



## 366: Weight Loss vs. Fat loss: Clinical Application

PRESENTED BY

GREG JOHNSON, MS, CSCS







- Owner / Trainer at Varimax Fitness, Sacramento, Ca
- Head Trainer, Fitgolf Performance Center
- Masters Degree in Kinesiology
- 20 Years Experience in Fitness and Physical Therapy
- Public Speaker, Educator, Author, Contributor
- 2020 Idea World Personal Trainer of the Year Finalist

# THANK YOU IDEA PTI

---

3



- IDEA FITNESS
- AMY, RYAN, STEFFI, MATT, & STAFF
- HOTEL AND CONFERENCE STAFF
- VOLUNTEERS
- AND YOU!!!



## What I WILL NOT be covering

- Unintentional weight loss
- Programs for medical conditions
- Specific weight loss “programs” or “diets”
- Surgical procedures

For the purpose of conversation, passed PAR-Q,  
OK to workout, no significant health issues

## *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.

## *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

Circumstances may vary



## *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

## Benefits of Fat 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

## *Benefits of Weight Loss*

- Improved appearance
- Better health NOW

## Benefits of 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

- Decrease Caloric intake
- Significant caloric deficit
- Light to moderate physical activity
- Increase daily activity
- Lifestyle change





- Moderate or No caloric deficit
- Moderate to advanced physical activity
- Increase daily activity
- Lifestyle change
- **STRENGTH TRAIN**
- Variations of cardiovascular activities



**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 HIGH**



As fitness professionals and strength coaches our goal is to

- 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

- MEDICAL DIETS USED FOR GENERAL PUBLIC
- “BIG FOOD”
- MARKETING
- SALE / MONEY FIRST FITNESS



# THINGS GONE WRONG?





## NUTRITION IN 2022

- NEVER eat fruit because sugar makes you fat
- NEVER eat fat because fat makes you fat
- NEVER eat protein because that makes you fat AND hurts your kidneys
- NEVER eat carbs because insulin makes you fat

So just don't eat... ever.

But that makes you fat too, because starvation mode

@syattfitness



# WHERE DO WE START?

---

19

- Consultation
- Assessment
- Learn their why
- Understand what they want
  - Ask questions
  - Listen for words, like “look” or “feel”

- Assess, correct, reassess, repeat
- How to implement % body fat measurements
  - Caliper 1,3,4,5,7,9 point tests
  - 2 point or 4 point bioimpedance
  - Hydrostatic weighing
  - Bod Pod
  - Dexa Scan
  - Other







## CLIENT A BEFORE

- Female
- Age 35
- 5'6"
- 160 lbs
- 25% body fat
- 40 lbs body fat
- 120 lbs lean mass
- BMR 1656\*

## CLIENT A BEFORE

- Female
- Age 35
- 5'6"
- 150 lbs
- 20% body fat
- 30 lbs body fat
- 120 lbs lean mass
- BMR 1656\*

\*STERLING-PASMORE EQUATION

## CLIENT B BEFORE

- Female
- Age 35
- 5'6"
- 160 lbs
- 25% body fat
- 40 lbs body fat
- 120 lbs lean mass
- BMR 1656

## CLIENT B BEFORE

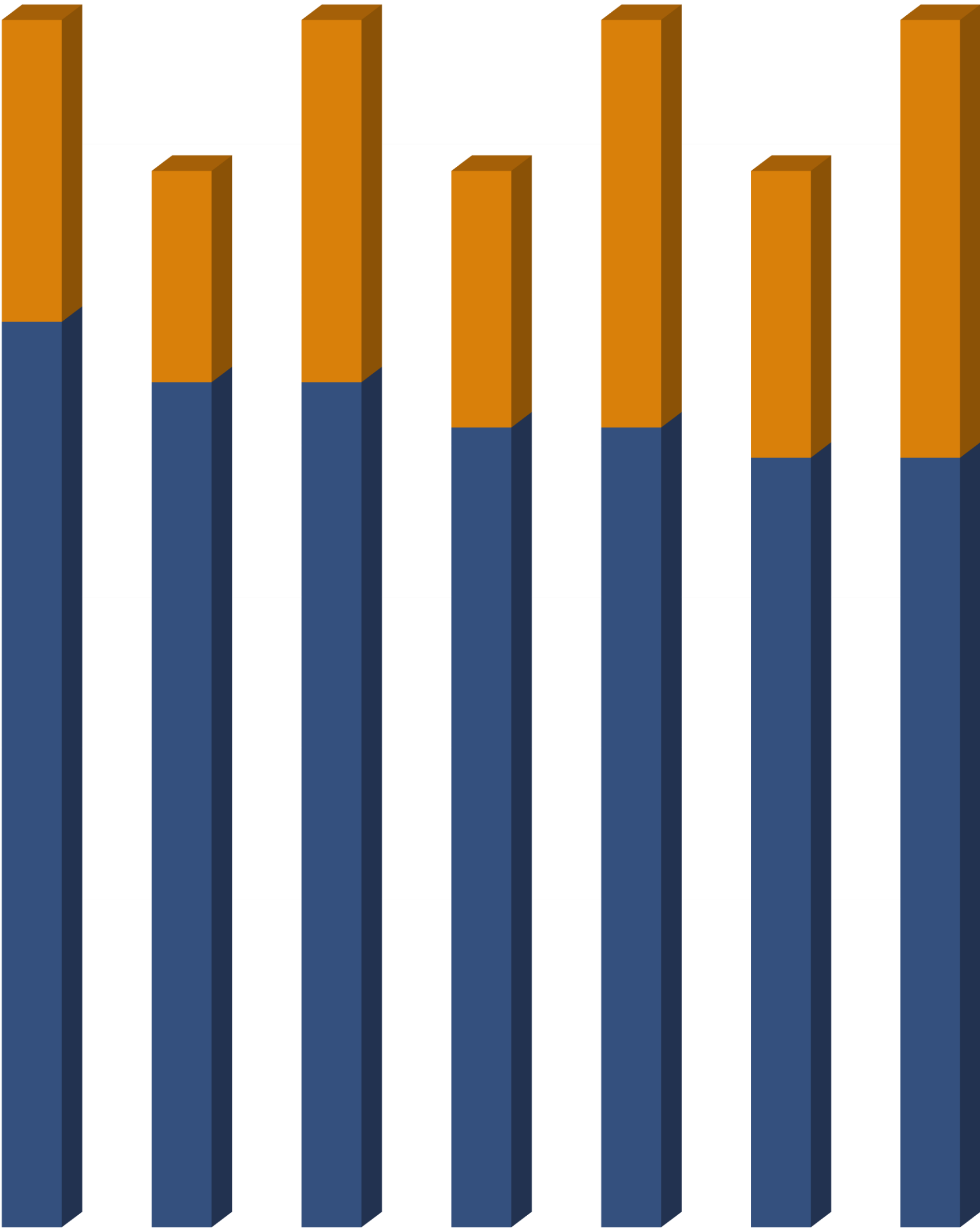
- Female
- Age 35
- 5'6"
- 140 lbs
- 20% body fat
- 28 lbs body fat
- 112 lbs lean mass
- BMR 1545

\*STERLING-PASMORE EQUATION



# THE RE-GAIN EFFECT

## THE DIET CYCLE



■ Lean mass    ■ body Fat

START  
(25% body fat, BMR 1656)

	Lean	Fat
Original	120	40
Diet 1	112	28
Regain	114	46
Diet 2	108	32
Regain 2	110	50
Diet 3	106	34
Regain 3	104	56

(35% body fat, BMR 1435)



- Moderate or No caloric deficit
- Moderate to advanced physical activity
- Increase daily activity
- Lifestyle change
- **STRENGTH TRAIN**
- Variations of cardiovascular activities

# MODERATION

- ONE MEAL WILL NOT MAKE YOU FAT
- ONE WORKOUT WILL NOT MAKE YOU LEAN
- NEVER TELL PEOPLE TO “GIVE UP” ANYTHING



***CONSISTENT***  
***EFFORT***  
***OVER TIME***

***WE ARE NOT  
NUTRITIONIST***



## Nutrition

- What works for one does NOT work for all
- What works last month, will not work THIS month.
- Focus on healthy foods, lean proteins, fruits and vegetables
- Small sustainable changes
- Don't make it impossible
- To do several things, is to do none

## Nutrition (general factors people need)

- Increase Water
  - Increase Protein
  - Decrease processed carbs
  - Switch grains to greens
  - Fish oil and multivitamin
- 
- Guidelines, not rules







- LOSE WEIGHT/ BODY FAT
- INCREASE ENERGY AND PERFORMANCE
- LOWER RISK OF HEART DISEASE, OBESITY, DIABETES, CANCER
- IMPROVE SKIN AND HAIR
- IMPROVE GASTROINTESTINAL HEALTH
- IMPROVE BRAIN HEALTH, COGNITIVE FUNCTION, VISION
- **\$AVE MONEY**





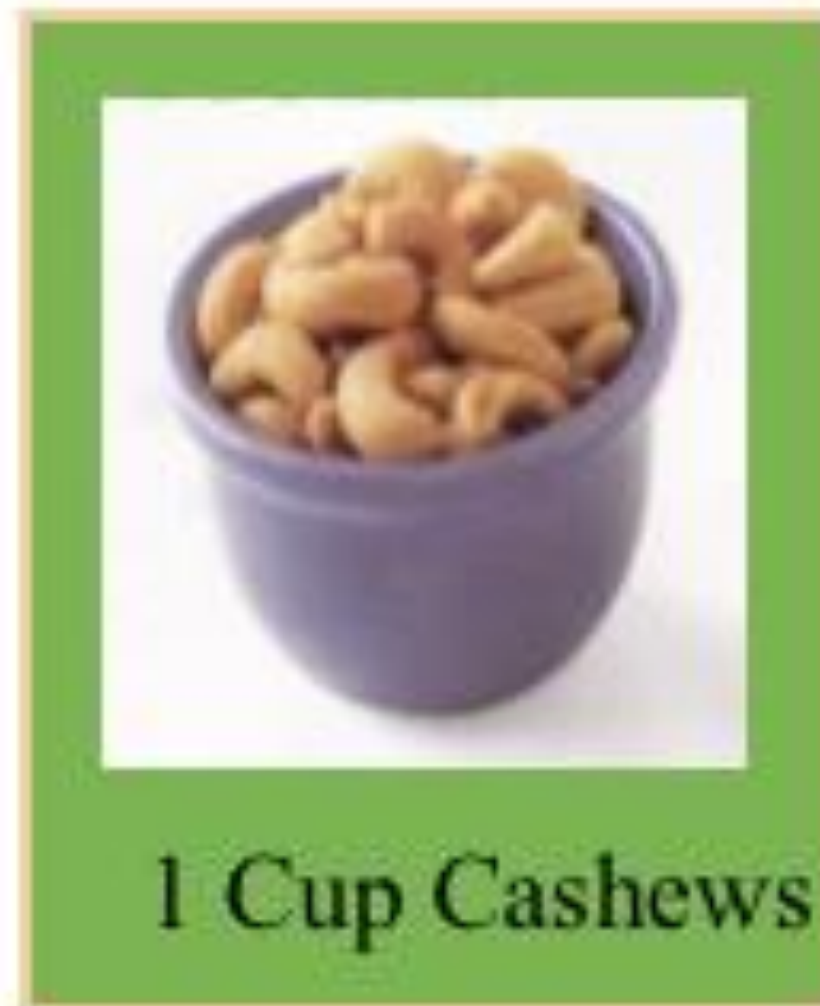


## Calorie Density: Food Groups

Food.....	calories/pound
▪ Vegetables.....	100
▪ Fruits.....	300
▪ Unrefined Carbohydrates.....	500
▪ Legumes.....	600
▪ Fatty Protein Sources.....	1000
▪ Refined Carbohydrates.....	1400
▪ Junk Food.....	2300
▪ Nuts/Seeds.....	2800
▪ Oils.....	4000



## TEST: Which is more filling?



**Both = 800 Calories**

6 1/2 Small Baked  
Potato's





## TEST: Which is more filling?



**5 ounces or 2 pounds**

**Both = 453 Calories**



Gummi Bears: 1465 cal/#

Pineapple: 227 cal/#





# HOW TO LOSE FAT: CALORIES

37





# HOW TO LOSE FAT: FIBER

---

38



***WE ARE NOT  
NUTRITIONIST***



***WE ARE  
TRAINERS***



## ***WHATS BETTER FOR FAT LOSS?***



***EDDIE HALL***

***STRENGTH***

***CARDIO***

***OR BOTH***



***PAULA RADCLIFF***



- Strength Training
- Become GREAT at the basics
  - Hinge, Squat, Lunge, Push, Pull, Rotate, Reciprocal Movements
- Risk vs. Reward
- Meet them where they are at
- Full Body Workouts vs Split workouts
- Programing
  - Linear or undulating



- Cardio
  - Intervals
  - Steady State
- .....Yes Steady State  
is still OK



- STRENGTH
  - FULL BODY WORKOUTS
  - UPPER BODY LOWER BODY SPLITS
  - LINEAR or UNDULATING PERIODIZATION
- .....Yes IT'S OK TO LIFT HEAVY!!!



- SQUAT
- HIP HINGE
- LUNGE
- HORIZONTAL PUSH / PULL
- VERTICAL PUSH / PULL
- ROTATE
- RECIPRICAL MOVEMENT

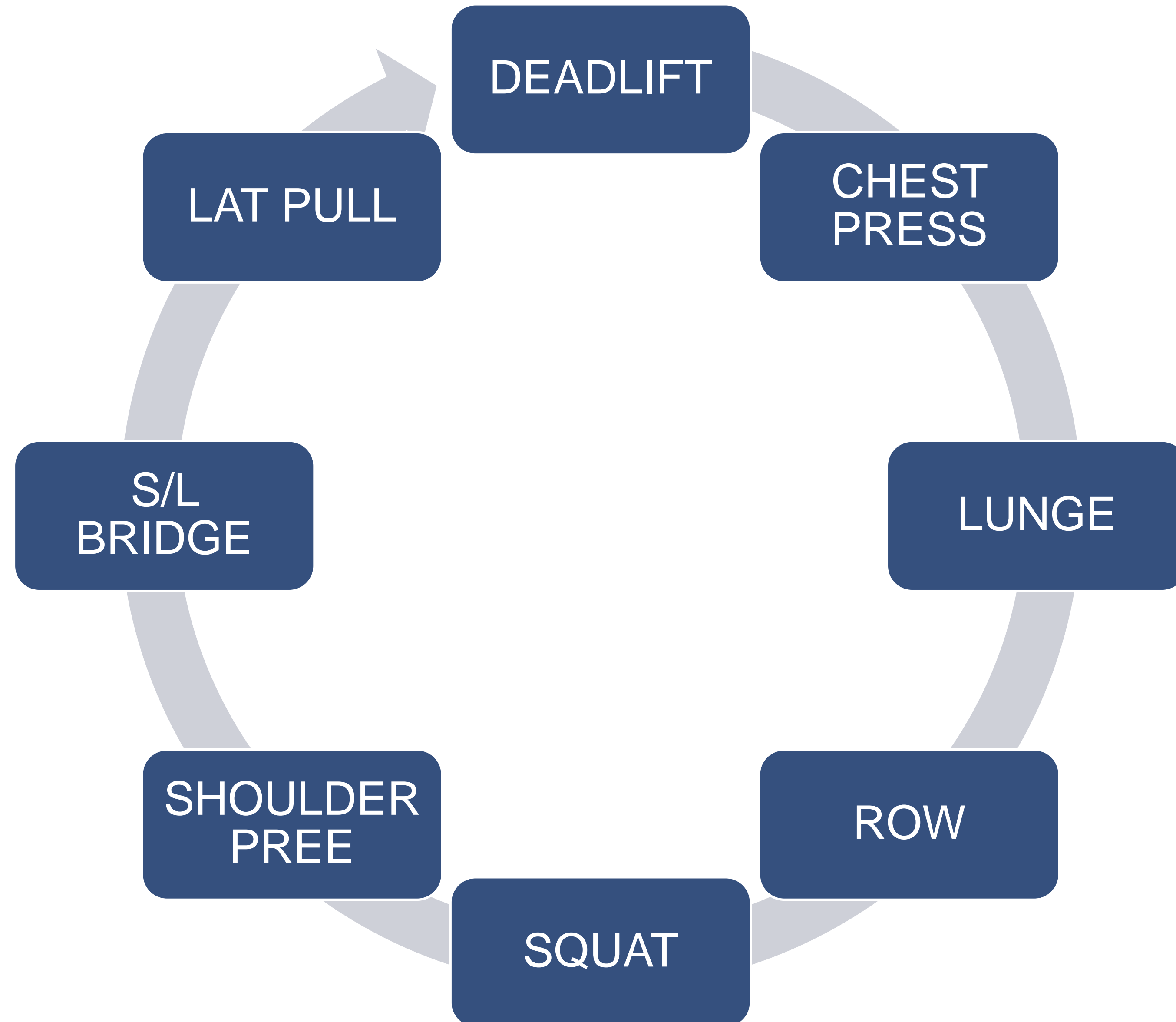


# HOW TO LOSE FAT: TRAINING



# HOW TO LOSE FAT: TRAINING

47



## **FULL BODY!!!! WORKOUT A**

Squat  
S/L Hip Hinge  
Lunge  
Horizontal Push  
S/A Horizontal Pull  
Vertical Push  
S/A Vertical Pull

## **WORKOUT B**

Hip Hinge  
S/L Squat  
Lateral Lunge  
S/A Horizontal Push  
Horizontal Pull  
S/A Vertical Push  
Vertical Pull



## N.E.A.T.

(NON EXERCISE ACTIVITY THERMOGENICS)

- #MOVEMORE
- People who are more active, or on their feet during the day can burn up to 300-500 MORE calories than people who are sedentary, or seated.
- “10,000 steps” is Maintenance, for the general population.

- SLEEP!!!!!!!!!!!!
- REST DAYS
- “ACTIVE” RECOVERY
- BODY WORK
- NUTRITION





There is no “perfect” program.

Assess, Adapt, Reassess, Repeat

# BUSINESS

- Client Success, Shay
- Female, 48, office worker, lightly active.

	8/27	12/30	3/3	4/9	6/25	CHANGE
Weight	152	151	149.5	146.5	145.5	-6.5
%BF	27.9	24.9	23.3	21.4	20.4	-7.5
LBM	109.9	113.4	114.5	115	115.7	+5.8
Fat	42.4	37.6	34.9	31.4	29.8	-12.6

Side Note.  
Age 49 & 50

141	148
18.9%	17.9%
114.3	121.3
26.6	26.6





# BUSINESS

- Client Success, Tanya
- Female, 57, office worker, Retired

Side Note.  
Age 58

	3/30	7/15	9/16	11/14	CHANGE
Weight	148.5	141	138.5	132	- 16.5lb
%BF	27.0	22.8	21.2	17.5	-9.5%
LBM	108.5	108.8	109.1	108.8	+ 0.3
Fat	40.	32.1	29.3	23.1	- 16.9

138

18.9%

111.8

26.1



# BUSINESS

- Client Success, Steve
- Male, 52-53, office worker, cardio junkie.

	3/29	5/24	9/26	12/2	4/19	CHANGE
Weight	171	172	166	165.5	182	+ 11 LBS
%BF	16.6	15.2	12.1	11.6	11.8	- 4.8%
LBM	142.4	145	145.8	146.1	160.5	+18.1
Fat	28.5	26.1	20.1	19.3	21.4	- 7.1

Side Note: Total Testosterone

June 2017 229 ng/dl to July 2018 764 ng/dL

(average range 280 to 1,100 ng/dL)



# BUSINESS



TODAY WE CELEBRATE

**TANYA WICHT**

**16LBS**  
OF BODY FAT LOST

**8.8%**  
DECREASE IN BODY FAT

**7**  
MONTHS



“

Varimax helped me get my mojo back after 17 years of 80 hour work weeks. I've lost fat gained muscle endurance and confidence. I've also took an HOUR off my previous best half marathon time.

”

TANYA WICHT



TODAY WE CELEBRATE

**ROXANNE LEMAIRE**

**BENCH PRESS**  
**172 LBS**  
WORLD RECORD IN CLASS

**DEADLIFT**  
**303 LBS**  
CA STATE RECORD IN CLASS



“

After dealing with back hernias and breast cancer, I needed a place I could trust to literally get back to life. Varimax did just that; I reached and even surpassed my wildest fitness goals. I am forever grateful.

”

SHAY P.





## THE FOUR “R’s” OF BUSINESS

- REFFERALS
- RECOMMENDATIONS
- RETENTION
- ***RESULTS***



# SUMMARY

---

- Understand what your client needs
- Meet them where they are at
- Create good habits for long term success
- MEASURE AND TRACK
- STRENGTH TRAIN







---

# THANK YOU

Gjohnson@varimaxfitness.com

[www.varimaxfitness.com](http://www.varimaxfitness.com)

Facebook/gregjohnsonfitness

Facebook/varimaxfitness

Twitter & IG: @Gjohnsonfit