



# KICK START YOUR WEIGHT LOSS JOURNEY

FITNESS IN MOTION

MAXIM MININ

# UNDERSTANDING YOUR NUTRITION



## Understanding Nutrition and Caloric Intake for Effective Weight Loss

Grasping the fundamentals of nutrition and caloric intake is essential for successful weight loss and overall well-being.

Nutrition encompasses the intake of food necessary for health and growth, which includes macronutrients like carbohydrates, proteins, and fats, alongside micronutrients such as vitamins and minerals.



Caloric intake denotes the total number of calories consumed through food and beverages.

To achieve weight loss, maintaining a balance between calories consumed and calories burned is vital. The body must be in a caloric deficit to shed pounds.

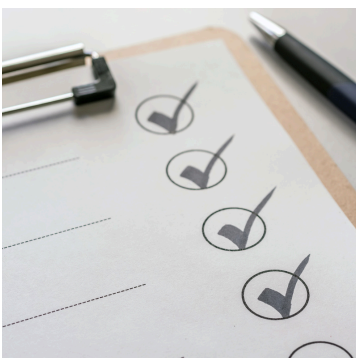
When caloric intake exceeds the body's energy requirements, the surplus is stored as fat, resulting in weight gain.

Conversely, consuming fewer calories than the body needs leads to weight loss, as the body taps into stored fat for energy.



It's crucial to ensure that weight loss is gradual and sustainable; crash diets or extreme dietary changes are often ineffective in the long run. A balanced and nutritious diet is necessary to provide essential nutrients for maintaining health.

Key components for managing caloric intake and expenditure include mindful eating, portion control, and regular physical activity, all of which support sustainable weight loss.



In this guide, we aim to help you kick-start your weight loss journey by first understanding your body's caloric requirements. One common mistake people make when trying to lose weight is not knowing their numbers, which makes the process a guessing game.

At Fitness in Motion, our approach is to help all our members clearly identify their starting point, the direction they need to take, and the strategy that will be most effective for them.

# 101 ON MACRONUTRIENTS

## Understanding Macronutrients

Macronutrients are essential nutrients that the body requires in significant amounts for optimal functioning.

## The Three Macronutrients

They include carbohydrates, proteins, and fats, each playing a unique and crucial role in maintaining health.

- **Carbohydrates** serve as the body's primary energy source, fueling everything from daily activities to cognitive functions. Common sources include grains, fruits, and vegetables.
- **Proteins**, composed of amino acids, are vital for building and repairing tissues, bolstering immune function, and producing hormones and enzymes. Key sources of protein encompass meat, dairy, legumes, and nuts.
- **Fats**, often misunderstood, are essential for energy storage, organ protection, and the absorption of fat-soluble vitamins (A, D, E, and K). Healthy fats can be found in foods such as avocados, nuts, seeds, and fish.

Balancing these macronutrients is crucial for a well-rounded diet and overall well-being.



## HEALTHY MACRONUTRIENT CHOICES

Carbohydrates	Fats	Proteins
Quinoa	Avocado	Chicken breast
Brown rice	Olive oil	Lentils
Sweet potatoes	Almonds	Greek yogurt
Oats	Walnuts	Tofu
Whole grain bread	Chia seeds	Quinoa
Barley	Flaxseeds	Fish (e.g., salmon)
Legumes (beans)	Coconut oil	Eggs
Berries	Dark chocolate	Edamame
Bananas	Peanut butter	Cottage cheese
Whole grain pasta	Sunflower seeds	Chickpeas



# UNDERSTANDING YOUR INTAKE



## Understanding Your Starting Point

As we've discussed, achieving sustainable, long-term, and consistent weight loss begins with understanding your current starting point.

## Assessing Your Current Intake

To grasp your current dietary habits, it's essential to document your daily food consumption. We understand that this process can feel overwhelming, which is why we recommend that our clients track their nutrition for three days. This timeframe provides a solid indication of your daily average intake.

## Getting Started

To embark on your weight loss journey effectively, please record three days of your food and beverage consumption (no skipping or cheating), and then calculate your average daily intake.

## DAY 1

Meal	Food	Calories	Carbs (g)	Protein (g)	Fats (g)
Breakfast					
Snack 1					
Lunch					
Snack 2					
Dinner					
Snack 3					
Drinks					
<b>Total</b>					

# UNDERSTANDING YOUR INTAKE

## DAY 2

Meal	Food	Calories	Carbs (g)	Protein (g)	Fats (g)
Breakfast					
Snack 1					
Lunch					
Snack 2					
Dinner					
Snack 3					
Drinks					
<b>Total</b>					

## DAY 3

Meal	Food	Calories	Carbs (g)	Protein (g)	Fats (g)
Breakfast					
Snack 1					
Lunch					
Snack 2					
Dinner					
Snack 3					
Drinks					
<b>Total</b>					

### AVERAGE DAILY INTAKE

Calories	Carbs (g)	Protein (g)	Fats (g)

# GETTING YOUR BASIC METABOLIC RATE

## Understanding Your Caloric Needs and Basal Metabolic Rate (BMR)

Once you have assessed your average daily nutritional intake, it is crucial to determine how many calories your body needs to maintain its current state.

## What is Basal Metabolic Rate (BMR)?

BMR represents the energy, measured in calories, that your body requires to sustain essential physiological functions while at rest. These functions include:

- Breathing
- Circulation
- Cell production
- Nutrient processing

In essence, BMR reflects the energy used to keep your body operational when you are not physically active.

Understanding your BMR is vital as it serves as a foundation for creating effective dietary and fitness strategies.

## Why is BMR Important?

- **Caloric Needs:** Knowing your BMR helps you figure out how many calories you should consume to maintain, lose, or gain weight based on your health and fitness objectives.
- **Identifying Metabolic Issues:** It can also help detect potential metabolic concerns if your energy requirements significantly differ from average values.

By grasping the concept of BMR, individuals can make more informed choices regarding nutrition, exercise, and overall lifestyle, leading to optimized health and well-being.

## CALCULATE YOUR BMR

AGE:

HEIGHT(CM):

WEIGHT(KG):

## CALCULATION FORMULA

**MALE :**  $BMR = 88.362 + (13.397 \times \text{WEIGHT IN KG}) + (4.799 \times \text{HEIGHT IN CM}) - (5.677 \times \text{AGE IN YEARS})$

**FEMALE :**  $BMR = 447.593 + (9.247 \times \text{WEIGHT IN KG}) + (3.098 \times \text{HEIGHT IN CM}) - (4.330 \times \text{AGE IN YEARS})$

OR USE AUTOMATED CALCULATOR HERE :



YOUR BMR

# NOW WE HAVE A BETTER PICTURE

Great work on calculating your nutrition intake and discovering your BMR.

If you have completed those tasks - you are way closer than many people to succeed in your weight loss journey, simply because you understand your starting point and the energy your body requires to sustain your weight.

## YOUR AVERAGE DAILY INTAKE

Calories	Carbs (g)	Protein (g)	Fats (g)

## YOUR BMR

YOUR BMR

Now remember - BMR is taking in consideration only the calories your body needs in order to sustain its function at rest - which means that your BMR will increase with addition of daily activities, exercise etc... ( If you have used the calculator link on page 6 - you have got the BMR calculation with daily activity variation ).

As you are already clear about your numbers - we invite you to contact us for a consultation so we can strategize the best approach in adjusting your number taking in consideration other lifestyle factors and limitations that might be impacting your weight loss process ...

Meanwhile here are some general guidelines to follow if you want to see long term consistent success.

### Guidelines for Healthy Weight Management

- 1. Protein Intake:** To preserve muscle mass, aim for a protein intake of **1.2 to 1.7 g/kg** of body weight. Maintaining this range will ensure you have enough protein to support your muscle maintenance.
- 2. Caloric Deficit:** While many desire rapid weight loss, the most effective approach is a consistent one. If you're creating a caloric deficit, strive for an average daily reduction of 300 to 500 calories. Remember, to lose **1 kg** of weight, you need to achieve a total deficit of **7,000 calories**.
- 3. Starvation Threshold:** A common mistake in weight loss efforts is drastically reducing caloric intake. If your daily caloric consumption falls below approximately **1,200 calories**, your body may enter starvation mode, leading to muscle loss instead of fat loss, which is counterproductive to your goals.

# SUMMARY

## Understanding the Weight Loss Journey

Weight loss is a journey that involves reducing body weight, usually through a mix of diet, exercise, and lifestyle adjustments.

## Objectives of Weight Loss

The primary aim of losing weight is often to:

- Improve overall health
- Enhance physical fitness
- Achieve a desired body image

## Key Components of a Successful Weight Loss Strategy

An effective weight loss plan typically includes:

- **A balanced diet** that is lower in calories yet rich in nutrients
- **Regular physical activity** to burn calories and develop muscle
- **Healthy habits** such as staying hydrated and ensuring adequate sleep

It's crucial to set realistic goals and implement sustainable changes, steering clear of fad diets or extreme methods, which may be counterproductive in the long run.

Consulting healthcare professionals can provide tailored advice and support to ensure a safe and effective weight loss journey.

At Fitness in Motion, we are here to support you! Feel free to reach out so we can work together on your successful weight loss journey!

Contact us at: [info@fitnessinmotionhk.com](mailto:info@fitnessinmotionhk.com) or +852 97444736



# FROM MAXIM

## **Congratulations on Completing the Guide!**

First and foremost, congratulations on finishing the entire guidebook (even if it was quite brief)! I hope it has set you on the right path for your weight loss journey and that you have completed the tasks to discover your numbers.

## **A Bit About Me**

In case you're not familiar with me, my name is Maxim Minin, and I'm the founder of Fitness in Motion. With over ten years of experience as a coach and personal trainer, I have dedicated my career to helping individuals with weight loss, conditioning, posture issues, joint pain, and much more.

## **Insights from Experience**

After working with hundreds of clients who faced challenges in losing weight, I've observed that the key difference between those who succeed and those who struggle is the willingness to not only listen but also to apply what they've learned. This implementation is often the most significant hurdle to overcome.

You may find that this ebook hasn't revealed any new information. However, if you've read it, it's possible that you've either attempted strategies in the past that didn't yield results or have never put into practice what you already know.

## **Simple Implementation**

I designed this guidebook (and the entire series) to be straightforward and easy to apply because I understand that taking action is the toughest part. I genuinely encourage you to give it a try! At the end of the day, your health is in your hands, and only you can take the necessary steps to change it. I can share my knowledge and experiences and provide personal guidance if you choose, but the ultimate decision regarding your health rests with you.

## **We're Here for You**

My team and I are always available for our clients and members. If you need any support, please feel free to reach out.

Wishing you all the best in health,

Maxim Minin  
Founder & Director of Fitness in Motion





# FITNESS IN MOTION

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