



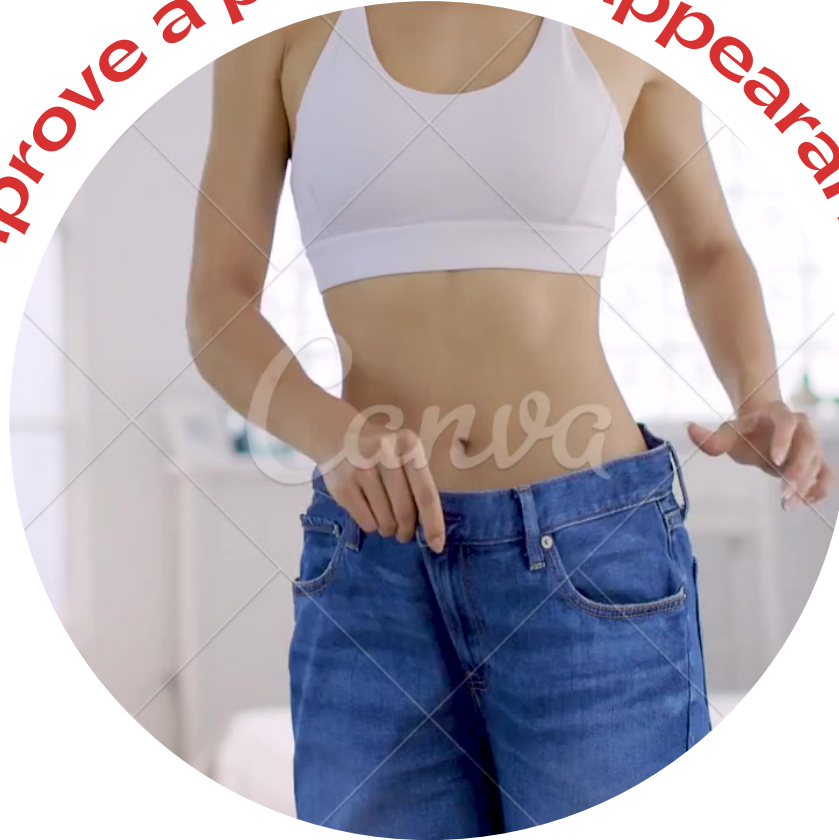
GET FIT TODAY

What Happens When You Lose Fat?



Losing weight through **habitual changes** and periods of eating in a **caloric deficit** can

improve a person's appearance



improve fitness levels



and give confidence





**However, what happens in the body
during this process is a **different story****

Caloric deficits
ultimately mean

Deprivation



In a caloric deficit



the body receives fewer
nutrients than it needs to
survive



works harder to fuel its
processes by breaking down fat
tissue.

This energy deficit leads
to physical changes:

loss of lean body mass

metabolic adaptations.



Metabolic Adaptations

**Human bodies have
evolved to cope with
a variety of
situations**



**ability to adapt
to periods of
famine**




```
graph LR; A((Reduction in calories)) --> B((Recognizes this as a sign of starvation)); B --> C((Reduces energy expenditure));
```

Reduction in
calories

Recognizes this
as a sign of
starvation

Reduces energy
expenditure

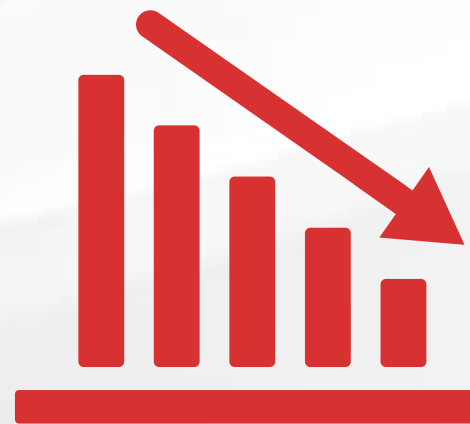
This could be
viewed as a
protective
mechanism



It can also prove
problematic when reducing
body fat by following a
strict diet plan.



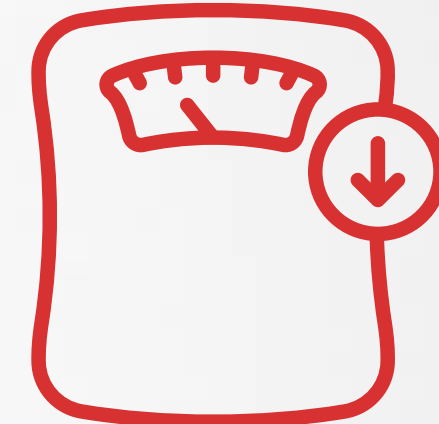
What was once a deficit



becomes maintenance calories



leading to a weight loss plateau.



Metabolic adaptations

A woman with long blonde hair tied back, wearing a grey sweater, is sitting at a desk. She has her hands covering her face, with her fingers spread, suggesting she is tired or stressed. Her eyes are closed, and her expression is one of exhaustion. A laptop is open in front of her, but she is not looking at the screen. The background is a plain, light-colored wall.

Drop in energy levels and
daily activity.

**A person who diets
becomes lethargic at
one point or another.**





There are ways to battle metabolic
adaptations,



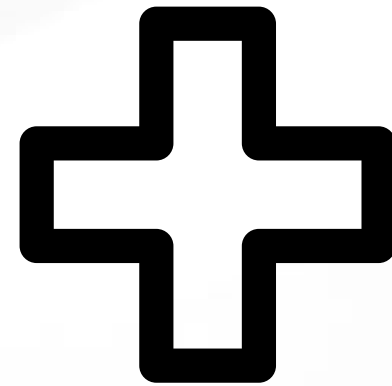
which is a key point of discussion in module
number two.

Loss Of Lean Body Mass

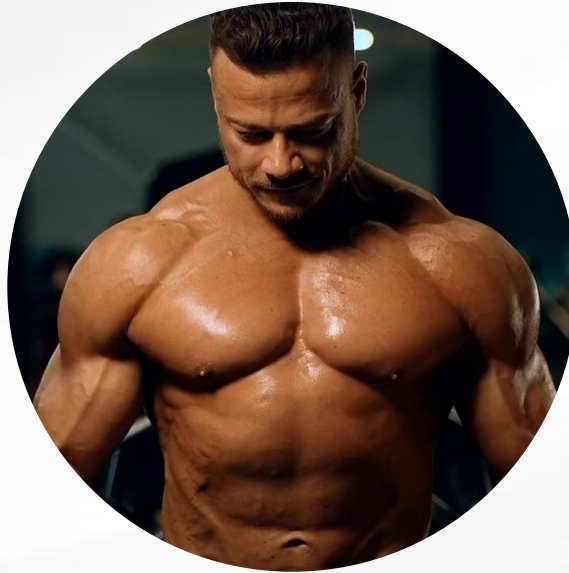
The consequences of
reducing one's weight
improperly
are often overlooked.



fat tissue
burn away



lean body
mass can
be lost



Muscle



Bone



Organ tissue



can shrink

This is an essential factor

**Lean body mass plays a
big role in the body's
energy output
(BMR & TDEE)**





Canva

**This must be taken into
account when setting
goals**

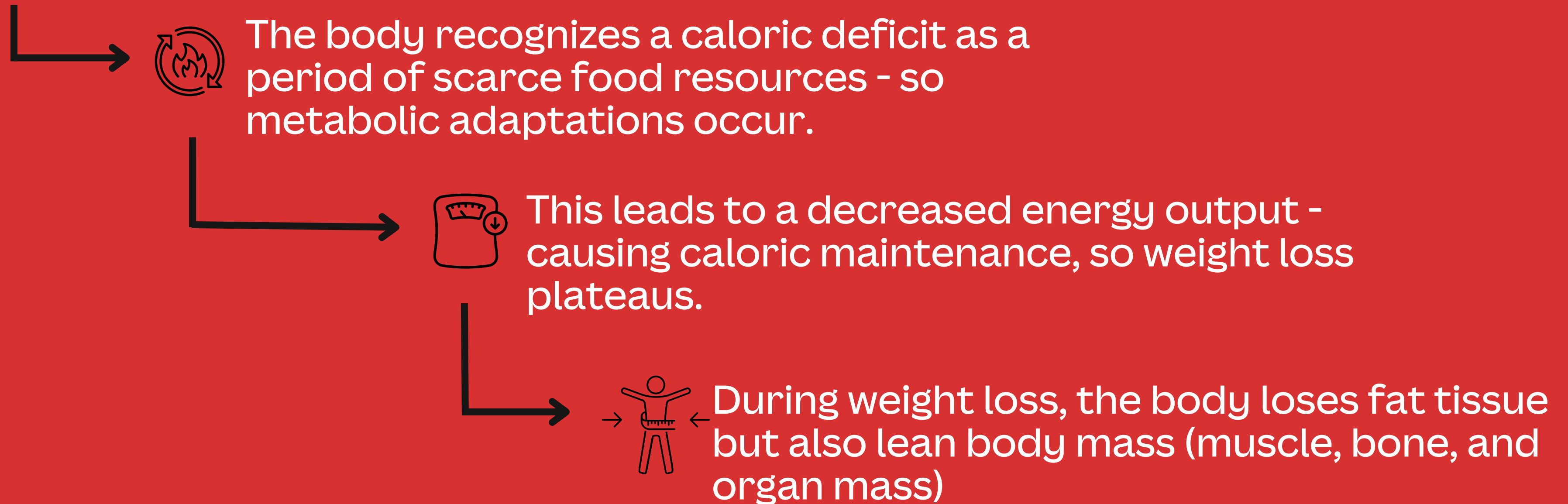
Sensible alterations to
one's caloric intake should
be embraced



when targeting a weight
goal to ensure **safety** and
sustainability.

Summary

Weight loss is a form of controlled starvation for the organism.



Summary

**These factors must be considered,
and the necessary dietary
interventions must be made**



**in order to minimize the side
effects of eating food in a deficit
of calories.**

