

366: Weight Loss Vs Fat Loss: Clinical Application

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- What I WILL NOT be covering
 - Unintentional weight loss
 - Programs for medical conditions
 - Specific weight loss “programs” or “diets”
 - Surgical procedures
- *What is Weight Loss*
 - **Weight loss** - in the context of medicine, health, or physical fitness - refers to a reduction of the total body mass due to a mean loss of fluid, body fat or adipose tissue and/or lean mass, namely bone mineral deposits, muscle, tendon, and other connective tissue.
- *What is Fat Loss*
 - **Fat loss**, refers to a reduction of the body mass, due to a mean loss of fluid, body fat and adipose tissue while maintaining or increasing lean mass, namely bone mineral deposits, muscle, tendon, and other connective tissue.
 - Weight Loss vs. Fat Loss
- *Who should be on Weight Loss*
 - Morbidly obese (40 BMI or >28% male, >32% female)
 - Overweight and experiencing obesity related issues
 - Osteoarthritis
 - Prep for specific surgeries
 - Doctors orders
 - Personal events with specific date

➤ *Who should be on Fat Loss*

- Personal goals
- People looking to “lean or tone”
- Average to BMI or %Body fat
- Competition athletes

➤ *Benefits of Weight Loss*

- Decrease in blood pressure
- Improved joint function
- Decrease blood lipids and LDL cholesterol
- Increase in HDL “good” cholesterol
- Decreased risk of heart disease, stroke, diabetes,
- Decreased inflammation
- Improved appearance
- Better health NOW

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- Weight Loss vs. Fat Loss
- Improved appearance
- Better health NOW
- Better Health LATER
- Increase in metabolism
- Increased energy
- Improved sleep
- Better performance

- Improved strength
- *How to measure Weight Loss*
 - Scale
 - BMI
 - Appearance
 - Girth Measurements
- *How to measure Fat Loss*
 - % Body Fat Measurements
 - Girth Measurements
 - Weight Loss
- *ARE WE FAILING AS AN INDUSTRY???*
 - The number of gyms, fitness facilities, fitness programs, personal trainers, supplements, and diets are at an ALL TIME HIGH
 - The number of lifestyle related issues, and obesity rates, are also at an ALL TIME HI
- *OUR GOAL*
 - DO NO HARM
 - EDUCATE FIRST
 - DO WHAT'S BEST FOR OUR CLIENTS AND ATHLETES
 - Help them achieve their goals (realistically)
 - For both short and long term health
 - REFOCUS ON FAT LOSS
- *Where do we start*
 - Consultation
 - Assessment
 - Learn their why
 - Understand what they want
 - Ask questions
 - Listen for words, like "look" or "feel"
- *How to implement % body fat measurements*

- Caliper 1,3,4,5,7,9 point tests
 - 2 point or 4 point bioimpedence
 - Hydrostatic weighing
 - Bod Pod
 - Dexa Scan
 - Other
- How to lose FAT
- Strength Training
 - Become GREAT at the basics
 - Hinge, Squat, Lunge, Push, Pull, Rotate, Reciprocal Movements
 - Cardio
 - N.E.A.T.

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