



WHAT ACTUALLY WORKS FOR FAT LOSS

If you've ever struggled with diets or exercise programs that promised quick results but left you back where you started—or worse—you're not alone. The infamous "yo-yo effect" is a product of misinformation and unsustainable approaches to weight loss.

But what truly works? What's the science-backed method to lose fat and keep it off for good? Let's dive in and break it down.

The Fundamental Principle

At its core, weight loss boils down to one irrefutable truth: calories in vs. calories out.

Your body needs a specific amount of energy (calories) daily to maintain its current weight. If you eat more calories than your body burns, you gain weight. Eat fewer, and you lose weight - no matter the diet.

Keto, intermittent fasting, paleo - if you've ever lost weight on any of these diets, it's because you were in a caloric deficit. Creating that deficit is the key to burning fat and shedding excess weight.

Beyond the Deficit: What Else Matters?

While a caloric deficit is essential, it's not the whole story. Sustainability, satiation, and managing cravings are the pillars of a diet that actually works.

1. Sustainability

The best diet is one you can stick to long-term. If it feels torturous, you're setting yourself up to fail.

- Aim for a moderate calorie deficit of 400–500 calories per day.
- Focus on gradual weight loss—1–2 pounds per week is sustainable and effective.
- Don't obsessively weigh every bite; instead, keep your approach flexible.

2. Satiating

A sustainable diet is one that leaves you satisfied. Many people ditch their diets because they constantly feel hungry.

- Prioritise satiating foods rich in protein and healthy fats, like eggs, meat, nuts, and avocados.
- Avoid relying solely on “diet foods” like salads or fruit, which can leave you feeling unsatisfied and craving more.

3. Crave Management

Cravings can derail even the best-laid plans. Here’s how to manage them effectively:

- Stick to a moderate deficit and eat satiating foods.
- Allow yourself small portions of your favourite “dirty” foods.
 - Yes, you can eat ice cream or pizza and still lose weight as long as you maintain your deficit.
 - This makes indulgences less special and reduces their power over you.
- Practise conscious restraint when necessary by making intentional decisions to resist cravings.

Fat loss isn’t about following trends or depriving yourself—it’s about mastering the basics and staying consistent.

- Create a moderate calorie deficit.
- Focus on nutrient-dense, satisfying foods.
- Allow flexibility to enjoy your favourite treats.

Sustainable weight loss is achievable, but it takes patience and smart planning.



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