



Fitness Frontline



1 percent weight loss tracker



- self-paced learning module -



This could be a tough assignment, but you'll achieve your goal if you can:

- seriously reduce the amount of sugar and flour in your diet. Sugar is the great fattener of our age. Manufactured food is packed to the gunnels with the stuff, just look at the ingredients list that comes with manufactured food. Just about every box of manufactured snacks for children contains over 20% sugar.
- practice intermittent fasting – don't eat between 8pm and 10am. This will help you lower your blood insulin levels. Lower your blood insulin level and you're on the way to lowering blood glucose.
- Make one of your meals with fresh vegetables, some protein and fat.

Make sure you download these three books:

- the Hourglass Diet
- Aerobic Fitness, key driver of the metabolic health engine
- the Complete Fitness Workout.



John Miller

1 Percent Weight Loss Tracker

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CONTENTS

Introduction	4
Ideal weight	5
Hourglass Diet	6
Complete Fitness Workout	8
1% weight loss record	9
Weight loss targets	10
Get support	12
Keep yourself honest	13
Gunnado	14
1 percent weight loss website resources	15

It's a big ask expecting to stay healthy
without keeping yourself fit.

It's an even bigger ask expecting to
get better by having someone do
something to you; sooner or later you
have to do something to yourself.

John Miller

INTRODUCTION

Let's not beat around the bush; you want to get rid of excess fat from your body and get closer to your ideal weight.

Reducing your body weight by 1% per week is achievable. OK, it's a stretch, but not beyond reach.

I've seen people on the Biggest Loser lose huge amounts of weight in the initial weeks, so I guess the heavier you are, say 140Kg, even though you need to lose a bit more weight each week than someone who weighs, say 70Kg, it's an achievable target.

The beauty of the program is that it gets easier the longer you last. It comes with a spreadsheet which you can use to track your progress.



This booklet contains information to guide you through your weight loss journey. However, I'd encourage you to also get your hands on the [Hourglass Diet](#) ebook and the [Complete Fitness Workout](#) ebook. A more expansive list of resources appears on the inside back cover of this booklet.

Losing 1% of your weight each week is going to be a particularly tough assignment if you don't get the fundamentals of your diet right and you don't get enough exercise. Sitting down all day and half the night thinking about not eating isn't going to do much for your weight loss objective.

In the meantime, stay tuned, highly tuned and remember, 'It's the first 1% that's the hardest, after that it's 1% at a time.'

1 PERCENT WEIGHT LOSS SPREADSHEET

Along with this book comes the 1% Weight Loss spreadsheet so you can chart your progress toward achieving your ideal weight.

John Miller



There I was, in the bathtub
making promises I couldn't
keep in the kitchen.

Jean Nidetch
Founder of Weight Watchers

IDEAL WEIGHT

It's hard to say what anyone's ideal weight is. Most men look pretty good when below 20 percent body fat (PBF). At 25% they still have a muffin top: they're still sucking their abdomen in when they walk past a mirror or shop window! For women add another 10%: less than 30% is normal, after 35% comes the muffin top! Female fitness instructors average around less than 25% body fat.

At 15% body fat, men look sharp, but you wouldn't win an Olympic marathon or the Tour De France very often unless you were closer to 6%. At around 12% you're likely to see a six-pack shining through.

You can purchase a set of bathroom scales that measures body weight and percent body fat. I recommend a set that also has a Bluetooth capacity; for example, the Fitbit Aria2 synchs with the Fitbit phone app.



Body mass index is a coefficient based on your height and weight. Height is not taken into the percent body fat index. BMI is a fair guide for 'regular men' but definitely not for men who are well muscled. As an example, some rugby players would be well below 20% body fat but have a body mass index over 30.

For women aiming to get closer to their ideal weight, 30% percent body fat is a reasonable target, but it depends a lot on breast development. Under 25% is achievable for female athletes and women who are regular, vigorous exercisers. Athletes and extremely fit women are closer to 20%.

The **waist to height ratio** is another fair index to use. As a rule of thumb, the circumference of your waist should be no more than half your height.

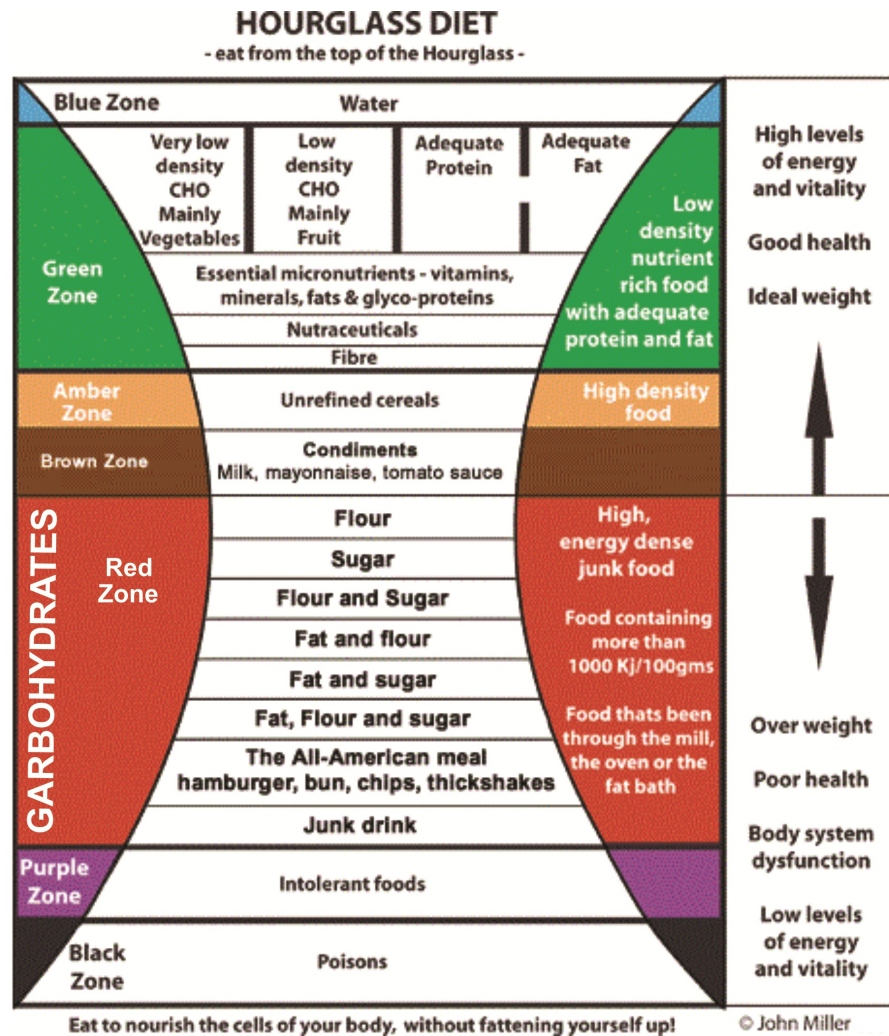
Percent body fat is the gold standard index. The Fitbit Aria scales measure percent body fat. There are a range of more expensive and more sophisticated percent body fat measuring devices, often located in fitness centres.

That which we persist in doing becomes easier to do, not that the nature of the thing has changed but that our power to do has increased.

Ralph Waldo Emerson



Here's the Hourglass Diet model. Eat from the top of the Hourglass, good food at the top and junk (the garbohydrates - yep that's a 'g' not a 'c') down the bottom.



Eat less – eat wisely, not too well!

Eat less of the foods that aren't good for you, the garbohydrates. In particular eat and drink minimal amounts of flour and sugar.

The garbohydrates are the junk foods, food manufactured with combinations of fat, flour, sugar and potato. These are the foods high in energy density, foods with more than 250 Calories per 100 gms (1000Kj/100gms), and we love them: chips, chocolate, confectionary, sugar boosted drinks, wine and beer, cake, biscuits ...

Will you die if you don't eat these foods? Doubtful.

With a diet based on meat, fish, chicken, fresh fruit and fresh vegetables, you're not only going to lose weight, but you'll improve your health and metabolic function, to boot. (If you're a vegetarian you'll know what to substitute for the meat, fish and chicken.

Drink more water and green tea. You won't feel as hungry.

I had the sort of mother that if you said, 'Mum I'm hungry', she'd say, 'Have an apple.' If you said you were thirsty, she'd say, 'Have a drink of water.' The only time we had sugared, carbonated drinks in the house was at Christmas time when a dozen bottles lasted the six of us for three or four weeks. In the community at large, Coca Cola was a novelty only available in small glass bottles: flavoured milk in plastic bottles was non-existent.

In my growing up years I don't think I ever saw my parents open up a bottle wine or beer except on the rarest of occasions. They certainly didn't believe in the mantra that one drink a day was good for you.

Cappuccinos hadn't been invented. Nowadays everyone's either sitting in cafes (or walking around with cardboard cups) sipping milk coffee. The cumulative calorific effect must be significant.

Does anyone drink water anymore from a tap? We drank from the tank at home and at school – or from any tap that was handy. (There was a tap at the beach where, if you put your lips too close to it you got an electric shock.) Nowadays, people drink water bottled water that costs more than petrol. Go figure!

Having a Kit Kat, a glass of wine and a flat white a day is enough to expand any waistline.

The hard part

Why is it easier to do the things you don't want to do than it is to do the things you do want to do? Knowledge counts for little if you can't, won't or don't use it.

In the Hourglass Diet I discuss in detail the 'hard part' of losing weight, how we're ruled by our culture, advertising, addictions and lifelong habits.

Neither can you satisfy the inner hunger by either not eating or eating too much. To search for the underlying reasons why you've put on weight, put yourself in the hands of an expert. Get help from a therapist.

Part of the inner hunger is driven by both physiological (and psychological) needs. You keep blaming yourself for falling off the wagon, but it's unavoidable because of the cravings (addiction) generated by a high flour, high sugar way of life, Candida fungus and a lack of chromium. It would be dreadful to keep beating yourself up for something you were completely unaware of.

You need around 2,000 Calories a day. Just to give you an idea of how quickly you can put 2,000 calories into your body, takes five minutes to consume 500 calories per 100 gms of cashews or Maltesers. It takes two hours of high intensity exercise to burn them off.

So, while you're on the 1 Percent Weight Loss program, have a think about what's gotten you to where you are and what you might need to do to re-program yourself to attain and maintain a new weight.

It's all outlined in the [Hourglass Diet](#).

If exercise and physical activity could be packaged as a pill, it would be the single most widely prescribed and beneficial medicine in the nation.
Robert Butler, American Institute on Aging



Exercise more.

Not only is exercise (along with diet) the foundation of good metabolic health, it's going to burn off excess fat. The benefits of exercise are legion.

I recommend the [Complete Fitness Workout](#). (Along with a flexibility workout) it includes the two great fat burning factors of fitness - aerobic fitness activities and strength activities.

Do some exercise before each meal. Say to yourself, 'Don't exercise, don't eat.' It could be something with real vigor or something as useful as a 20-minute walk.

In the Complete Fitness Workout, you'll learn about the Fitbit aerobic fitness prescription, where time meets heart rate. I encourage you to set a weekly Fitbit target for steps and aerobic fitness zone points. Your scores will be automatically recorded on your watch and your phone.

Don't forget strength training.

Looks can be deceptive. You might well say that you weigh the same as you did 20 years ago. However, if you haven't had a strength training program over that time, you may have substituted the 5Kg of muscle mass that you've lost with five Kg of fat.

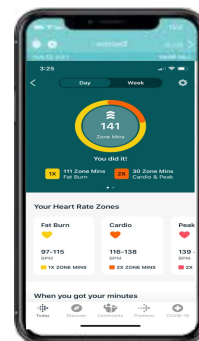
The greater your muscle mass the more energy you burn. In the process of strength training, you burn up energy and keep burning it up for quite a while afterwards.

THE FITBIT AEROBIC FITNESS PRESCRIPTION AND TRACKING APP

I use and recommend the Fitbit system of keeping track of the exercise you do and it's level of intensity. I suggest you purchase a Fitbit watch and start to collect aerobic fitness zone points. You'll be able to send your results to your support person/group. Aim to get 50 or more zone points a day. Which you can do with brisk walking, shuffling or a mix of both. You'll also be able to see exactly how much energy you're burning off.



Fitbit is my constant aerobic fitness companion and motivator.



You can read more about measuring, managing and monitoring the amount of exercise you do each day in the **Fitbit Aerobic Fitness Prescription** book.

1 PERCENT WEIGHT LOSS RECORD

The key to successfully losing weight is keeping a record of your weight loss using the free spreadsheet which you can download. It's what it looks like.

	A	C	D
1	1 Percent Weight Loss Record		
2	Type your current weight into cell D4 and hit return		
3	Date	Week	1% target
4		0	78
5		1	77.2
6		2	76.4
7		3	75.7
8		4	74.9
9		5	74.2
10		6	73.4
11		7	72.7
12		8	72.0
13		9	71.3
14		10	70.5
15		11	69.8
16		12	69.1
	Pick a day (Sunday) of the week when you'll weigh in - after your shower in the morning - before you've had anything to eat or drink.		

Target weight

Set yourself the target weight you wish to achieve. I recommend an initial 12-week target to start with. If by that time you haven't reached your target weight just keep going. The longer you're involved, the easier it becomes.

If a goal is a dream with a deadline. What's unique about the 1 Percent Weight Loss program is it gives you both the goal and the deadline, all prepared for you in an Excel spreadsheet.

How do you know if you're on the way to developing insulin resistance and in turn type 2 diabetes (known in the trade as Metabolic Syndrome)?

Most physicians (when recommending their patients have a series of pathology tests) do not regularly request blood insulin levels. Blood tests usually include

- total cholesterol
 - HDL (good) cholesterol
 - LDL (bad) cholesterol
 - Triglyceride level – should be below 2.0 mmol/L
- .. but for some obscure reason, not insulin.

However, there is a simple (though indirect) way to see if you may be developing insulin resistance and Metabolic Syndrome.

If you divide the triglyceride level by the HDL level, the ratio you get is an indication of whether you are developing insulin resistance. If this ratio is greater than 2 you may be on the way to insulin resistance (and eventually diabetes). Also if you notice your blood pressure or that your waist line is increasing you would conclude you have early signs of Metabolic Syndrome – which is totally reversed if caught early enough.

With thanks to Ray Strand MD, author of "What your doctor doesn't know about nutritional medicine."

WEIGHT LOSS TARGETS

Here's a set of 1% weight loss targets.

1 PERCENT PER WEEK WEIGHTLOSS PROGRAM									
Week	Starting weight in kg								
0	140.0	130.0	120.0	110.0	100.0	90.0	80.0	70.0	60.0
1	138.6	128.7	118.8	108.9	99.0	89.1	79.2	69.3	59.4
2	137.2	127.4	117.6	107.8	98.0	88.2	78.4	68.6	58.8
3	135.8	126.1	116.4	106.7	97.0	87.3	77.6	67.9	58.2
4	134.5	124.9	115.3	105.7	96.1	86.5	76.8	67.2	57.6
5	133.1	123.6	114.1	104.6	95.1	85.6	76.1	66.6	57.1
6	131.8	122.4	113.0	103.6	94.1	84.7	75.3	65.9	56.5
7	130.5	121.2	111.8	102.5	93.2	83.9	74.6	65.2	55.9
8	129.2	120.0	110.7	101.5	92.3	83.0	73.8	64.6	55.4
9	127.9	118.8	109.6	100.5	91.4	82.2	73.1	63.9	54.8
10	126.6	117.6	108.5	99.5	90.4	81.4	72.4	63.3	54.3
11	125.3	116.4	107.4	98.5	89.5	80.6	71.6	62.7	53.7
12	124.1	115.2	106.4	97.5	88.6	79.8	70.9	62.0	53.2
13	122.9	114.1	105.3	96.5	87.8	79.0	70.2	61.4	52.7
14	121.6	112.9	104.2	95.6	86.9	78.2	69.5	60.8	52.1
15	120.4	111.8	103.2	94.6	86.0	77.4	68.8	60.2	51.6
16	119.2	110.7	102.2	93.7	85.1	76.6	68.1	59.6	51.1
17	118.0	109.6	101.2	92.7	84.3	75.9	67.4	59.0	50.6
18	116.8	108.5	100.1	91.8	83.5	75.1	66.8	58.4	50.1
19	115.7	107.4	99.1	90.9	82.6	74.4	66.1	57.8	
20	114.5	106.3	98.1	90.0	81.8	73.6	65.4	57.3	
21	113.4	105.3	97.2	89.1	81.0	72.9	64.8	56.7	
22	112.2	104.2	96.2	88.2	80.2	72.1	64.1	56.1	
23	111.1	103.2	95.2	87.3	79.4	71.4	63.5	55.6	
24	110.0	102.1	94.3	86.4	78.6	70.7	62.9	55.0	
25	108.9	101.1	93.3	85.6	77.8	70.0	62.2	54.4	
26	107.8	100.1	92.4	84.7	77.0	69.3	61.6	53.9	
27	106.7	99.1	91.5	83.9	76.2	68.6	61.0	53.4	
28	105.7	98.1	90.6	83.0	75.5	67.9	60.4	52.8	
29	104.6	97.1	89.7	82.2	74.7	67.2	59.8	52.3	
30	103.6	96.2	88.8	81.4	74.0	66.6	59.2	51.8	
31	102.5	95.2	87.9	80.6	73.2	65.9	58.6	51.3	
32	101.5	94.2	87.0	79.7	72.5	65.2	58.0	50.7	

33	100.5	93.3	86.1	79.0	71.8	64.6	57.4	50.2	
34	99.5	92.4	85.3	78.2	71.1	63.9	56.8		
35	98.5	91.4	84.4	77.4	70.3	63.3	56.3		
36	97.5	90.5	83.6	76.6	69.6	62.7	55.7		
37	96.5	89.6	82.7	75.8	68.9	62.1	55.2		
38	95.6	88.7	81.9	75.1	68.3	61.4	54.6		
39	94.6	87.8	81.1	74.3	67.6	60.8	54.1		
40	93.7	87.0	80.3	73.6	66.9	60.2	53.5		
41	92.7	86.1	79.5	72.9	66.2	59.6	53.0		
42	91.8	85.2	78.7	72.1	65.6	59.0	52.5		
43	90.9	84.4	77.9	71.4	64.9	58.4	51.9		
44	90.0	83.5	77.1	70.7	64.3	57.8	51.4		
45	89.1	82.7	76.3	70.0	63.6	57.3	50.9		
46	88.2	81.9	75.6	69.3	63.0	56.7	50.4		
47	87.3	81.1	74.8	68.6	62.4	56.1			
48	86.4	80.2	74.1	67.9	61.7	55.6			
49	85.6	79.4	73.3	67.2	61.1	55.0			
50	84.7	78.7	72.6	66.6	60.5	54.5			
51	83.9	77.9	71.9	65.9	59.9	53.9			
52	83.0	77.1	71.2	65.2	59.3	53.4			

OVERWEIGHT

The problem is rarely the real problem

Overweight is another good example of how we can waste a lot of energy trying to correct a problem that is not the real problem. People often spend years and years fighting fat and are still overweight. They blame all their problems on being overweight. The excess weight is only an outer effect of a deep inner problem, to me; it is always fear and a need of protection. When we feel frightened or insecure or 'not good enough', many of us will put on extra weight for protection.

To spend our time berating ourselves for being too heavy, to feel guilty about every bite of food we eat, to do all the numbers we do on ourselves when we gain weight, are just a waste of time. Twenty years later we can still be in the same situation because we have not even begun to deal with the real problem. All we have done is to make ourselves more frightened and insecure, and then we need more weight for protection.

So, I refuse to focus on excess weight or on diets. For diets do not work. The only diet that does work is a mental diet; dieting from negative thoughts. I say to clients, 'Let us just put that issue (dieting and fat loss) to one side for the time being while we work on a few other things first.'

'They will often tell; me they can't love themselves because they are so fat ... I explain that they are fat because they don't love themselves. When we begin to love and approve of ourselves, it's amazing how weight just disappears from out bodies.'

Louise Hay 'You Can Heal Your Life'

GET SUPPORT

Announce to a partner, spouse, a friend or two ... that you're embarking on the 1 Percent Weight Loss program. Seek their support and encouragement.

In particular you'll need the support of your family, particularly the head cook and bottle washer. In fact, see if you can enroll your family in a 'new way of eating and exercising' program.

New menus will need to be adopted. Time will need to be set aside for exercise. There could be some family disruption.

Here may be times when you need to eat differently or gracefully decline offers of foods that you know will sabotage your efforts.

SENDING RESULTS TO YOUR SUPPORT PERSON/GROUP

Using the Fitbit Aria scales and the app that comes with it you'll be able to forward you results to your support person/group,

You'll find the system very motivating.

You're more likely to stay focused on the task at hand if you know someone is 'looking over your shoulder'.

Get yourself an exercise mate and set times to meet and exercise, whether it's walking together, going to the gym ...



Nothing in the world can take the place of persistence.

Talent will not: nothing is more common than unsuccessful men with talent.

Genius will not; unrewarded genius is almost a proverb.

Education will not: the world is full of educated derelicts.

Persistence and determination alone are omnipotent.

Calvin Coolidge

KEEP YOURSELF HONEST

A lady brought her son to Gandhi and asked him to tell her son to stop eating sugar.

Gandhi said, 'Bring the boy back the next week.'

A week later, the lady brought her son back and Gandhi told him to stop eating sugar.

A few weeks later the lady came back and said, 'My child has done what you asked, but why did you not tell him to stop eating sugar the first time I came.' 'Lady', said Gandhi, "a week earlier I didn't know if I could stop eating it myself".

In keeping with the spirit of Gandhi I tried the 1 Percent Weight Loss program out on myself before I took it to the world.

It works. I know it will work for you; but only when you become committed.

In the meantime, stay tuned, highly tuned and set yourself a weight loss target; 1% per week until you've reached what you reckon is your ideal weight.

METABOLICAL

The Lure and the Lies of Processed Food, Nutrition, and Modern Medicine

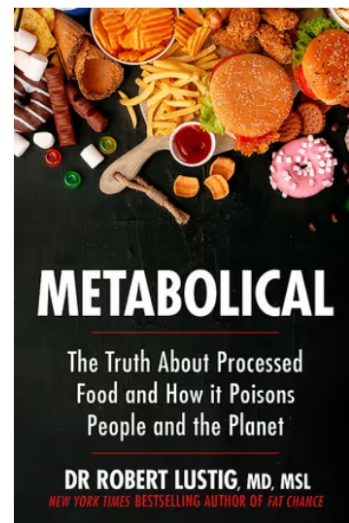
Robert Lustig

Dr. Robert Lustig, a pediatric neuroendocrinologist who has long been on the cutting edge of medicine and science, challenges our current healthcare paradigm which has gone off the rails under the influence of Big Food, Big Pharma, and Big Government.

He explains the eight pathologies that underlie all chronic disease, documents how processed food has impacted them to ruin our health, economy, and environment over the past 50 years, and proposes an urgent manifesto and strategy to cure both us and the planet.

If you want to understand what processed food is doing to your body, I highly recommend this book.

John Miller



The two biggest sellers in bookstores are the cookbooks and the diet books. The cookbooks tell you how to prepare the food and the diet books tell you how not to eat any of it

Andy Rooney

GUNNADO

What are you gunnado to achieve your weight loss goal?

The adult American population is 67% overweight, but the data argues that 88% of the population exhibits some level of metabolic dysfunction. Is obesity the problem, or the symptom.

Robert Lustig

1 PERCENT WEIGHT LOSS RESOURCES





Fitness Frontline
of health care