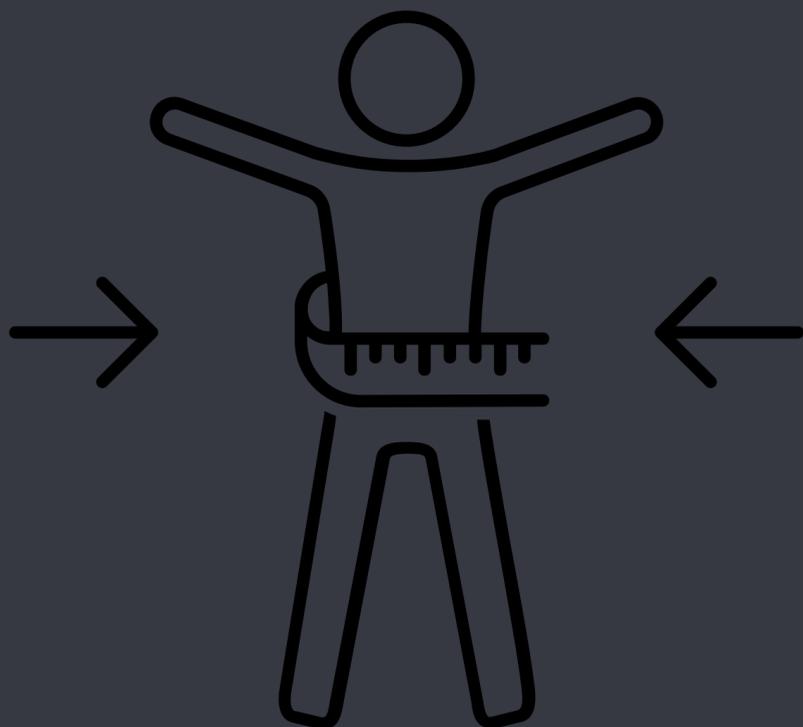


AM FITNESS
AM to PM



YOUR ULTIMATE GUIDE TO **FAT LOSS**

By Ali Mahmood





A SIMPLE, EFFECTIVE APPROACH

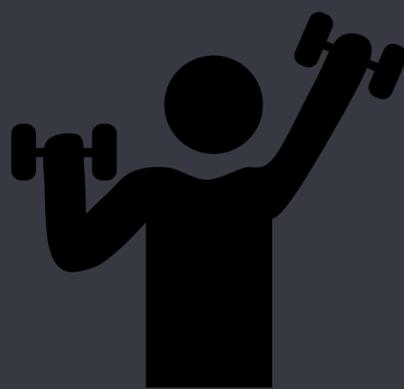
Losing fat is a goal many people strive for, but it can often feel complicated or overwhelming.

The truth is, fat loss can be achieved with consistency and the right strategy.

This guide will break down the key principles of fat loss into easy-to-understand step....

So you can start seeing results without confusion or frustration.

So lets get into it.





1) UNDERSTANDING HOW FAT LOSS WORKS

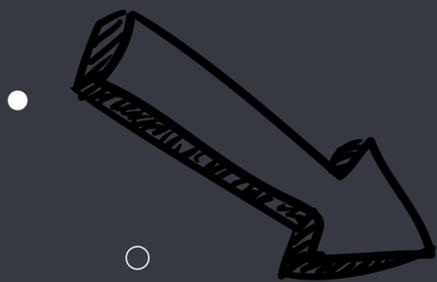
Fat loss happens when you burn more calories than you consume. This is known as a **caloric deficit**.

What is a calorie deficit?

So we as humans use energy (calories) for basic functions like breathing, digestion, and movement.

And when you eat fewer calories than your body needs, it turns to **stored fat for energy**.

- Calories In vs. Calories Out: You lose fat when the number of calories you burn (through exercise, daily activities, and your metabolism) is greater than the number of calories you eat.



Energy Balance:

- Caloric Deficit → Fat loss
- Caloric Maintenance → No weight change
- Caloric Surplus → Fat gain

So does this mean we simply just eat less and move more in order to lose fat?

Well yes but you might have tried this but it still doesnt seem to be working for you. Keep reading to find out why...



2) CREATING A CALORIE DEFICIT

Have you ever found yourself losing weight for a while and then just piling it all back on?

The is because the mistake you've probably made is going too heavy on the calorie deficit (eating way too less)

Your body then becomes catobolic and you feel a big urge to have lots of food and binge on all the wrong things.

Instead, what you should be doing is;

- Aiming for a moderate deficit (e.g., 300-500 fewer calories per day) to lose fat gradually.
- Increasing your activity: Burn more calories by exercising or being more active in daily life.
- Combination of both: The most sustainable way to create a deficit is by adjusting both your diet and exercise routine.

Note: Aim for a gradual weight loss of 0.5 to 1 pound (about 0.2 to 0.45 kg) per week.

This is a healthy and sustainable rate that allows you to maintain muscle mass while losing fat.



3) WHAT FOODS TO EAT

Your diet plays a huge role in fat loss. Even if you're working out regularly, poor eating habits can make it hard to lose fat. Here's how to create a fat-burning diet plan:

ESSENTIALS

Focus on whole foods: Eat nutrient-dense foods that are lower in calories but high in vitamins, minerals, and fiber. These will help you feel full and energized.



- **Protein:** Helps with muscle repair, boosts metabolism, and keeps you full. Include lean protein like chicken, fish, eggs, tofu, and legumes. Protein is essential for fat loss
- **Fruits & Vegetables:** High in fiber and nutrients, but low in calories. Fill your plate with colorful veggies and fruits.
- **Healthy Fats:** Avocado, nuts, seeds, and olive oil provide satiety and support fat loss.
- **Whole Grains:** Brown rice, quinoa, oats, and whole wheat pasta are good sources of fiber and energy.

Portion Control

Even healthy foods can contribute to weight gain if eaten in large amounts. Practice portion control and be mindful of your serving sizes.

- Use smaller plates to help with portion sizes.
- Measure your food until you get a good sense of how much you're eating.
- Track your calories if necessary using an app or journal.



4) EXERCISE FOR FAT LOSS

Exercise is essential not only for fat loss but for overall health. A mix of strength training and cardiovascular exercise is ideal for burning fat.

Strength Training (so important)

Building muscle helps boost your metabolism, meaning you'll burn more calories even at rest. Strength training can include exercises like:

- Squats
- Push-ups
- Pull ups
- Lunges
- Deadlifts



Aim for 2-3 strength training sessions per week. Start with compound movements (which target multiple muscles) for maximum benefit.

Cardio (Aerobic Exercise)

If you are a beginner at the gym or are just getting started on your fitness journey, the aim is to SLOWLY bring cardio into the mix. This could take a few months. First focus on regular weight training and getting used to eating in a calorie deficit before using cardio as a tool for fat loss.

Cardio exercises like walking, running, cycling, swimming, or HIIT (High-Intensity Interval Training) burn calories and improve your heart health. Aim for 150-300 minutes of moderate-intensity cardio or 75-150 minutes of vigorous-intensity cardio per week.

- Walking: A simple but effective way to burn calories. Try to get in 7,000- 10,000 steps a day.
- HIIT: Short bursts of high-intensity exercise followed by periods of rest. HIIT has been shown to burn fat efficiently.



5) GET ENOUGH SLEEP

Sleep is often overlooked in fat loss, but it's crucial. Poor sleep can lead to weight gain by affecting your hormones (like hunger hormones) and your ability to make healthy decisions.

- Aim for 7-9 hours of quality sleep each night.
- Keep a consistent sleep schedule.
- Avoid screens (like phones or computers) at least 30 minutes before bed.

Although I am a big fan of getting enough sleep, I believe that we should sleep in moderation.

Undersleeping can affect your rate of fat loss but oversleeping can make you lazy and lethargic

Find the amount that is right for you (for me I try stick to 7 hours. 6 hours makes me tired and 8 hours makes me lethargic)

Monitoring how much you sleep every night makes a huge difference



6) MANAGE STRESS

Chronic stress can cause your body to hold onto fat, especially around the belly area. Stress increases cortisol levels, which can lead to overeating and cravings for unhealthy foods.

- Exercise: A great way to reduce stress.
- Relaxation techniques: Try meditation, deep breathing, or yoga.
- Social support: Spending time with friends and family or engaging in enjoyable activities can reduce stress.



7) STAY CONSISTENT AND PATIENT

Fat loss takes time, and results won't happen overnight. Stay consistent with your diet and exercise routine, and trust the process.

- Track your progress over weeks and months, not days.
- Use measurements like body fat percentage, how your clothes fit, and how you feel to gauge progress, not just the number on the scale.
- If you plateau, try adjusting your diet or exercise routine slightly to keep making progress.



CONCLUSION

Fat loss is a combination of science and consistency.

The main thing is for you to put one step in front of the other.

The first step I would always recommend is with exercise.

Remember, the key to long-term success is making gradual, sustainable changes and focusing on progress, not perfection.

Stick with it, be patient, and celebrate your progress along the way!

