

# Fat

## Types of Fat and Fat Balance

The different types of fats are: saturated fats, monosaturated fats, polyunsaturated fats.

Fat Balance is important for hormonal regulation, healthy immune system, and having a healthy inflammatory balance in the body.

The easiest way to balance out the three types of fats is to add healthy fats to your daily diet. Saturated fats come from your protein sources, monosaturated/polyunsaturated fats come from avocado, nuts, olive oil, flax oil, flax seeds, hemp, and fish oil.

## Fish Oil

It is best to keep fish intake to a minimum while supplementing with EPA- and DHA-rich fish oil.

### Benefits of Fish Oil:

- 🍷 Decreases the risk for heart disease, diabetes, and certain cancers
- 🍷 Increase metabolic rate
- 🍷 Can lead to reductions in fat mass and increases lean mass
- 🍷 Reduce inflammation in the body
- 🍷 Reduce pain associated with inflammatory disorders such as arthritis, chronic fatigue, etc.
- 🍷 Improves mood while decreasing symptoms of depression



**GOOD FATS**

VS.

**BAD FATS**



# Understanding Energy Balance

## The Common Denominator

Energy status in the body is the relationship between energy intake and energy expenditure. It is the most important determining factor of your progress.

- 🍷 If energy intake is greater than energy expenditure: weight is gained
- 🍷 If energy intake is less than energy expenditure: weight is lost
- 🍷 If energy intake is equal to expenditure: weight is maintained

Establishing a Negative Energy Balance is critical if they want to lose weight!

## Negative Energy Balance The Right Way

Ways to establish a negative energy balance:

- 🍷 Eat smaller meals more frequently
- 🍷 Exercise more

The best way to establish a negative energy balance is to increase exercise volume to the 5 - 7 hours per week range.

