



LMTT Luke Morbey Training & Therapy



Lets Talk Weight Loss

Weight loss is one of the most popular things Personal Trainer's are asked to help individuals achieve as they can not do it on their own...

Why

Because there are so many factors that cause weight gain.

Noob Response:

"Yea Luke we already know, were fat because we eat too much!"

Yes a mass majority are over weight for simply eating too much food,
The other sides of the spectrum are that society has a lot of lazy habits that do not promote healthy living.

Simply eating good, clean or sin free food... what ever the popular trending term is at the time may be is not the 100% answer.

Doing a sedentary job that does not promote movement kills your metabolism,

Doing a lot of sitting, driving and sleeping kills your metabolism,

Doing not enough activity throughout the week is another issue as exercise should only form a part of your lifestyle,

Not having a progressive exercise programme kills your progress too.

So Yes the slogan I am working towards is "Eat Less, Move More".

However i've seen this spectrum taken to the extreme, 500 calories per day work out every day burning 500+ calories and eventually the outcome is opting out... due to lack of energy, low levels of sleep, nausea, poor focus, unable to function throughout the day or worse injury!

It takes a level of assessment to understand how to lose weight that is not detrimental to your current lifestyle, you know being able to take the dog for a walk and not needing to nap or sit on the sofa for an hour to recover.

I have this pretty accurate calculator that takes information from you and pumps out a realistic amount of calories for you to eat that day based on your goal...

As you lose weight the calculations adjust parts of the data you have fed it, if you lose 1kg of weight, train once more a week, adjust the level of deficit you want to be in your output figure will always be different.

A good example to use would be a typical body builder who in their off season would pile on weight to build muscle and get stronger, come there pre season they have to diet and control the decline of muscle loss as they have worked pretty hard to achieve it... slowly cutting calories out of their nutrition plan and look to exercise slightly more intense to aid the calorie deficit they are looking to maintain.

The Grand master plan to help you achieve weight loss should always involving a professional to help you get it done safely,
if thats an exercise person (as theres more variety than just a PT)
Or a nutrition person (dietitian or nutritionist).

These types of people are qualified to give you the best advice and can specialise the plans to your needs as there are so many allergies or health conditions that can kick you down hard enough and keep you down... In other words extreme obesity makes movement or even dieting a big conscious effort, the other end may be the typical 50 year old with knackered knees or shoulders and exercise is impossible that also had dairy intolerance or IBS, with support and proper prescription of these tools can be key to your success if you have tired over and over again with failure.

Of course I am going to guide you to a paid profession, if we gave our information out for free the industry would not get any money to experiment and develop its academia to find the next best thing for weight loss or better manage health conditions.

The simplistic summary for the guide to weight loss is to increase your activity level... 20 minutes walking here, there everywhere.
Review your eating habits and look to remove oily foods and cut down on fat, sugar, salt and processed foods as they are the main culprits but increasing your protein and meal timings are also important as the need to fit into your schedule the most efficient way possible for you to maintain this habit.

Exercise programmes are brill, if you are your own coach track what you do, look to increase/add/build/speed/reduce/vary your workouts, there is lots you can do to keep your training fun, exciting and progressive!

The cheapest way on the market to have this done for you is online coaching as the sessions are emailed or uploaded for you to complete, a trainer can review your work and progress you where needed while monitoring your nutrition.

My 3, 6 or 12 month coaching plans are on my website for you to purchase and get started the very same day, visit www.lukemorbey-trainingtherapy.co.uk to find out more!

To finish the booklet off I would like to hope and prey that the information in this booklet is useful, take what you think resonates with you the most... work on your weak points as that will give you the most results, as you progress if you need to chip and chop things out of your lifestyle to maintain your perfect body re-read the booklet to review your next weakness.