

Guide to Energy Balance

How to change your body composition by mastering energy balance

This guide is designed to show you how to make changes to your body composition. Gaining weight (muscle) or losing weight (extra body fat) is a matter of energy balance. This is how much energy you put in vs how much you put out on a day to day basis. If you are gaining weight you have an energy surplus, If you are losing weight you have an energy deficit, if you are staying the same you have energy balance (maintenance). Manipulating this is a skill but can be mastered easily with a couple of tools.

Gaining and losing weight is simple but not always easy. It will always come with some form of uncomfortableness. When you are losing weight you will have to be hungry and may have lower energy. When you are gaining weight you may feel over full or slightly bloated. The key is to accept this but also accept that slower is often more comfortable and will generally be easier to stick to. Losing or gaining 0.5-1kg per week is a lot and will need to be monitored so you can adjust if you are outside of these numbers each week.

If you lose weight too fast – You risk losing quality muscle will feel fatigued and likely to blow out and binge if you are too restrictive.

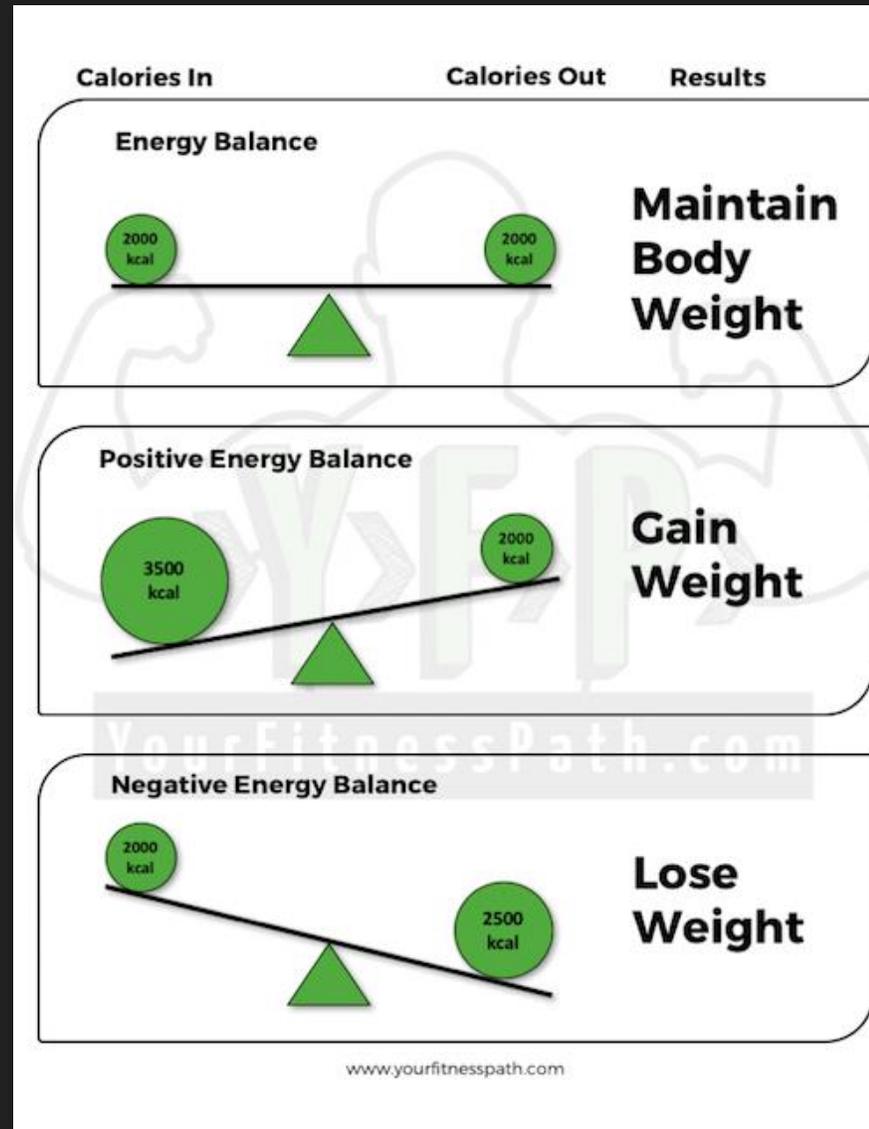
If you put on weight too fast – You can add excess body fat (which you want to keep at a minimum) and just become fat and heavy without getting maximum benefits from the muscle you are trying to add.

The easiest way is to accept that it will take some time and tweaking and that patience and persistence will pay off big time.

If you get stuck I recommend seeing a qualified dietician to get it spot on for you.

Ok lets go!

Energy balance – The key to making changes to your body



Step 1: Finding your energy balance

Before we start to make changes the best place to start is finding your energy tolerance. This means finding how many calories a day you need before you start to gain weight.

To do this we will use an App called My Fitness pal – picture right. Before you go any further download this from the app store

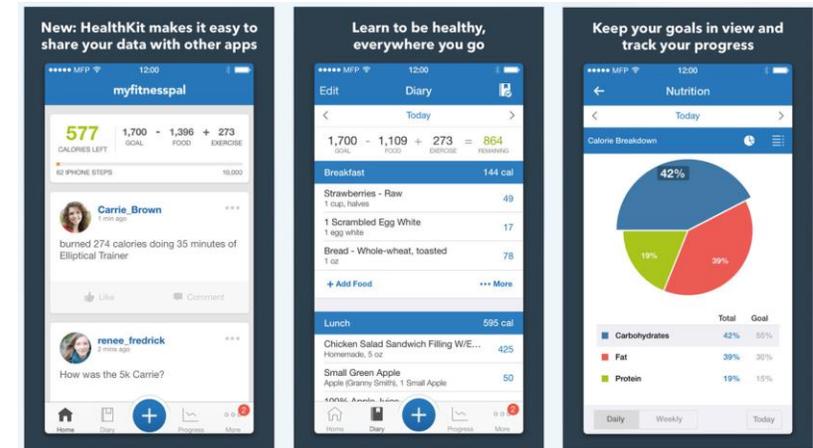
Use My Fitness Pal to put your normal days food in to total up how much you are getting in throughout the day.

Here is a video on how to input your food into My Fitness Pal - [How to use my fitness pal](#)

Once you have figured out your current daily amount we can start to adjust from here. With all tracking this is only a rough guide. There are variables but this is a good place to start. When you have your daily baseline. Weigh yourself and then continue to increase your daily calories until you gain 0.5kg. For the most accurate testing weigh yourself daily first thing in the morning.

After a week or so this will give us an indication of your energy tolerance this can also vary due to workload but we will talk about that later.

- Questions to ask
- Are my calories enough to sustain me through the day?
- To perform at my best will I need to make some adjustments?
- What sort of foods will I need to eat to hit my Energy goals for the day?
- The Evolved 21 Day Health Reset Meal Plan is a good place to start – you can find this at the end of this guide



Step 4: Tracking and adjusting

What we want to change we must measure.

When you are building your meal plan to either change your body or improve performance the biggest key is consistency. If you are all over the place with your food it is very hard to tell what is working and what is not. Tracking doesn't have to happen everyday but you have to check in regularly to make sure you are on track.

One of the best ways to make this easy is a weekly track and measure. Track your weight in the morning and then enter into My Fitness Pal your food for next week according to your results. Do you need to increase your cals to gain weight or do you need to decrease to lose weight? Do you want to adjust your carbs and fats to see how it affects your performance? Do you want to eat something different this week?

Tracking is essential to knowing where to go with your nutrition. One tool we use with The Evolved is called habit stacking. This means to stacking new habit on top of one that is already established. This could be when you do your weekly shop or planning your schedule for next week you could STACK tracking and adjusting your meal plan onto that current habit. After a while it will become second nature and you wont have to check as much once you are getting the result you want.

Easy tips for tracking

- Be a robot – Eat the same thing every day to make it simple and take the guess work out
- Measure twice cut once – Do the work upfront with getting your macros and cals right and then print out your meal plan and stick it on the fridge
- Be consistent – It takes a month to get real noticeable results. Spend the first four weeks tracking at least once a week and adjusting after a month it will be easy
- Work closely with your coach each week to make adjustments and get your measurements done to help you make the changes needed to reach your goals



Step 5: Increase the quality of your food!

Building a meal plan is one of the quickest wins anyone can have with your health journey. It's a skill that has instant results and will give you great rewards once mastered. Once you have your energy balance sorted, macros and fiber on track then work on increasing the quality of your food. Go for foods that are high in nutrients. Leafy green veges are rich in magnesium, iron and other vitamins. Nuts and seeds are high in all sorts of trace minerals and have a lot of health benefits. Quality fresh meats and protein sources can have big benefits to how your body feels when you eat it. And fresh local sourced food can't be beaten.

Treat foods and takeaways are ok every now and then, But if you are having low quality food too often you will have a low quality life. So many studies have linked food quality to the persons quality of life. The old saying goes you are what you eat.

Take notes of how your body feels with certain foods. When you eat it do you feel energized or sluggish, do you feel sore or does your body feel indestructible. You'll be amazed how good feeling good actually feels and how much of a difference it makes to your daily work and life.

You can check out a video we made on our view of food quality here <https://youtu.be/1D-yDnLXlo8>

