

Eat to Lose Fats

without starving yourself



Course Content

Qualified under HRDF SBL Scheme

DAY 1

1

WHY most people are not able to lose weight in a sustainable way

Value to participants:

- Learn to identify the root sources of your weight gain

Content

- How "Globesity" arise?
- Do you know what is in your food?
- Misconceptions of weight loss

2

WHY weight in kilogram per se is not the ultimate measurement of health

Value to participants:

- Learn the composition of body weight
- Understand what is important to measure & monitor during the fat loss progress

Content

- Body composition basics
- Weight loss VS fat loss
- "True" body measurement



3

UNDERSTAND the basics of fat loss mechanism

Value to participants:

- Learn the effective fat burning methods tailored to your body, health conditions & lifestyle
- Hidden factors that cripple fat loss efforts

Content

- Effects of carbohydrates, fats & protein on fat loss
- Tune-up the body into a fat burning machine
- How your environment affects fat loss



4

HOW being overweight is just not about the appearance but the beginning of illnesses & aging

Value to participants:

- Understand how chronic health disorders are linked to overweight & obesity

Content

- The link between obesity and top chronic health disorders
- Dietary tips to prevent chronic health disorders



DAY 2

5

HOW to eat to maximize body fat loss

Value to participants:

- Learn dietary best practices to optimize nutrition in enhancing the body's metabolism

Content

- Nutritious fat loss diets
- Cooking methods for fat loss
- Powerful fat loss eating techniques



6

SUPERFOODS & food synergy

Value to participants:

- Understand the different nutrients that superfoods have to offer to achieve fat loss
- Learn the optimal & harmful combinations of food

Content

- Superfoods that burn fat effectively
- Food synergy and antagonist



7

DESIGN your fat loss meal

Value to participants:

- Learn to apply the various techniques and evidence-based knowledge to design a "nutrient-dense personalized diet" for sustainable weight management

Content

- Design your own meal plan
- Personal fat loss challenge



Did You Know?

You cannot out-exercise a bad diet

- Diet outperforms exercise to a ratio of 3:1, as shown in the weight loss study analysis. It is easier to replace a 500-calories burger than running 4 miles to burn off the calories.

White fats store calories, brown fats burn calories

- Belly & visceral fats are unhealthy white fats stored around the torso and can be effectively reduced through a tailored diet.

The most effective fat loss diet is one you can healthily & sustainably stick to

- Your ability to follow through a fat loss diet is the strongest predictor of fat loss success, so turning a fat loss plan into a consistent way of living is key.