



Program Philosophies

Food Philosophy

My food philosophy is pretty simple. I don't care which dietary pattern you follow, I just care that you get healthy, improve your relationship with food and that you find something that works for you and can be sustained long term.

So when it come to food there are a few really important points to consider:

- there are no good or bad foods (food is amoral)
- you are not naughty for eating certain foods
- you didn't have a bad weekend if you enjoyed some meals out with your friends or family
- you're not better or worse for eating a certain way
- junk food can absolutely be included in a healthy diet
- alcohol can absolutely be included in a healthy diet
- there are many dietary paths to good health
- if you don't stick to it, it doesn't work
- preference is ultimately the key as this will be what determines adherence

And, when it comes to losing weight there is only one thing that matters.....(DRUM ROLL)
.....an energy deficit!

So far, we only know of one way to lose weight (outside of amputation, liposuction, giving birth etc.) and that is to create an energy deficit with your food and your movement. The controversy that surrounds diets is NOT about creating an energy deficit; but rather with HOW we create that energy deficit. Low carb, low fat, keto, paleo etc. are all ways to create an energy deficit. You need to choose how you prefer eating.

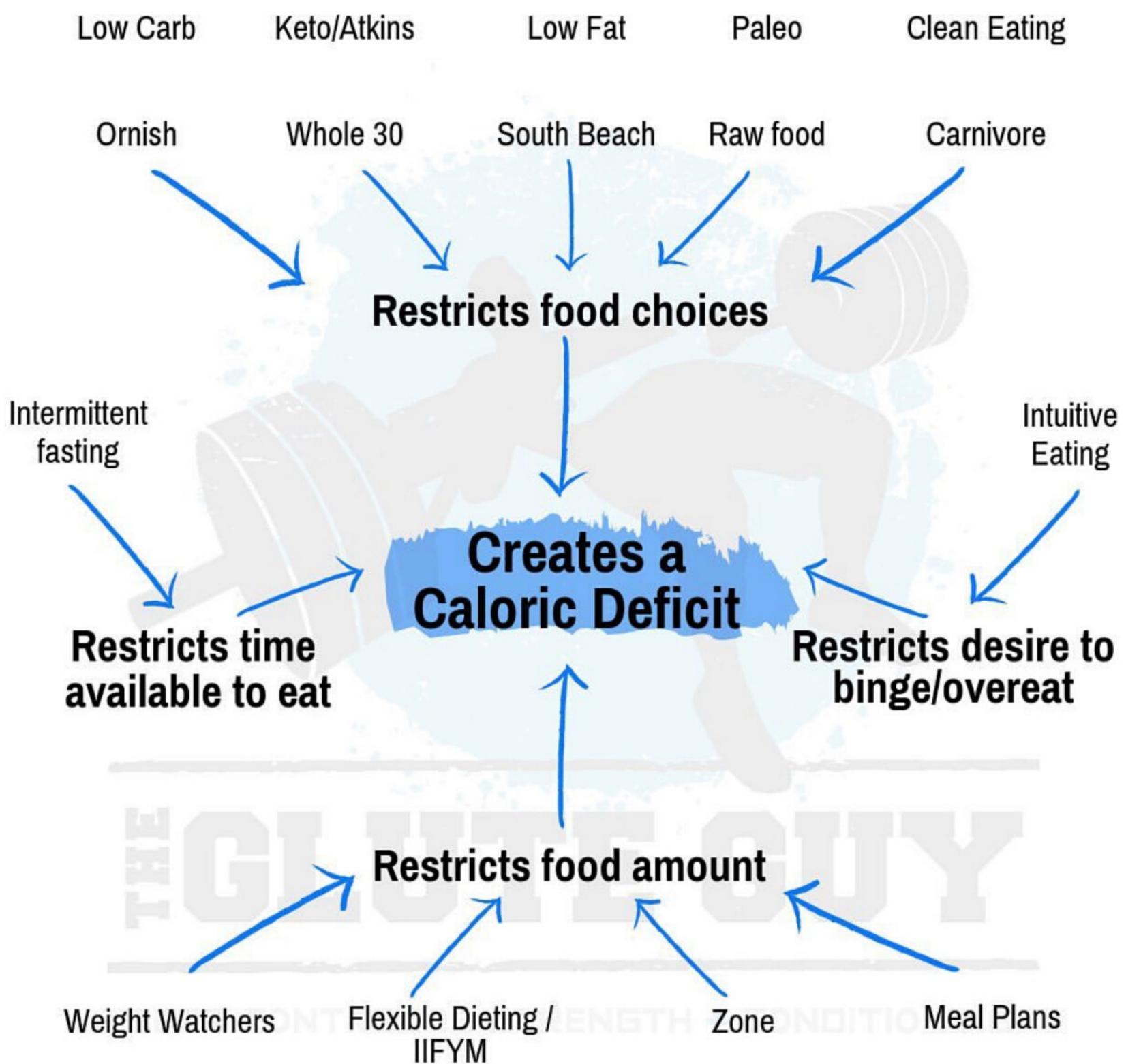
Then there's the controversy surrounding calorie counting. Some would say it is unnecessary and intuitive eating is the best way to eat, whilst others argue that if you don't calorie count, you are a science-denying flat earther and intuitive eating is witchcraft.

Obviously, I'm being a little facetious for the sake of telling a story, but I tend to think we can be more reasonable about this and acknowledge that calorie counting works wonders for some and less so for others and similarly, intuitive eating will be great for some but a disaster for others.

In our program, we don't care what method or diet you choose to follow, we will support and help you figure out what works best in your situation.

Food Philosophy

The following infographic was shared on Bret Contreras' Instagram account recently and it nicely shows that all diets are ultimately leading to the energy deficit needed for weight loss.



Infographic from Bret Contreras 2019.

So to summarise, you can calorie count or intuitively eat - both are completely acceptable. Neither are right or wrong - they are only right or wrong for you.

And when it comes to which dietary pattern to follow, you can choose low carb, low fat, paleo or just refuse the label and just eat healthy for you! 😊

Exercise Philosophy

When it comes to exercise the main thing to consider is, what are you likely to stick to? I can write you the most amazing program EVER but if you hate it, it's never going to work because you'll never stick to it.

Now I'm going to say something that may hurt your feelings a little but this comes from a place of love and science. Not liking exercise is not a good enough reason to not do it. It just isn't. The science is well and truly in about the benefits of exercise and I can say this with certainty, if you only changed one thing about your life and you started doing regular weight lifting, you would absolutely improve your health and reduce the likelihood of developing a chronic illness.

So when it comes to exercise here's the deal....

1. You need to be lifting weights 2-3 times a week (you can do more if you like but this is really the minimum). Don't get caught up in the minute details of the program either - just focus on 2-3 quality sessions where you nail your key lifts. The research suggests that a full body program is just as effective as a split routine (when matched for load and volume) so it will be your preference that determines the type of program you do.
2. When lifting weights, you want it to be fairly tough. You can make it tough by increasing your weight and dropping your reps (this is called strength/hypertrophy training) or you can drop the weight and lift your reps (this is called endurance or depletion training). Both are important and useful for different reasons and both should be included in your program.
3. Join a gym and/or get a trainer. Seriously, make this investment in your life and your health. You don't need to have a trainer forever but having one is really the only guaranteed way to make sure you get pushed and are training safely. If you're pretty gym/exercise savvy, then get a training partner or a program written for you. Keep in mind that even the best of the best (in terms of trainers and coaches) have their own training partners or coaches! They recognise the value in having someone push them and keeping them accountable.
4. Cardio is not an effective way to lose weight. Say it out loud. Really say it out loud and get it into your head that running, spin class, swimming, walking the dog etc. are not effective fat burners. All these activities have huge merit but if you're trying to lose weight, lift your weights, eat your protein and achieve an energy deficit!
5. Don't be afraid of the pain. The discomfort of exercise is very short-lived and quickly replaced by endorphins and a very real sense of pride and accomplishment. I can say from experience that I would rather the pain of exercise than the pain of disappointment.
6. Rest is just as important as the exercise you do. Don't do more than is recommended as your body is adapting, recovering and improving in the rest period. The idea that more is better is patently false. For the full adaptation and benefit, you need to exercise and you need to rest. So don't scrimp on the rest.



Key Concepts

Protein = Proteos

CONCEPT 1

- The word protein comes from the Greek word proteos meaning number 1
- Therefore protein is the master nutrient
- Adequate dietary protein ensures lean body mass, specifically muscle mass, is not lost during weight loss
- People that maintain their lean body mass during weight loss are more likely to keep the weight off long term

- There is a wide range of protein that can be consumed for health which is 1.2 - 3.3g/kg/day
- Calculate your daily protein intake using your lean body mass (kg)
- If this is not known, if you are a healthy weight you can use your current weight or use your goal weight if you are currently overweight or obese.

Weight Training Protein Recommendations

- 1.6 - 2.2g/kg/day
- This amount should be spread over 4 meals on weight training days
- 0.4-0.55g/kg per meal

Non-Active Protein Recommendations

1.2 - 1.4g/kg/day

**Watch the Video
on
Calculating Your Protein**

Low Carb

CONCEPT 2

- Low carb is another dietary pattern
- Low fat, low carb, paleo, keto, vegetarian can all be well constructed and healthy for us (they can also be poorly constructed and terrible for us)
- Most people feel better by reducing the grain in their diets and feel more full and satisfied by replacing grain with unprocessed carbs (namely veg)
- If choosing to follow low carb, every meal does not need to be low carb and every food choice does not need to be low carb
- So long as an energy deficit is achieved, weight loss will occur regardless of the macro ratios

Low Carb Guidelines:

- very low carb = <50g per day
- low carb = 50-100g per day
- moderately low carb = 100-150g per day
- carbohydrate mostly comes from veggies and seasonal fruit

Fat Is Not the Enemy

CONCEPT 3

- Fatty acids are necessary for many functions in the body
- Of particular importance is the neuroendocrine system (nervous and hormonal system) which rely on fat for function
- Fat is necessary for hormone function, sending messages, protecting our organs, thermoregulation, immune function, metabolic functions and aid the absorption of other nutrients such as vitamins A, D, E and K
- A terrible misconception in the general public is that fat makes us fat and fat, namely saturated fat, causes heart disease
- It is excess energy that causes obesity and it's related conditions
- Food that promotes excess energy intake is highly palatable, highly rewarding and energy dense (i.e. food that is high in fat, carbs and calories)
- We need to eat less energy in total, to encourage our body to tap into our fat reserves
- Metabolic syndrome (or derangement) is a widespread problem that occurs in countries where obesity is prevalent
- MS is when you meet 3 of the following 5 criteria: high BP, blood glucose, insulin, cholesterol and increased waist circumference. People in this state will struggle with weight loss and be poor fat burners
- Excess dietary **energy** and excess body fat promotes the derangement
- Number one goal - fix the derangement
- It is better to start with a lower energy diet if you suspect that you have this derangement
- The simplest way to reduce your energy intake is to lower your fat, which has the highest energy density of the macronutrients

Fat Guidelines:

- Range is ~1.0-1.5g/kg/day (start with 1g/kg if you're trying to lose weight)
- Alternatively 0.45 x your body weight in pounds
- The best sources of fat, come with protein!
- When trying to lose weight, it is wise to alternate lean and fattier sources of protein

Dinner For Brekky

CONCEPT 4

- Traditional breakfasts are too low in protein
- Forget the concept of breakfast, lunch and dinner
- Meal 1, meal 2, meal 3 etc.
- Research has shown that people who eat most of their calories earlier in the day, eat the least calories in a 24 hour period
- The old adage is true - breakfast like a king, lunch like a prince and dinner like a pauper
- Meal 1 needs to be the largest and high in protein (0.4-0.55g/kg)
- Meal 1 can occur at any time of the day (i.e. it doesn't have to be at 7am)
- If possible, eat what you would normally have for dinner, at breakfast
- If not, choose a suitable breakfast that is high in protein, high in fibre, contains healthy fats and not high in sugar

Dietary Flexibility Is Earned

CONCEPT 5

- The fitter you are, the greater the dietary flexibility you can have
- Fitness offers a number of protective features:
 - Increased hormone sensitivity
 - Increased metabolic flexibility (i.e. ease of switching between fat and glucose burning)
 - Increased muscle mass that burns additional energy
 - Fitter people are often also more aware of how much they're eating
 - Fitter people often make better food choices
- Dietary flexibility is not a green light to eat all junk food
- Dietary flexibility is a combination of ~80% nourishing food and ~20% soul food
- **REMEMBER** - flexibility needs to be controlled and it's always better to eat your own goodies than crappy, processed junk from the shops

Be A Rule Breaker

CONCEPT 6

- The more rigid a diet, the less likely someone will stick to it
- Fear of missing out (FOMO) is a real thing!
- A healthy diet DOES include treats and food we get pleasure from
- The issue has always been the volume of this sort of food that we eat!
- A big problem has always been that we pendulum from too much to completely restricting it - we need a little more middle ground.
- So be a rule breaker!
- You should be relaxed about food and never feel guilt about what you've eaten
- Junk food is totally ok to be eaten in amongst your healthy diet!
- Remember an energy deficit is needed for weight loss which means if you include treats in your diet (and remain in an energy deficit), you can lose weight
- A healthy relationship with food is the start to long-term healthy eating
- Eat food because you love it, not because you feel you have to

Meal Frequency & Fasting

CONCEPT 7

- "Breakfast" is not the most important meal of the day
- Your first meal is the most important (whenever it happens)
- Eating within an 8 hour window has many benefits
- Women need to be more careful with fasting
- Fasting and low calorie restriction are not entirely the same thing although fasting is a form of calorie restriction
- Snacks are unnecessary and can lead to weight gain
- You should have 2-4 meals each day (depending on training)

- Fasting works well with the low carbohydrate healthy fat diet due to the high satiety associated with it (i.e. the food makes you full so you go longer between meals)
- fasting can be undertaken as frequently as enjoyed
- many people undertake a daily 16:8 fasting routine
- when fasting it is important to ensure enough protein is eaten within the feeding window
- longer fasting should be undertaken less frequently
- Fasting is not suitable for everyone including those who:
 - are pregnant
 - need to eat food with medication
 - have a chronic condition where fasting is contraindicated
 - have a low BMI
 - are undertaking excessive exercise regimes
 - have a high muscle mass (especially when combined with a low fat mass)
 - are following a low energy diet

Example fasting protocols:

- eTRF (early time restricted feeding) - eat within an 8 hour window but eat most of your food earlier in the day and then taper off
- 16:8 fasting is very popular and easy to start with (I do this most days)
- 24 hours
- 5:2
- Protein sparing modified fast

Intuitive Eating

CONCEPT 8

- You don't have to calorie count (see concept 9 for more on this)
- You can rely on your appetite to dictate your eating habits
- You can choose to focus on eating a better quality diet rather than counting calories
- By eating a diet that is adequate in protein and fats, contains fibre and lots of micronutrients - your body will start to naturally regulate your appetite
- Metabolic derangement needs to be dealt with first (this derangement causes you to feel hungry all the time)
- Fasting may assist with restoring natural eating cues

NOTE: See the guide for more details on Intuitive Eating

Calorie Counting

CONCEPT 9

- Calorie counting is another viable option for weight loss
- There are some significant margins of error when it comes to calorie counting but those errors are always there
- There are pros and cons to calorie counting....
- PROS:
 - It reduces the guesswork when it comes to what you're eating
 - It helps you see how much you're eating
 - It shows you how energy dense certain foods are
 - It helps identify under and overeating
 - it makes changing a diet a lot simpler
- CONS
 - it can cause anxiety around food
 - it can lead to a more processed diet for ease of calculation
 - it can create a false sense of security
 - it can cause a focus on quantity rather than quality
- You will need to decide whether you eat intuitively or following a calorie controlled diet

See our guide for more details.