

# Weight Management Handout

## Take Your Starting Measurements

- Measure weight
- Measure height
- Measure body parts

Neck (lower neck below the protrusion at an angle)

Upper arms

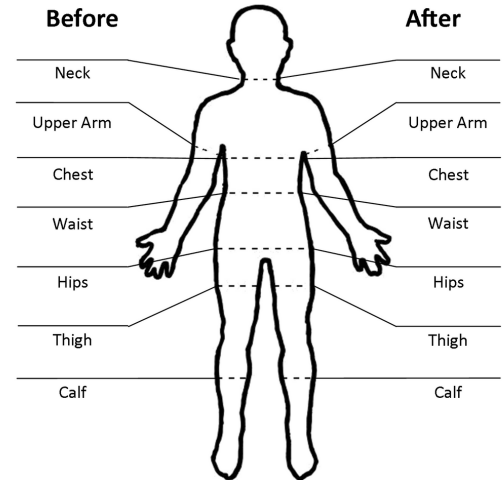
Chest

Waist (women- smallest part of curve, men- at the navel)

Hips (at the largest width)

Thighs

Calves



## CALCULATIONS

### Body Fat Percentage

- Visit <https://legionathletics.com/tools/body-fat-percentage-calculator/>
- Change "Body fat formula" to Navy tape measure method
- Input your gender, age, height, weight, and measurements

### Total Daily Energy Expenditure (TDEE)

- Visit <https://legionathletics.com/tools/tdee-calculator/>
- Change "BMR formula" to Katch-McArdle
- Input your gender, weight, height, age, activity level and body fat %

### Maintaining Muscle Mass in a Caloric Deficit

1. (weight) x (body fat %) = (lbs of fat on body)

2. (lbs of fat on body) x 30 calories = (calories fat can burn daily)

3. If (calories fat can burn daily) is greater than your TDEE, you can be a candidate for fasting

4. If (calories fat can burn daily) is less than your TDEE, eat the minimum caloric difference (preferably protein) on fasting days

\_\_\_\_\_ x \_\_\_\_\_ = \_\_\_\_\_ (lbs of fat on body)

\_\_\_\_\_ x 30 calories = \_\_\_\_\_ (calories fat can burn daily)

# KNOW YOUR BODY TYPE

## Endomorph

- Stockier bone structures with larger midsection and hips.
- Carries more fat throughout the body.
- Gains fat fast and loses it slow.
- Naturally slow metabolism

### Macros

25% carbs, 35% protein, and 45% fat

### Fitness

Resistance & strength training with heavier weights/resistance  
High intensity interval training

---

## Mesomorph

- Medium bone structure with shoulders wider than the hips.
- Developed athletic musculature.
- Efficient metabolism; mass gain and loss both happen with relative ease.

### Macros

40% carbs, 30% protein, and 30% fat

### Fitness

Can do all workouts  
High intensity interval training  
Work all areas of the body every week

---

## Ectomorph

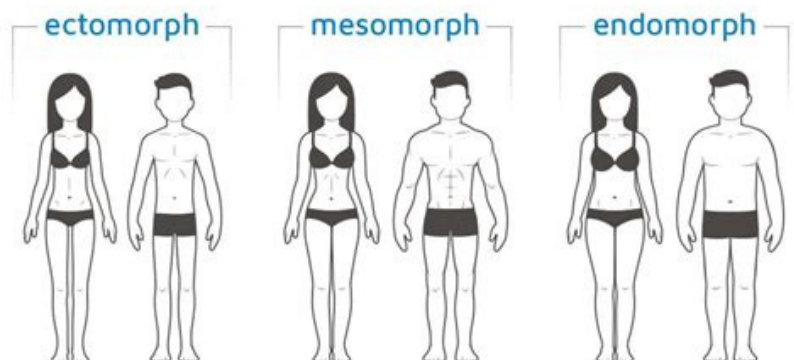
- More narrow shoulders and hips in respect to height.
- Relatively smaller muscles in respect to bone length.
- Naturally fast metabolism makes it difficult for many to gain mass.

### Macros

55% carbs, 25% protein, and 20% fat

### Fitness

Minimum cardio  
Hard, heavy and short workouts

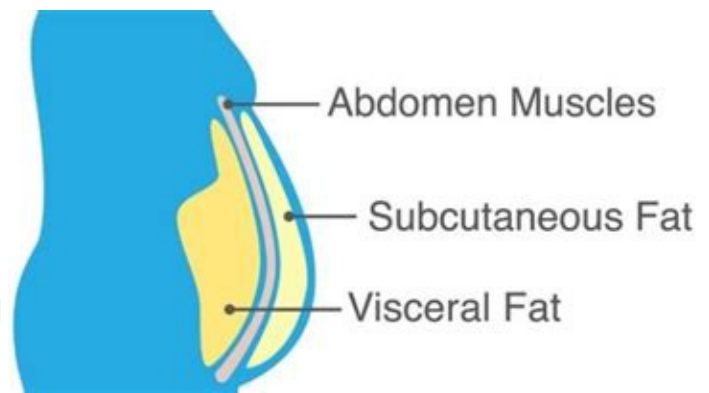


# HELPFUL TIPS FOR FAT LOSS

- Set realistic and shorter term goals for the best success. Do not lose more than 1% of your body fat a week.
- Repeat after me.... Consistency, not perfection! If you "fall off the horse" don't destroy the rest of your day. Simply accept that you aren't perfect and start back over.
- Complete an intestinal cleanse prior to starting as the bowels can contain up to 20 pounds of fecal matter.
- Start off with the 7 Day Detox (available at <https://us.fullscript.com/protocols/livingwithelevation-weight-management-for-fat-loss>)
- STOP FAD DIETING!!! Eat a healthy diet of non-processed foods and learn to listen to your body's needs. Your dietary needs change as your body changes.
- Completely eliminated processed and artificial sugars.
- Eat enough protein to maintain or gain muscle mass. If you purchase protein shakes, make sure they are made from whole foods and do not contain isolates to prevent cardiovascular issues. Good sources of protein are: meats, greek yogurt, lentils, beans.
- Confuse your metabolism by calorie cycling.
- Overeating can cause you to gain weight or plateau. Working on this can help you identify when you're eating for comfort versus eating to live.
- Meal prepping can help you stay on track.
- Eating junk or snacking all day keeps your body focused on digestion and slows down your body's ability to heal and repair. This can also lead to insulin resistance.
- Discover your food sensitivities to promote healing and to reduce inflammation.
- Gut imbalances, such as yeast overgrowth or parasites can make losing fat very difficult. Check out our cleanses to help you get your gut back into shape.
- Know your food plan. Always stick with a whole food plan. that doesn't require processed foods, to develop good habits and maintain your weight.
- Hormonal health can make an impact on your fat loss. Eat right and supplement if needed.
- Work on your ability to process stress and don't just focus on minimizing it. Emotional stress can cause weight gain, especially in the midsection.
- Hydration is extremely important so drink a minimum of half your weight in ounces and increase with exercise and the intake of caffeinated drinks.
- Movement (exercise) is critical for weight loss and general health. Find something that you enjoy to make this easier for you to remain consistent. This prevents muscles loss.
- Get plenty of rest, preferably 7-9 hours of sleep every night, to give the body what it needs to rebuild and repair.
- Take breaks (1-4 weeks) from your fat loss program and work on maintaining your new weight.

The word “subcutaneous” means “under the skin.” This type of fat is pinchable, pokable, and jiggly, with the most accumulation around your hips, rear end, thighs, and belly. About 90 percent of stored fat is subcutaneous.

The term “visceral” describes anything related to the internal organs. As such, this type of fat sits deep inside your abdominal cavity and surrounds your vital organs. You can’t detect visceral fat from the outside, but it poses major health risks.



## SUPPLEMENTS TO SUPPORT FAT LOSS

- Electrolytes for maintaining hydration
- Collagen for skin support and to promote skin tightening
- Digestive enzymes
- High quality probiotics
- Blood sugar support meal replacement shake (optional)
- Bowel elimination support if having less than 1 good BM a day
- Crab Apple Bach Flower for body image issues

The following protocols are available to you in our online dispensary  
<https://us.fullscript.com/welcome/livingwithelevation>

- Weight Management for Fat Loss
- Parasite Cleanse
- Candida (Yeast Overgrowth) Cleanse
- Exercise Performance & Body Composition
- Exercise Pain & Recovery
- Blood Sugar Support
- Intestinal Cleanse

## TOOLS

- Food Tracker (My Fitness Pal, Cronometer, Carb Manager, old fashioned paper)
- Food scale
- Glucose meter (optional)
- Meal prep supplies
- Exercise equipment, membership, or plan

Get your high quality supplements at our online dispensary  
<https://us.fullscript.com/welcome/livingwithelevation>

