Rate: The daily energy it takes to remain alive (free from exercise and other BMR increasing behaviour (food choices, supplements, pharmacy etc).

Gender: Males, courtesy of heavier bodyweight and male-dominant hormones, typically burn more calories than females.

Weight: The heavier, the greater the BMR. Also, leaner healthy muscle mass weighs heavier than body fat.

Age: Typically, BMR slows with age.

Exercise history: Typically, the greater the history of exercise, the higher the BMR. However, exercise-induced BMR acts like a thermostat.

Vo2 Max/ Aerobic Threshold: A test measuring the maximum volume of available oxygen at a cellular level – and – via the Aerobic Threshold calculation, the point at which (measured via blood lactate & Heart Rate) the subject changes from burning fat to sugar.

Climate: Typically, the colder the weather, the higher the BMR.

Genetics: The more carb intolerant, the lower the BMR.

HbA1c: Indirectly measuring dietary-induced insulin production over 12 weeks – the additional and unused carbohydrate. (Excessive) Insulin typically lowers BMR.

STEP 1 – Calculate the current (starting) Basal Metabolic Rate (BMR).

Key Facts,

- Gender: **Female.**
- Starting Weight: **78.4kgs.**
- Age: **38yrs.**
- Exercise Habits over past 12 months: **Low; Occasional conversational walks.**
- Additional Testing: Vo2 Max Test (Fitness): **Low: 23.5 ml/per kg/weight.**
- Current climate: **Autumn, 8-16c**
- Genetics (Insulin Intolerant): **Father gained weight easily.**
- HbA1c Blood Glucose: **6.1% - higher than Brad Pamp considers ideal.**

BMR: **1850 calories per day.**

FAQS

Cardio Exercise Intensity: Capped at 136 HR beats per minute (DTI calc and confirmed via a Blood Lactate Threshold Test performed by Brad Pamp).

Janet understands exceeding her calculated HR ceiling will most likely burn more calories during the session, and post-exercise, her BMR will remain higher momentarily. HOWEVER this more strenuous exercise will be detrimental to her elevated appetite over the next 8 hours, for sweeter foods – and a substantial dip in her BMR, 8 hours after the exercise session.

Resistance Exercise: Specific musculoskeletal strength exercise produces a higher BMR than exercising cardio alone.

Caffeine: not only increases BMR but guards against sugar burning and promotes fat-burning.

STEP 2 – Calculate total Energy OUT (calories).

- Basal Metabolic Rate (BMR): **1850 cals.**
- Exercise Time (and nature) per day: 60 minutes (Cardio – brisk walking), 15 minutes (Strength – body weight & DB lifting) **420 + 110 = 530 cals.**
- Additional Caffeine per day- 150 mgs (2 shots): **50 cals.**
- Increase in Spices (Chilli) 1 tsp: **20 cals.**

BMR + ADDITIONAL ENERGY REQ: **2450 calories per day.**

STEP 3 - Dietary Changes.

- o Total calories per day: **1350 cals.**
- o Lower insulin production: **4.7 – 5.3 mmol/L blood sugar (testing actual live BG, not HbA1c).**
- o Increase healthy dietary fats: **35% of total cals - but the caloric volume in moderation.**
- o Remaining Hydrated: **tested via Urine (a lighter and optimum shade of yellow).**
- *Employing The Hunger Games Laws, it took 3-4 days to reach this optimal balance.*
- *Brad Pamp calculated accurate dietary energy values for the subject – via her diet.*

Total IN Energy (calories): **1350 cals.**

THE MATH

- o Daily IN Energy: 1350 cals.
- o Daily OUT Energy: 2450 cals.
- o Additional Daily Energy Required: 1150 cals.

TO KNOW

7700 calories = 1 kg body fat.

And, in Janet's case...

<1150 cals per day over 25 Days: <28, 750 cals.

3.7kgs in actual body fat lost/ 25 days.

THERE'S MORE

Her actual scale weight/ Testing Day 25 = <4.8kg

1.1kg of total measured weight loss was fluid.

In 'most' females, 1.5% of total weight loss over the first 25 days (on a periodised and proper program) relates to unnecessary fluid retention – and is healthy weight loss.

Men typically lose 'around' 0.4% in fluid at the 25-day mark.

FAQS

Typically, at Day 25, I plan fat 'loss' (via bespoke programming) to yield between 4.0 - 5.2kgs.

1. Greater weight loss at this point commonly slows the BMR (e.g, 1850 cals down to 1500 cals),
2. The appetite is (often) drawn towards higher insulin-producing food.
3. Motivation for exercise can lower.
4. Weight returns quickly.

I've learnt not to spook the brain and its related metabolic hormones.

This has been made very clear working with literally thousands of females and the more complex endocrine system.

With systematic patience, when reaching one's ideal weight & shape, it holds!

Janet and the wrap up.

My experience says Janet will lose a further 4.1 – 4.5kgs (in stored fat) over the next 25 days – following the Phase Five principles listed in the Reboot. She will reach a total FAT loss of 8.0kgs over 50 days. Her total weight loss will be 9.1kgs, as she will lose less fluid over the second 25 days (0.3-0.8kgs).

Despite her weight loss, which typically slows the BMR, her increased (DTI) exercise output improves her tolerance for more challenging, higher calorie-burning activity.

Best of all, she will continue to lose the weight she does not need until she reaches her ideal weight for life.

She will maintain her ideal weight free from headspace stress.

Her metabolism and consequent food & exercise behaviour will adjust accordingly once she reaches this ideal weight (and shape).

Reboot#5