

FAT LOSS PHASE

The most common dieting phase at Stronger U is the **FAT LOSS PHASE**. This phase is often referred to as *cutting*, which is slang for *losing fat* or referred to as a *deficit*. Fat loss is achieved when a dieter is in a caloric deficit, burning more calories than they consume, for a prolonged period of time. If fat loss isn't happening, we can surmise a deficit is not present for long enough to see the changes. In terms of losing fat, the deficit is the only true way for it to happen and no combination of "healthy foods" can allow fat loss to happen if a deficit isn't present.



**RIGHT # OF CALORIES + ACTIVE LIFESTYLE
= SUCCESSFUL FAT LOSS**

While neither of those has to happen in tandem, the likelihood of long-term success is higher when an individual isn't dependent on just eating fewer calories or just working out enough to overeat.

Being consistent with food consumption and following trends in weight, measurements, hunger and overall well-being are the most important factors for determining how much you should be eating to lose weight. Even with the most accurate tracking, it's difficult to predict how much someone will lose in a specific amount of time because the human body is everchanging. **As an individual loses fat a number of metabolic processes adjust and react to the fat loss.** This might mean increased hunger affecting adherence and slight short-term reductions in basal metabolic rate that can affect the timeline of progress if adjustments are not made.

- Real Life Application

One of the most important parts of navigating a fat loss phase is knowing it doesn't have to be forever. The amount a person eats to lose fat isn't the amount that needs to be eaten to maintain that weight. *To ensure a deficit is present, we encourage tracking macronutrients to monitor caloric intake, decision making, and personal preference.* It's also important to know there won't be any long-term damage to the metabolism and a caloric deficit is ok. Extreme deficits (starvation diets) are not necessary or required to lose fat. Our goal is to feed individuals at levels that allow fat loss to take place and to provide some level of sustainability and comfort.

Resources

Want to know all about the cutting phase? We've got plenty of resources for you!

- In [this blog](#), we give you an overview of what to expect when you're expecting weight loss.
- Wondering how much your age impacts your weight loss efforts? We've got it all covered [here!](#)
- [In this blog](#), Dr. Jessica Bachman breaks down why we believe in tracking your food and why that can be such a helpful tool.
- And [here](#) we take a deep dive into the world of weight loss, what the research says, and how you can handle a modern environment that makes weight loss more challenging.

Main Takeaway

A fat loss phase will require some restrictions and adjustments to your lifestyle, but it doesn't require you to be a completely different person. It means we have to figure out the most effective way for you to meet the minimum requirement to lose fat (be in a deficit). You absolutely can still eat foods you enjoy assuming you remain in a deficit so don't be afraid to live life. Be precise (most of the time), be patient, and understand the calorie needs in order for fat loss to happen is not the amount needed forever. In a maintenance phase, you will eat more so be careful not to extend a dieting phase longer than it needs to be by going off track too often.

Be careful not to rush weight loss with extreme calorie restriction or too much exercise since this can negatively impact health and performance. Fat loss can take time but understand the difference between weight loss (muscle, fat, water, glycogen) and fat loss. Our goal isn't to only shed weight, we want to help you lose fat, retain muscle, and feel your best.

