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# THE ULTIMATE WEIGHT- MANAGEMENT HANDBOOK

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# **The ultimate weight management handbook.**

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# **PART I**

## **THE SCIENTIFIC EQUATION FOR ENERGY BALANCE**

“Energy is the ability to do work.” This definition will not leave our minds even when we are offered a million dollars. Energy is typically provided to us by the food we eat. We cannot generate energy ourselves unless we eat. The energy in food is called a calorie. The calorie is what is translated into energy in us and helps us to do our work. A Calorie is a unit used in measuring the amount of energy food provides when they are eaten and digested.

The first I will want you to know is that your body is a powerful multifunctional and interdependent system that works excellently when provided with the right support and undisturbed.

Your body thrives on nutrients and its involuntary natural processes. Also, your body runs the efficiency of its processes by the nutrients you supply to the body. The nutrients are received into the body from the food we eat which also supplies us with energy. These two key factors (nutrients and energy) are the basis for all malnutrition. When you get little or singular nourishment, you are undernourished; and when you take them in excess, you get overnourished. Hence, there is essentially a need for balance and adequacy.

You need to know that your body needs a certain amount of energy (in the form of calories) to stay alive, as well as to move around doing your work every day. You can get this energy from food, or you can retrieve it from stored energy in your body (e.g. your glycogen in the liver and muscles and the fat cells in the body) in the case of a prolonged fast.

The equation for energy balance describes how the energy we take in affects our body weight over time.

Here is the theory:

- *If you eat more energy than you expend daily, you should expect to gain weight.*
- *If you do the opposite (i.e. eat less energy than you expend daily), you should expect to lose weight.*
- *If you eat more and perform weight exercises, you should be building muscles.*

**THE ENERGY BALANCE EQUATION**

**EAT MORE + BURN LESS ENERGY = WEIGHT GAIN**

**EAT LESS + BURN MORE ENERGY = WEIGHTLOSS**

**EAT MORE + BURN MORE ENERGY + WEIGHT EXERCISES = MUSCLE GAIN**

What that means is that:

The amounts of food you eat (volume or size) alongside the caloric content of the food constitute the energy you will be absorbing from that food.

Also, you should understand that the amount of energy a food supplies to the body is based on certain processing procedures.

Most often we gain weight when we do not give consciousness to our food energy content and quantity. Simply put, we gain weight when we overeat.

Remember that the energy needed by the body is only what the body takes and uses even after we eat more than we need. Hence the rest of the energy consumed gets converted and stored either as glycogen in the muscles and liver or fats in the fatty tissues.

Many people eat certain foods tagged as “weight loss”, “low sugar”, and “low fat” because they think the food companies had their interest at heart. Shall I shock you? These kinds of processed foods as experienced and witnessed lead to more weight gain, food cravings, food addictions, toxin build-up, binge eating and so on. All because they mostly even have more lies buried in their nutritional label section.

**STOP Counting calories: “Energy consumed” is trickier than you think.**

As I mentioned earlier that the energy and nutrient contents in foods may change due to a couple of factors like cooking and processing generally. And invariably, it is never the best idea to focus on counting calories. ***Counting calories will only make you lose your mind not your weight. It will also lead you to have a terrible relationship with food.*** I will like to show you why you cannot rely on counting calories for your weight management purposes.

Let's look at some of them.



**Reason 1:** The number of calories in a meal most likely doesn't match the number of calories on food labels or a menu.

This might sound hard to believe, but it is very true. The way companies (and even the government) come up with calorie and nutrient estimates are incredibly complex, somewhat imprecise, and centuries old. As a result, food labels can be off by as much as 20-25 per cent.

And even if those food labels were correct, then comes reason 2:

**Reason 2:** The amount of energy a food contains in the form of calories is not necessarily the amount of energy we absorb, store, and/or use.

Remember that the food we eat has to follow the process of digestion and is processed by our unique bodies before we can get those calories and nutrients in the food. The innumerable steps involved in digestion, processing, absorption, storage, and use — as well as our physiological makeup — can all change the energy balance game.

So, for instance:

- We absorb less energy from minimally processed carbohydrates- and fat-rich because they're harder to digest. They take more time actually.

- We absorb more energy from highly processed carbohydrates and fats because they're easier to digest.

Think of it this way: The more “processed” a food is, the more digestion work is already done for you.

For example, research has shown that we absorb more fat from peanut butter than from whole peanuts. The researchers found that almost 38 per cent of the fat in peanuts was excreted in the stool, rather than absorbed by the body. Whereas, seemingly all of the fat in the peanut butter was absorbed.

In addition:

- We often absorb more energy from foods that are cooked (and/or chopped, soaked, or blended) because those processes break down plant and animal cells, increasing their bioavailability in the body. Other processes like cooking also make nutrients and calories more available to us.

In the end, by eating a diet rich in whole, minimally processed foods, the number of calories you absorb can be **significantly less** than what you expect. Plus they require more calories to digest. Oh, the process of digestion uses energy.

Conversely, you will **absorb more calories** by eating lots of highly processed foods, plus burn fewer calories in the digestive process. (In addition, highly processed foods are less filling, more energy dense, and more likely to cause overeating.)

Hence, these and many other reasons are why the type of food and the portion is a key and very important knowledge in your weight management journey.

Read more [here](#)

# PART II

## THE PRINCIPLE OF BURNING ENERGY IN THE BODY.

Your work, movements, sleep, reading, talking, playing a sport or just playing catch-me with your child or dog all requires energy. They are fueled by energy. You can do all of that because you have the energy to carry out those actions.

Energy expended or used up varies from person to person. Energy expended is the energy burned through daily metabolism and from moving you around. This energy is a dynamic, always-changing variable.

There are four key parts to understanding the way energy is expended by the body:

### **1. Resting Metabolic Rate (RMR)**

RMR is the number of calories you burn each day while you are at rest. It is the energy used for mostly involuntary or uncontrollable actions like breathing, thinking, food digestion process, maintaining body temperature, etc.

This represents roughly 60 per cent of your energy spent. It is worth noting that this also depends on a person's weight, body composition, sex, age, genetic predisposition, and so on.

**A bigger body, in general, has a higher Resting Metabolic Rate.**

For instance:

- A person who weighs 150-pound (68kg) might have an RMR of 1583 calories a day.
- A person who weighs 200-pound (90.7kg) might have an RMR of 1905 calories.
- A person who weighs 250-pound (113kg) might have an RMR of 2164 calories.

Crucially, RMR varies up to 15 per cent from person to person.

### **2. Thermic Effect of Eating (TEE)**

This may shock you, but do you know that it takes energy to digest food? Digestion is an active metabolic process. Have you ever had to sweat or feel so hot after a meal? Even when it wasn't served hot, especially one with a lot of protein? That is the Thermic Effect of Eating.

***The Thermic Effect of Eating is the number of calories you burn by merely eating, digesting, and processing your food.*** This represents roughly 5-10 per cent of your energy expended or spent.

In general, you'll burn more calories in your effort to digest and absorb protein (20-30 per cent of its calories) and carbs (5-6 per cent) than you do fats (3 per cent).

Also, you'll burn more calories digesting minimally processed whole foods compared to highly processed foods. That is why we recommend more whole (minimally or unprocessed) plant-based foods.

### **3. Physical activity (PA)**

Physical Activity is the activity that makes you burn calories from purposeful exercises, such as walking, running, going to the gym, gardening, riding a bike, playing a sport and so much more.

We know that how much energy you expend through physical activity will change depending on how much you intentionally move around and the time used to do the movements. Age also determines the intensity, efficiency and how often you can do this.

### **4. Non-Exercise Activity Thermogenesis (NEAT)**

Non-Exercise Activity Thermogenesis is the calories you burn through fidgeting, staying upright, and all other physical activities except purposeful exercise. This varies from person to person and from day to day.

Therefore,

# HOW ENERGY IS EXPENDED BY THE BODY

**ENERGY SPENT = RESTING METABOLIC RATE + THERMIC EFFECT OF EATING + PHYSICAL ACTIVITY + NON-EXERCISE ACTIVITY THERMOGENESIS**

## **PART III**

### **THE FIVE PROVEN STRATEGIES TO SUSTAIN A HEALTHY WEIGHT LOSS**

I know that you must have heard from a colleague or seen someone, if not you, who has been battling with weight loss and never make headway. Well, I have come with good news for you. So many people will complain and think they have to drop all they are doing to work on their weight. As much as that is not necessary, it is very important to know that you need to put in the right energy and effort into managing an overweight.

Below are some exclusive, tested and trusted strategies you can use to achieve and sustain healthy weight loss.

#### **1. Adopt a habit-based approach.**

A habit-based approach can be used to achieve a healthier lifestyle sustainably without any adverse effect on your body's metabolism or difficulty in keeping up. It is more sustainable because the adaptation will be both psychological and physiological.

This approach focuses on optimising health markers like insulin and triglyceride levels for weight management and taking a more moderate approach to exercise and calorie reduction. The habit will aim at reducing foods that will rapidly spike insulin levels in the blood like processed foods in the form of pastries, refined flour, sodas, high-fatty foods, fries, refined sugars and artificial sweeteners, and so on. Having those types of foods consistently will overwork the pancreas which produces insulin and will make the body resistant to insulin over time. This is when the body will be at risk of diabetes and obesity.

Build a habit of eating home-cooked meals. Build a habit of eating whole plant foods always. Build a habit of taking a walk in the park or your neighbourhood.

Read more [here](#)

Of everyone who ever worked with me and I have taught this process, 85 per cent of them have continued in the habit and have been able to maintain a healthy body weight since they worked with me.

## **2. Eat slowly.**

This is a foundational habit that I generally ensure that everyone in my coaching program practice.

Many studies have revealed that people who eat faster are heavier than people who eat slowly and that people who train themselves to eat more slowly eat less, and lose weight as a result. This increases mindfulness and helps you to properly masticate the food to aid digestion.

It's proven that simply reducing the number of bites you take per minute by half is effective at reducing your energy intake by 40 per cent, particularly in big eaters. That's why I ensure that everyone in my coaching program learns and practices eating slowly.

There's a 20-minute delay in the release of the satiety hormone, leptin, signalling when you eat, so if you finish a large plate of food in 10 minutes, you will possibly eat it all before you realise you are stuffed. That is what it means to eat slowly; to take time to listen to and follow your body's signalling.

This is another reason why I recommend that you give so much consideration to your food portion and serving sizes. When you use a smaller-sized plate to dish very moderate meals, you get to stop at whatever point when the food is finished on the plate. And in addition, no extra servings. Play a game with yourself: Try to be the last one eating on the table (even after your slow-as-molasses toddler).

### **3. At meals, eat until you're satisfied, not stuffed.**

If you're saying, "I'm stuffed!" after your meals, you're probably overeating and/or eating for the wrong reasons, which will make it very challenging to control your energy intake and ultimately, your weight. Never eat to being stuffed. I know many people love food and that's a weakness.

Another landmark principle that I introduce to many that sign up for my program is to eat until you are 80 per cent full. This will give you the time needed by your body to realise you are truly full. It also helps ensure that you are not eating more than you need. This helps you to manage your energy intake by

- Helping you connect with your physical hunger cues (good old leptin!)
- Separating eating from emotions
- Breaking the deprivation/binge pattern and mindset
- Regulating your appetite

Feeling full, anxious, lethargic, foggy-headed, heavy, or extremely thirsty are signs of over-eating. The next time you eat lunch or any meal, eat slowly, take a good break after each bite, and ask yourself, “Am I still truly, physically hungry?”

If the answer is yes, take another bite, chew slowly, and repeat. If the answer is no, end the meal and start monitoring your fullness and hunger cues until the next meal/ snack.

Know that it is okay not to finish your food on the plate at a go. And if you are the type that hates having leftovers, then take tiny portions of the meal per time, until you are sure you are no longer feeling hungry.



#### 4. Reduce stress.

When you experience psychological and physiological stress, the cortisol hormone released in the body shoots upward. Research has linked increased cortisol with weight gain, likely due to poorer food choices and physiological changes. Every day, take steps to reduce your stress level and recover from all the hard work you do, physical and otherwise. Sleep is a good and proven stress reducer.

Some other ideas include:

- Sit to read from a favourite book or journal
- Have an uninterrupted sleep
- Go for a walk
- Play with your pet
- See a movie
- Reach out to or visit a close one.
- Get a massage
- Take a cold shower
- Meditate
- Practice yoga or stretch

Of course, what you find rejuvenating might be unique to you. Just take time to identify what de-stresses you. Some activities that claim to have a reputation for being relaxing — say, watching TV or throwing back shots at the bar — may be more of escapism than true stress reducers. They are not healthy practices. Stop them if you ever practice such. Find something truly engaging.

Also, remember never to indulge in eating during any of these activities because doing so may end up causing you to take in additional calories than you need.

## **5. Put your environment to work.**

Change is hard for most people, and it's partly due to our hardwiring. Research shows that most of the decisions we make are automatic, based on patterns and brain shortcuts as opposed to rational thinking. That is a trend of habitual practices. It is difficult to do anything outside of what is habitual.

We react to what is in front of us, and our actions are often impulsive and are the result of influences that we are not fully conscious of. That means our environment powerfully shapes our decisions — including food decisions — more than we realize. We eat whatever is in front of us, finish all the food regardless of the portion size, consume more when we're multitasking... and so much more.

It is tough to change your eating habits when those habits are based on thoughts you didn't know you were having, right? This is because you are not mindful and in the present.

But you can use this hardwiring to your advantage by putting your environment to work to control your energy intake. You can do any of these or all of them in areas where you need them the most;

- Keep fresh fruits and vegetables within view at all times.
- Park a little far from the office so you have to walk a good distance.
- Always use the stairs, rather than the elevator/lift
- Walk for at least 30 minutes daily.
- Go get water from the dispensing machine on the lower floor, just so you can use the stairs and walk longer during your work hours.
- Join the local football or jogging team around you. Get a support team for motivation.
- Quit drinking and smoking. It is to your overall health advantage.
- Make friends with those who are also intentional about their food and health.

- Don't keep junk food at home. Clear your cabinets and pantry of such.
- Get a dog that needs walking, and actually go on walks.

As easy and simple as these principles to help you manage a healthy weight are, they are very easy to do and also very easy to neglect. The overall result will be dependent on how seriously you take the action steps to give conscious effort to following these guidelines to manage your weight.

You too can heal yourself. You can achieve your dream body weight when you take this knowledge seriously and follow through with the information provided here. But the risk of neglecting the principles here will always keep you stuck where you are or even worsen the situation.

Consistency and commitment to a healthy body are what you must show. You should not expect to reverse an obese body in twenty days. But you will begin to initiate the process and see notable changes if you can commit to it in twenty days. Your body is a reflection of what you have been feeding it over the years. It will take some time to rewire and adjust itself too if you give adequate attention to healthy meals and habit modification.

I have helped many hundreds of people to achieve stability in their journey to wellness and maintain satisfaction with their body and health without losing their self-worth or mind by being obsessed with some restrictive approach marketed on the internet. I can help you too.

Our coaching patterns will help you to engage more with your environments and build a healthier lifestyle — they're truly ingenious.

**LET ME**  
**HELP YOU MOVE**  
**FROM FLAB TO FAB**  
**GET YOUR CONFIDENCE BACK**

**CLICK HERE TO BEGIN**

Feel free to [connect](#) with me for more personalised strategies that will fit excellently into your life regardless of your age and location.

I will appreciate your feedback on how this book has helped you. **Write me a note**. Feel free to **contact me** if you have any part of this book that is still unclear to you, and we take it further from there.

## **ABOUT THE AUTHOR**

**Samuel Akapo is a dietitian-nutritionist who utilises his knowledge of sustainable and healthy approaches to nutrition and lifestyle intervention to help heal and manage disease conditions. He has a master's degree in dietetics and applied nutrition. He is an honourable member of The Nutrition Society (UK), and a member of the Nutrition Society of Nigeria (NSN). He uses scientific approaches and evidence-based nutrition information to impact healthy changes in his consultations. He advocates for wholesome nutrition and the adoption of a whole plant-based lifestyle. He is an international speaker who enjoys sharing his knowledge on sustainable approaches to wellness and disease prevention through nutrition and lifestyle. He is a fitness enthusiast who also loves to engage and connect with his environment. He believes so much in the fact that everybody has the ability to be whoever they choose to be in their health as much as they strive for the same in their career. He is very focused and committed to his passion as a dietitian-nutritionist who brings solutions and healing to everyone on the planet, one person at a time.**

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