



Your guide to quality weight loss¹

Five simple ways to lose fat, not muscle

TIP 1 Fuel your muscles with every meal



Protein is your body's building material for muscle. When you are losing weight, you need more of it, not less.⁶

- ✓ Aim for around 1.3 (g) of protein per (kg) of body weight each day⁶
- ✓ For example: if you weigh 90kg, that's about 117g of protein per day

Good sources of protein: fish, eggs, beans, tofu, yoghurt, and lean meats like chicken.⁷

TIP 2 Simple resistance training matter



Resistance training supports the muscle you have and helps build more.²

- ✓ 2-3 sessions per week is already making a big impact.²
- ✓ You can start off with simple resistance training exercises at home⁹

No equipment? Use water bottles, tins, or your own body weight for exercises like squats or lunges.⁹

TIP 3 Sleep is when your body rebuilds



Your body does repair work while you sleep, including rebuilding the muscles that matter in quality weight loss.^{1,10}

- ✓ Aim for 7-9 hours of sleep each night¹¹
- ✓ Good sleep can also help you stay on track with healthy habits¹¹

TIP 4 Scales don't tell the full story



Your weight can stay the same even as your body changes for the better.^{12,13} Track your progress using:

- ✓ Waist-to-Height ratio^{12,13}; a simple check you can do at home
- ✓ Waist circumference^{12,13}; tracks fat loss directly
- ✓ Improvement in visceral fat (fat around your internal organs), can be assessed by body composition measurements devices

This can give you a better picture of how you are losing body fat while staying strong.^{12,13}

TIP 5 Get a plan built for your body



Your doctor can help you:

- ✓ Understand what healthy weight loss looks like for you¹⁴
- ✓ Build a plan that fits your lifestyle¹⁴
- ✓ Stay on track for the long-term¹⁴

Five simple steps to quality weight loss.

Most weight loss makes you lighter;^{2,3} Quality weight loss focuses on reducing body fat while preserving muscle, which can help you feel stronger, function better, and maintain your results over time.¹⁻⁵

When you lose weight, it can come from fat, muscle, or water.³ Quality weight loss primarily focus on fat loss and what you do every day can make a difference.^{1,2}

Put simply: Quality weight loss means primarily losing fat, not muscle.

Research shows that people who focus on primarily losing fat loss while staying active feel stronger, stay healthier, and keep the weight off longer.



References

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You do not need to change all at once.

Pick one tip.
Start this week.¹⁴
Leaner. Stronger. **Me**

Learn more about
quality weight loss [here!](#)

