



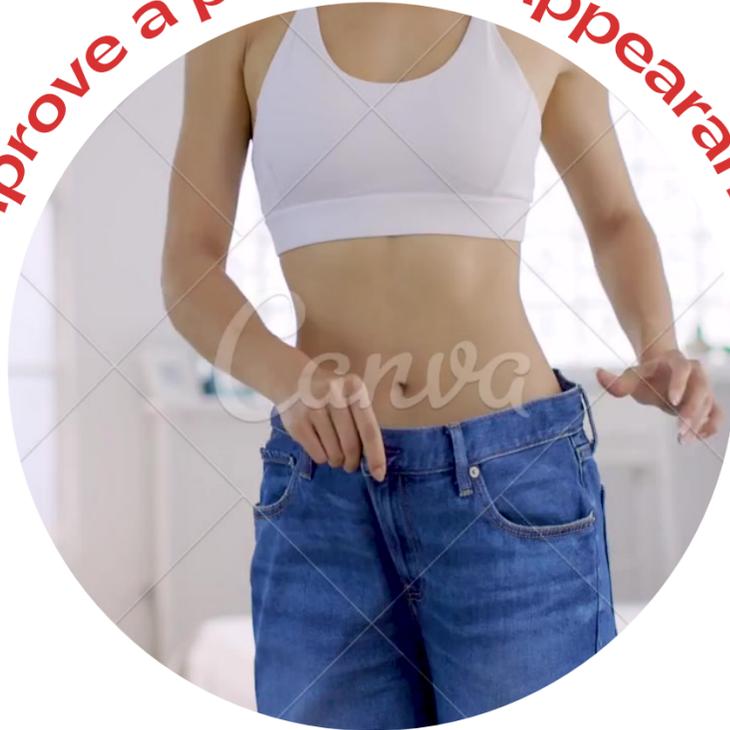
GET FIT TODAY

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



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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



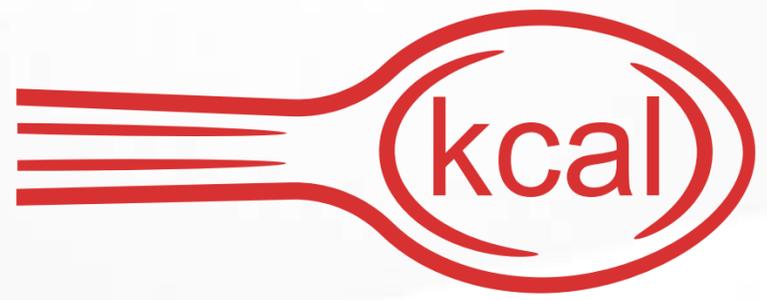
It can also prove problematic when reducing body fat by following a **strict diet plan.**



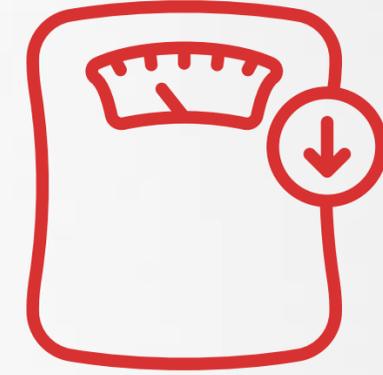
What was once a deficit



becomes maintenance calories



leading to a weight loss plateau.



A woman with long blonde hair, wearing a grey sweater, is sitting on a grey couch. She has her eyes closed and is covering her face with both hands, appearing to be exhausted or stressed. A laptop is open on the couch in front of her. The background is a plain, light-colored wall.

Metabolic adaptations

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,



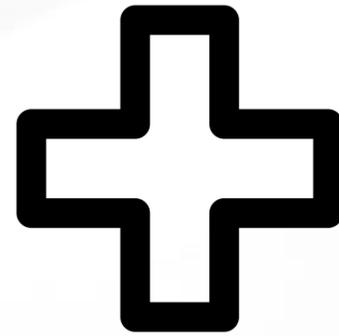
which is a key point of discussion in module number two.

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)**

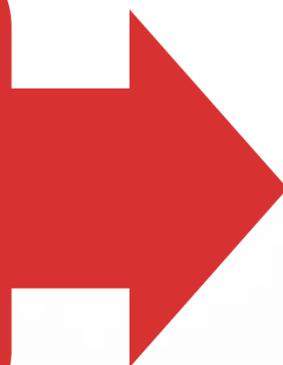




Canva

**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.



The body recognizes a caloric deficit as a period of scarce food resources - so metabolic adaptations occur.



This leads to a decreased energy output - causing caloric maintenance, so weight loss plateaus.



During weight loss, the body loses fat tissue but also lean body mass (muscle, bone, and organ mass)

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.**

