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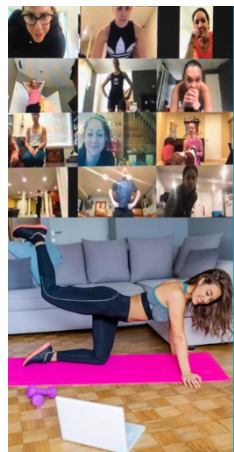
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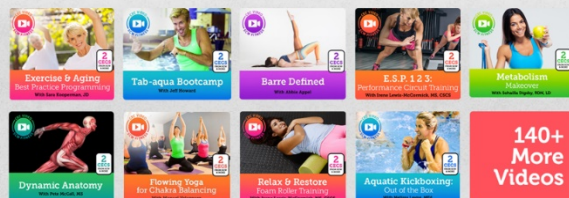
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In this live lecture filmed at MANIA®, Fabio Comana, MA, MS presents key information and common misconceptions regarding weight loss. Many clients live busy lives and struggle to lose weight at the gym. Weight loss is not a process that should start and end at the gym. Personal trainers continue to push strenuous cardio on their clients to burn fat. Clients should focus on creating little tweaks to their daily habits in order to successfully tip the scales.

Metabolism is one of the key players in a person's weight loss journey. Metabolism allows people to grow, reproduce, repair damage, and respond to environmental factors. All of these factors are biochemical processes that occur within humans. Metabolism can be positively or negatively affected by a person's height, age, and gender. As a person starts working out and their body heat begins to increase, their metabolism cools down the core body temperature by sweating. Many people who struggle with weight loss capture their exercise activity, but they do not capture the rest of their daily activities.

People burn a certain number of calories daily to perform basic functions like breathing and circulation. This is called a person's resting metabolic rate (RMR). A person's resting metabolic rate varies with weight, gender, and activity level. More active individuals have a higher resting metabolic rate. With exercise, your body uses stored glucose and uses energy (calories) to replace lost glucose in the muscles. The total number of calories that a person burns from rest and exercise throughout a day is called total daily energy expenditure (TDEE). Many nutritionists will refer to this phrase when setting goals for weight loss.

Some exercise physiologists tell clients to use cardio exercise to increase their resting metabolic rate; this is a weight loss myth. In order to increase your resting metabolic rate, you should add weight lifting to your exercise regimen. By increasing your muscle mass, your body will require more energy to help restore the muscles that you used during an exercise.

Cardiovascular exercise is still beneficial to burn fat from the body, but it is not an effective method to measure the number of calories that you burn. Most people rely on the 'calories burned' function on exercise machines while logging their daily nutrition. This number can be off by up to 50%! The only true way to directly measure the number of calories you burn from exercise is through telemetry, which measures oxygen utilization in your body and converts this number to calories burned.

Weight loss is not a short-term project. Clients must remain motivated for a long period of time in order to see effective results. Subjects who are determined to lose weight should focus on starting with making small changes in order to create a snowball effect to work towards long-term goals. Cheat days and punishments for failure should not be part of a successful weight loss regime

Some recommend tips to start losing weight include: looking at restaurant menus before eating away from home, using a hunger scale to differentiate hunger from a desire, and buying smaller glasses and plates to reduce portion sizes at home. One recommended tool to use is the Happy Fork. This fork will notify you that you are eating too fast during a meal. Your brain will signal that you are full 20 minutes after you eat. People overeat when they eat quickly because they do not realize that they are full.

Minor changes can make a large difference in a weight loss journey. If you stand at your desk for 2 hours per day, you will lose an average of 11 pounds per year. Studies have shown that subjects who drink water before a meal reduce their weight by an average of 5 pounds per year. Little changes can lead to big results. Many clients are unmotivated to lose weight when they

realize that a pound of fat contains 3500 calories. Running one mile only burns approximately 100 calories, which is under 3 percent of a pound of fat. Looking at long term effects of little tweaks in a client's daily regime is much more effective to help them succeed on their weight loss journey.

If you would like to listen to Fabio's lecture, you can access his lecture and more at [www.SCWFIT.com/OnDemand](http://www.SCWFIT.com/OnDemand). If you want to attend a live lecture by Fabio or hundreds of other exercise physiologists, find a MANIA® convention near you at <http://scwfit.com/mania/>. Manage your metabolism and help clients succeed on their weight loss journey with Fabio Comana's Tipping the Scales presentation.

Fabio Comana, MA, MS, is a Faculty Member at San Diego State University and UC, San Diego and a proud SCW Faculty Member. Fabio teaches the SCW Sports Nutrition Certification and the SCW Lifestyle and Behavioral Coaching Workshop Certification online at <https://scwfit.com/store/product-category/online-certifications/> and at MANIA® conferences. Previously, as an ACE exercise physiologist, he was the primary developer of ACE's IFT™ model and live personal training educational workshops. Prior experiences include collegiate head coaching, strength and conditioning and opening/managing clubs for Club One. An international presenter, Fabio has been featured in multiple media outlets and is an accomplished chapter and book author.