

***“I’ve been eating well consistently, and training regularly X number of times per week yet I’m not losing any weight. What am I doing wrong?”***

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This is a common concern among regular exercisers who notice body changes but continue to struggle with losing weight. Despite a healthy lifestyle that includes visiting the gym regularly and eating well they are unsuccessful at decreasing their body weight. To understand the reason for this, let’s consider the energy balance equation:

Changes in Body Weight = Energy in (food you eat) – Energy out (calories burnt)

To cause a decrease in body weight one must either decrease the number of calories they consume or increase the number of calories they expend. If the exerciser has been eating the same way and training the same amount they are not creating an energy imbalance. To lose weight, a change in the amount of food consumed (energy in) and/or an increase in physical activity levels (energy out) must be made.

During physical activity, select exercises that will burn the most calories in the allotted time. Functional, multi joint exercises should be the emphasis during strength training. When doing cardiovascular training, ensure you are moving at an intensity that exerts your body but does not cause premature fatigue.

Next, consider energy consumed. Addressing the ‘calories in’ is not as confusing as fad diets and gimmicks make it seem. Every food item has a caloric value that is made up of any combination of macronutrients (carbohydrates, fat and protein). Each macronutrient has a specific number of kilojoules (metric calories) per gram. The values for the three macronutrients are, per gram:

Fat: 37kj

Protein: 17kj

Carbohydrate: 16kj

The only other substance that contains calories is alcohol, at 29kj/gram.

Based on the macronutrients’ kilojoules per gram values, you may want to begin by restricting fat and alcohol in your diet. As shown above, carbohydrates have the lowest caloric value per gram. Unrefined, fibrous carbs combined with a moderate amount of protein is therefore essential in a well-balanced, calorie controlled diet. Adjustments to carbohydrate intake should only occur after fat and alcohol intake has been decreased and protein intake closely monitored. Consider these basic steps in controlling calorie intake and you’ll be on the right track.

For more specific information on diet, please contact our registered dietician, Crystal Dow by calling 604 682 6499.

For more detailed information on physical activity, please contact me by emailing [lachlan@mixxco.com](mailto:lachlan@mixxco.com)