

Fat-Loss GUIDE 2025



Who is this guide for?

This guide is for a **generally healthy** population who don't have any injuries or medical conditions (current or past) that might hinder their ability to exercise.

****Please consult a medical professional before starting this (or any other) training program.**

The reasons this guide is for generally healthy people are that,

1. Exercises **require that you are at a lower risk of injury when under no supervision.**
2. Exercises have a **skill requirements.** For individuals with physical limitations, learning movement may take more time.
3. A caloric deficit is an **additional stress** to the body and it may add to the stress of certain medical condition
4. Medical conditions alter nutrition needs, fat loss diets may not support healing or energy needs in illness and could worsen certain conditions.s.



The primary requirement for weight loss is a **CALORIC DEFICIT.**

If you say you eat too little, and you are not losing weight, **YOU ARE NOT IN A TRUE CALORIC DEFICIT.**



If you are
Generally
Healthy, and
you are in a
calorie deficit,
you will lose
weight.

How does Fat Loss work?

Caloric Deficit ensures
WEIGHT LOSS
and not
FAT LOSS.

Weight loss is a result of
ONLY caloric deficit
where you can lose
BOTH
fat and muscle mass.


Fat loss is the result of a **caloric deficit** with **adequate protein intake**, along with **resistance training** to **LOSE FAT MASS AND MAINTAIN OR GAIN MUSCLE MASS.**



How does a workout help fat loss?

IT DOESN'T DIRECTLY DO THAT.

Training works primarily towards the body's **efficiency** in movement, strength, stamina, etc.

A photograph showing the lower legs and feet of two hikers as they ascend a rocky mountain trail. The hiker in the foreground is wearing blue jeans and tan boots, while the hiker in the background is wearing a yellow jacket and dark shorts. The background features snow-capped mountains under a cloudy sky.

Training also burns energy (calories) and helps create a calorie deficit.

A training plan assists excellently in fat loss by helping preserve muscle mass and creating a larger caloric deficit for **HEALTHY fat loss.**

How much fat loss should you expect?

The amount of fat lost depends on the caloric deficit created by reducing food intake and increasing physical activity.

A **safe caloric deficit** is **200-300 kcal deficit via food intake** and **100-200 kcal via physical activity**.

A safe measure of weight loss would be **1 to 2 kilograms per month**.

This ensures minimal loss of muscle mass.



What kind of exercise should be done?

A combination of **Cardiovascular Exercise** and **Resistance Training** is ideal for **Healthy Fat Loss**



Cardiovascular exercises improve the efficiency of your heart and lungs while effectively creating a caloric deficit.



Resistance training helps preserve, build, and strengthen muscle mass.

Do I need to count calories?

You **do not need to** count calories that you consume.

Your progress can be measured by **tracking your weight and body measurements**

If you can count calories, do it.

Numbers make it easier to track and calculate.



If you choose not to count calories or can't count calories, read ahead...

How to Track Fat Loss Progress

Here is a **guide** to bring about a **structure to your eating habits**, to be aware of **what and how much** you are eating, and to **track your progress**.

A close-up photograph of a person's foot standing on a black digital scale. The scale's display shows the number "27.3".

1. WEIGH YOURSELF EVERYDAY FIRST THING IN THE MORNING ON AN EMPTY STOMACH

A photograph of a cardboard box filled with various grocery items, including bags of snacks, jars of jam, and canned goods. A hand is visible reaching into the box.

2. LIST EVERYTHING THAT YOU EAT THROUGHOUT THE WEEK REGULARLY. BE HONEST WITH YOURSELF.

A photograph showing several disposable coffee cups in a cardboard carrier and a cardboard food box, representing items that are ready-to-eat or drink.

3. REMOVE ALL ITEMS THAT ARE READY-TO-COOK AND KEEP THINGS THAT NEED TO BE COOKED FROM SCRATCH.

How to Track Fat Loss Progress

4. FIX 3 MEALS - BREAKFAST, LUNCH, AND DINNER;
AND 2 SNACKS - ONE BETWEEN BREAKFAST
AND LUNCH, AND ONE BETWEEN LUNCH AND
DINNER.



5. QUANTIFY YOUR FIXED
MEALS SO THAT YOU ARE 80%
FULL AFTER EVERY MEAL.
THIS TAKES SOME PRACTICE



6. PRIORITIZE FRUITS FOR
SNACKS. THEY ARE MORE
SATIATING.



7. IF HUNGRY, YOU CAN SIP ON HERBAL TEAS:
THESE ARE ZERO-CALORIE AND HELP CURB
HUNGER BY ADDING VOLUME. LIKE
PEPPERMINT TEA, CHAMOMILE TEA, GINGER
TEA, OR GREEN TEA..



8. WITH THIS STRUCTURE,
TRACK YOUR WEIGHT
EVERYDAY FOR 2 WEEKS



How to Track Fat Loss Progress

After every two weeks,

If you don't see that you are losing weight

(since you will be weighing yourself every day), reduce a small portion from your MEALS (Not your snacks).

The portion can be as small as half a roti. After the reduction, eat for 2 weeks, and check your weight.

Follow this cycle until you see a small reduction in weight (250 to 500 grams).



If you are losing weight
without reducing food portions,
continue to eat the same way.

How to Track Fat Loss Progress

Some Additional Notes:

1. **Fruit is the BEST snack** - Satiating, Tasty, Multiple Options, Low on Calories.
2. **Desserts, Ice creams, Cakes** - Reduce your meal portion to accommodate these.
3. **Restaurant food** - Usually have more calories than the same foods prepared at home. Be mindful of how much you eat.
4. **Alcohol** - Avoid to the maximum. If having, limit to 2 drinks.
5. **Variety in fruits and Vegetables** - Variety ensures a great micronutrient profile.
6. **Limit packaged foods** - They are tasty and easy to over-consume.
7. **Use as limited an amount of oil** - **30ml of oil** is enough to prepare vegetable or meat curries **for 2 meals for one person.**
8. **Space tea and coffee from meals**-For better nutrient absorption, have tea or coffee at least **30 minutes before or after** meals.

Exercise Guide

CARDIO

Walking is the simplest form of cardiovascular exercise you can do. It is inexpensive and easy and can be regulated according to the person's current capability.

A minimum 150 minutes per week of Cardiovascular exercise is recommended.

Sample Schedule 1: 3 days of 50 minutes each
Sample Schedule 2: 6 days of 25 minutes each

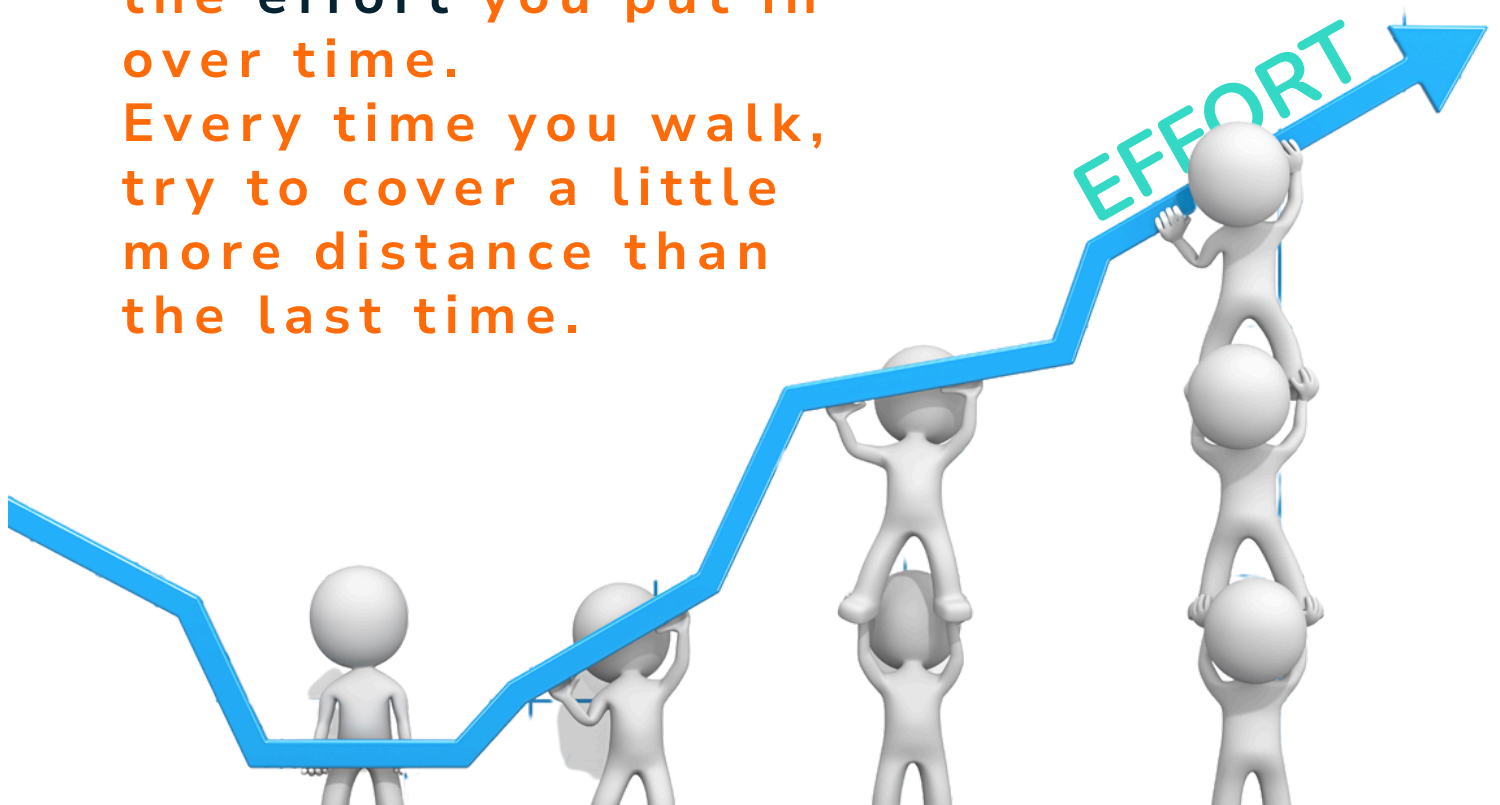
Just starting out?
Start with 15 minutes a day and build to 25 minutes a day.
Eventually you can go beyond that time.



Exercise Guide

Now, you may not be able to increase the time indefinitely.

So, try to increase the effort you put in over time. Every time you walk, try to cover a little more distance than the last time.



For example,
 Day 1: Walk 5 rounds of a park in 15 minutes
 Day 2: 5 rounds and 10 feet in the same time.
 Day 3: 5 rounds and 20 feet, and so on.
 This ensures that you keep challenging yourself slowly and safely.


The same process can be applied to any other cardiovascular exercise like cycling, swimming, jogging, rowing, etc.

Exercise Guide

RESISTANCE TRAINING

Resistance training includes **basic human movement patterns** which are loaded by an external object.

Loading creates stress on the body that the body needs to recover from to grow stronger.

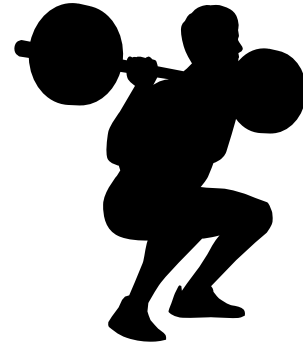
A photograph of a woman in a black sports bra and leggings, lifting two black hexagonal dumbbells with both hands. She is standing in a gym setting with a wooden box visible in the background.

Repeating this cycle over a considerable period of time will get you stronger, make movement more efficient, and fat loss easier.

All you need to do is basic human movement patterns

SQUATS

Sitting down and getting back up

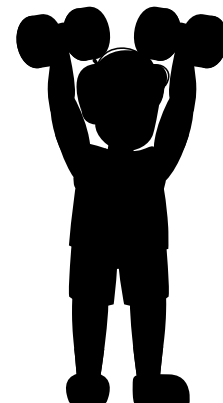


DEADLIFTS

Picking something heavy off the floor

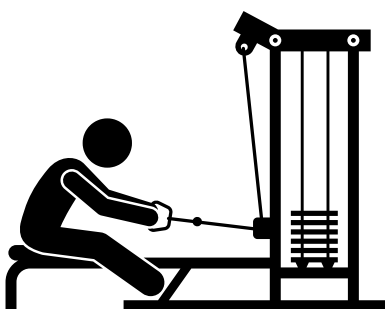
PRESS

Pushing something heavy away or over your head



ROW

Pulling something heavy toward you from front



PULL

Pulling something heavy toward you from overhead



SAMPLE WORKOUT

WORKOUT A

SQUAT

3 sets 6 to 8 repetitions

DEADLIFT

3 sets 6 to 8 repetitions

PRESS (Overhead)

3 sets 6 to 8 repetitions

PULL

3 sets 6 to 8 repetitions

WORKOUT B

SQUAT

3 sets 6 to 8 repetitions

ROW

3 sets 6 to 8 repetitions

PRESS (Away)

3 sets 6 to 8 repetitions

PULL

3 sets 6 to 8 repetitions

3 days per week of strength training.

Alternate between workouts A and B every alternate day.

Ex. Week 1 - A B A,

Week 2 - B A B,

Week 3 - A B A, and so on.