P - 1

Fat loss comes down to diet and exercise. But what do these mean? The fitness industry defines these very loosely and there’s different information everywhere. While I’m not fitness professional, I like doing my research. And I am a math professional :).

Things I share will be from books and scientific studies. You can find links to these at the bottom of the page! Give me a shout if you have questions too!

P – 2

Firstly, when losing weight, aim to be in what’s called a **Calorie Deficit.**

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**What is this?** Basically, it means you’re going to be eating less calories than you burn in a day.Typically,this looks like somewhere between 2,000 and 2,700 calories for men and 1,500 and 2,200 calories for women. A 500-calorie deficit (you eat 500 calories less than you burn) per day should result in about a pound of fat-loss per week.

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The one tried and true method for knowing you’re in a calorie deficit is using a scale. If you see that you are indeed dropping about a pound in weight per week, then congratulations. You’re in a calorie deficit!