

# REBOOT#5 - The 3% Fat Loss Rule.

The Reboot program is a wellness program.

However, the fundamental principles focus on losing unnecessary body fat.



**Up to 3% weight loss from the starting weight at day 15 is metabolically ideal.**

Here's why.

- Typically, losing more than 3% of the starting weight at day 15 will slow the (basal) metabolism and promote ghrelin, the hormone responsible for increasing the appetite.
- Lowering calories too quickly, favouring empty unfulfilling nutrients, and increasing more strenuous exercise during the first 15 days of a weight management program will typically yield 'more' than 3% weight loss.

However...

- The more significant portion of this weight loss is mostly water.
- Data shows fast weight loss will not leave a permanent and necessary change in food behaviour.
- Fast weight loss leads the appetite towards the food which stores fat most easily.
- Hunger typically leaves someone craving sweeter, more refined carbohydrates.

*Men will typically lose body fat faster than women.*

## **The proper weight-management approach.**

Progressive weight loss is best.

1. Start with a healthy gut.
2. Lower dietary carbohydrates and avoid hunger with fulfilling choices, like; good fats and leaner protein.
3. Gentle, consistent conservative exercise.
4. Balance real whole macronutrients (CHO:PRO:FAT) and lower day to day calories.

**Sustainable weight loss will now happen, and best of all, tolerate and metabolise 'sometimes' food!**

The Reboot principles gradually increase the basal metabolic rate (the energy required to live) and change the appetite, 1) towards the most fitting choices, and 2) satisfaction on fewer calories.