

# 1 Percent Weight Loss

John Miller

***Fit and healthy online***  
*where achievement meets intention*

Let's not beat around the bush; you want to get rid of excess fat from your body and get closer to your ideal weight.

Reducing your body weight by 1% per week is achievable. OK, it's a stretch, but not beyond reach.

I've seen people on the Biggest Loser lose huge amounts of weight in the initial weeks, so I guess the heavier you are, say 140Kg, even though you need to lose a bit more weight each week than someone who weighs, say 70Kg, it's an achievable target.

The beauty of the program is that it gets easier the longer you last. More importantly it comes with a spreadsheet which you can use to track your progress.



This small ebook contains information to guide you through your weight loss journey. I'd encourage you to also get your hands on the Hourglass Diet ebook and the Complete Fitness Workout ebook. It's going to be a particularly tough assignment losing 1% of your weight each week if you don't get the fundamentals of your diet right and you don't get enough exercise. Sitting down all day and half the night thinking about food isn't going to do much for your weight loss objective.

In the mean time stay tuned, highly tuned and remember, 'It's the first 1% that's the hardest, after that it's 1% at a time.'

### **1% WEIGHT LOSS SPREADSHEET**

Along with this book comes the 1% Weight Loss spreadsheet so you can chart your progress toward achieving your ideal weight.

*John Miller*

Until one is committed, there is hesitancy, the chance to draw back, always ineffectiveness. Concerning all acts of initiative and creation, there is one elementary truth the ignorance of which kills countless ideas and splendid plans: that the moment one definitely commits oneself, then providence moves too. All sorts of things occur to help one that would never otherwise have occurred. A whole stream of events issues from the decision, raising in one's favor all manner of unforeseen incidents, meetings and material assistance which no man could have dreamed would have come his way. Whatever you can do or dream you can, begin it. Boldness has genius, power and magic in it. Begin it now.

W. H. Murray in 'The Scottish Himalaya Expedition', 1951

### **1 Percent Weight Loss**

© John Miller, BA, Dip PhysEd, Dip Teaching, RFP

December 2017

Published by Fit and Healthy Online

john.miller@millerhealth.com.au

7 Salvado Place Stirling ACT, Australia 2611 Ph (61) 2 6288 7703

## IDEAL WEIGHT

It's hard to say what anyone's ideal weight is. Most men look pretty good when below 20 percent body fat (PBF). At 25% they still have a muffin top: they're still sucking their abdomens in when they walk past a mirror or shop window!

At 15% body fat men look sharp, but you wouldn't win an Olympic marathon or the Tour De France very often unless you were closer to 6%.

You can purchase a set of bathroom scales that measures body weight and percent body fat. I recommend a set that also has a bluetooth capacity.

Body mass index (BMI) is a fair guide for 'regular men' but definitely not for men who are well muscled. (Body mass index is a coefficient based on your height and weight. Height is not taken into the percent body fat index.) As an example, some rugby players would be well below 20% body fat but have a body mass index over 30.

For women aiming to get closer to their ideal weight, 30% percent body fat is a reasonable target, but it depends a lot on breast development. Under 25% is achievable for female athletes and women who are regular, vigorous exercisers. Athletes and extremely fit women are closer to 20%.

The waist to height ratio is another fair index to use.

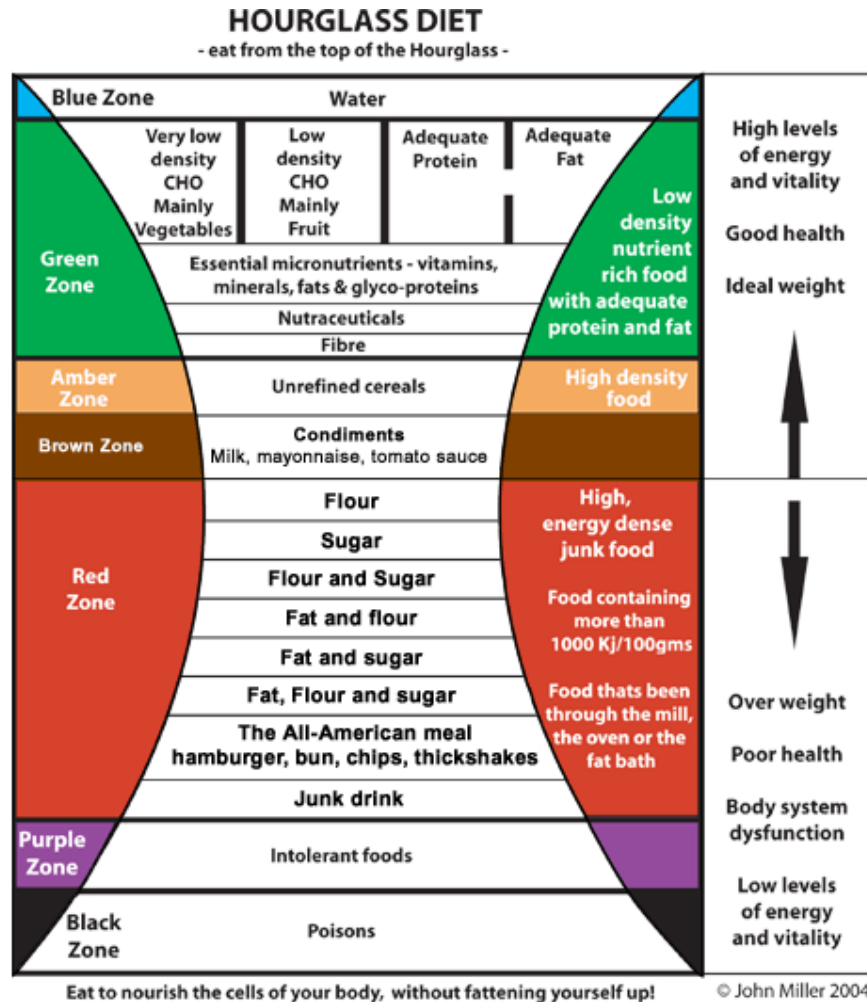
As a rule of thumb the circumference of your waist should be no more than half your height.

*That which we persist in doing becomes easier to do, not that the nature of the thing has changed but that our power to do has increased.*

Ralph Waldo Emerson

# hour glass Diet

Here's the Hourglass Diet model, good food at the top and junk down the bottom.



## Eat less

Eat less of the foods that aren't good for you, the garbohydrates (yep, that's a 'g' not a 'c')

The garbohydrates are the junk foods, food manufactured with combinations of fat, flour and sugar. These are the foods high in energy density, foods with more than 250 Calories per 100 gms (1000Kj/100gms), and we love them: chips, chocolate confectionary, sugar boosted drinks, wine and beer, cake, biscuits ...

Will you die if you don't eat these foods? Doubtful. With a diet based on meat, fish, chicken, fruit and vegetables is not only going to have you lose weight but improve your health and metabolic function. (If you're a vegetarian you'll know what to substitute for the meat, fish and chicken.

Drink more water and green tea. You won't feel as hungry.

I had the sort of mother that if you said, 'Mum I'm hungry', she'd say 'Have an apple.' If you said you were thirsty she'd say, 'Have a drink of water.' The only time we had sugared, carbonated drinks in the house was at Christmas time when a dozen bottles lasted the six of us for three or four weeks. In the community at large, Coca Cola was novelty: flavoured milk non-existent.

In my growing up years I don't think I ever saw my parents open up a bottle wine or beer except on the rarest of occasions. They certainly didn't believe in the Heart Foundations one drink a day directive.

Cappuccinos hadn't been invented. Nowadays everyone's either sitting in cafes (or walking around with cardboard cups) sipping milk coffee. The cumulative calorific effect must be significant.

Does anyone drink water any more?

Having a Mars bar, a glass of wine and a flat white a day is enough to expand any waist line.

### **The hard part**

Why is it easier to do the things you don't want to do than it is to do the things you do want to do? Knowledge counts for little if you can't, won't or don't use it.

In the Hourglass Diet I discuss in detail the 'hard part' of losing weight, how we're ruled by our culture, advertising, addictions and lifelong habits.

You can neither satisfy the inner hunger by eating nor not eating.

Part of the inner hunger is driven by physiological needs. You keep blaming yourself for falling off the wagon, but it's unavoidable because of the cravings generated by a high flour and sugar diet, Candida and lack of chromium. It would be dreadful to keep beating yourself up for something you were completely unaware of.

So while you're on the 1 Percent Weight Loss program have a think about what's gotten you to where you are and what you might need to do to re-program yourself to attain and maintain a new weight.

It's all outlined in the [Hourglass Diet](#).



Exercise more.

Not only is exercise (along with diet) the foundation of good health it's going to burn off excess fat. The benefits of exercise are legion.

I recommend the [Complete Fitness Workout](#). (Along with a flexibility workout) it includes the two great fat burning factors of fitness - aerobic fitness activities and strength activities.

Do something before each meal. Say to yourself, 'Don't exercise, don't eat.' It could be something with real vigor or something as useful as a 20 minute walk.

In the Complete Fitness Workout you'll learn about the [Aerabyte](#) aerobic fitness prescription, where time meets heart rate. I encourage you to set a weekly Aerabyte target and record your scores after each workout.

Don't forget strength training.

Looks can be deceptive. You might well say that you weigh the same as you did 20 years ago. However if you haven't had a strength training program over that time you may have substituted the 5Kg of muscle mass that you've lost with five Kg of fat.

The greater your muscle mass the more energy you burn. In the process of strength training you burn up energy and keep burning it up for sometime afterwards.

# 1 PERCENT WEIGHT LOSS RECORD

The key to successfully losing weight is keeping a record of your weight loss using the record form which you'll receive as a downloadable Excel spreadsheet when you purchased this ebook. Here's what it looks like.

1	A	B	C	D	E	F	G																																																																																																																																				
2	<b>1 PERCENT PER WEEK WEIGHT LOSS RECORD</b>																																																																																																																																										
3	Type your current weight into cell D6 and hit return.																																																																																																																																										
4																																																																																																																																											
5	<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 15%;">Date</th> <th style="width: 10%;">Week</th> <th style="width: 15%;">Target</th> <th style="width: 15%;">Actual</th> <th style="width: 15%;">Variation</th> <th style="width: 10%;">%BF*</th> </tr> </thead> <tbody> <tr><td></td><td>0</td><td><b>100</b></td><td></td><td></td><td></td></tr> <tr><td></td><td>1</td><td>99.0</td><td></td><td></td><td></td></tr> <tr><td></td><td>2</td><td>98.0</td><td></td><td></td><td></td></tr> <tr><td></td><td>3</td><td>97.0</td><td></td><td></td><td></td></tr> <tr><td></td><td>4</td><td>96.1</td><td></td><td></td><td></td></tr> <tr><td></td><td>5</td><td>95.1</td><td></td><td></td><td></td></tr> <tr><td></td><td>6</td><td>94.1</td><td></td><td></td><td></td></tr> <tr><td></td><td>7</td><td>93.2</td><td></td><td></td><td></td></tr> <tr><td></td><td>8</td><td>92.3</td><td></td><td></td><td></td></tr> <tr><td></td><td>9</td><td>91.4</td><td></td><td></td><td></td></tr> <tr><td></td><td>10</td><td>90.4</td><td></td><td></td><td></td></tr> <tr><td></td><td>11</td><td>89.5</td><td></td><td></td><td></td></tr> <tr><td></td><td>12</td><td>88.6</td><td></td><td></td><td></td></tr> <tr><td></td><td>13</td><td>87.8</td><td></td><td></td><td></td></tr> <tr><td></td><td>14</td><td>86.9</td><td></td><td></td><td></td></tr> <tr><td></td><td>15</td><td>86.0</td><td></td><td></td><td></td></tr> <tr><td></td><td>16</td><td>85.1</td><td></td><td></td><td></td></tr> <tr><td></td><td>17</td><td>84.3</td><td></td><td></td><td></td></tr> <tr><td></td><td>18</td><td>83.5</td><td></td><td></td><td></td></tr> <tr><td></td><td>19</td><td>82.6</td><td></td><td></td><td></td></tr> <tr><td></td><td>20</td><td>81.8</td><td></td><td></td><td></td></tr> </tbody> </table>							Date	Week	Target	Actual	Variation	%BF*		0	<b>100</b>					1	99.0					2	98.0					3	97.0					4	96.1					5	95.1					6	94.1					7	93.2					8	92.3					9	91.4					10	90.4					11	89.5					12	88.6					13	87.8					14	86.9					15	86.0					16	85.1					17	84.3					18	83.5					19	82.6					20	81.8			
Date	Week	Target	Actual	Variation	%BF*																																																																																																																																						
	0	<b>100</b>																																																																																																																																									
	1	99.0																																																																																																																																									
	2	98.0																																																																																																																																									
	3	97.0																																																																																																																																									
	4	96.1																																																																																																																																									
	5	95.1																																																																																																																																									
	6	94.1																																																																																																																																									
	7	93.2																																																																																																																																									
	8	92.3																																																																																																																																									
	9	91.4																																																																																																																																									
	10	90.4																																																																																																																																									
	11	89.5																																																																																																																																									
	12	88.6																																																																																																																																									
	13	87.8																																																																																																																																									
	14	86.9																																																																																																																																									
	15	86.0																																																																																																																																									
	16	85.1																																																																																																																																									
	17	84.3																																																																																																																																									
	18	83.5																																																																																																																																									
	19	82.6																																																																																																																																									
	20	81.8																																																																																																																																									
6																																																																																																																																											
7																																																																																																																																											
8																																																																																																																																											
9																																																																																																																																											
10																																																																																																																																											
11																																																																																																																																											
12																																																																																																																																											
13																																																																																																																																											
14																																																																																																																																											
15																																																																																																																																											
16																																																																																																																																											
17																																																																																																																																											
18																																																																																																																																											
19																																																																																																																																											
20																																																																																																																																											
21																																																																																																																																											
22																																																																																																																																											
23																																																																																																																																											
24																																																																																																																																											
25																																																																																																																																											
26																																																																																																																																											
	<p>* Percent Body fat Pick a day of the week when you'll weigh in - after your shower in the morning - before you've eaten or drank anything.</p>																																																																																																																																										

## Target weight

Set yourself the target weight you wish to achieve. I recommend an initial 12 week target to start with. If by that time you haven't reached your target weight just keep going. The longer you're involved the easier it becomes.

If a goal is a dream with a deadline, what's unique about the 1 Percent Weight Loss program is it gives you both the goal and the deadline, all prepared for you in a Excel spreadsheet.

## WEIGHT LOSS TARGETS

Here's a set of 1% weight loss targets.

1 PERCENT PER WEEK WEIGHTLOSS PROGRAM									
Week	Starting weight in kg								
0	140.0	130.0	120.0	110.0	100.0	90.0	80.0	70.0	60.0
1	138.6	128.7	118.8	108.9	99.0	89.1	79.2	69.3	59.4
2	137.2	127.4	117.6	107.8	98.0	88.2	78.4	68.6	58.8
3	135.8	126.1	116.4	106.7	97.0	87.3	77.6	67.9	58.2
4	134.5	124.9	115.3	105.7	96.1	86.5	76.8	67.2	57.6
5	133.1	123.6	114.1	104.6	95.1	85.6	76.1	66.6	57.1
6	131.8	122.4	113.0	103.6	94.1	84.7	75.3	65.9	56.5
7	130.5	121.2	111.8	102.5	93.2	83.9	74.6	65.2	55.9
8	129.2	120.0	110.7	101.5	92.3	83.0	73.8	64.6	55.4
9	127.9	118.8	109.6	100.5	91.4	82.2	73.1	63.9	54.8
10	126.6	117.6	108.5	99.5	90.4	81.4	72.4	63.3	54.3
11	125.3	116.4	107.4	98.5	89.5	80.6	71.6	62.7	53.7
12	124.1	115.2	106.4	97.5	88.6	79.8	70.9	62.0	53.2
13	122.9	114.1	105.3	96.5	87.8	79.0	70.2	61.4	52.7
14	121.6	112.9	104.2	95.6	86.9	78.2	69.5	60.8	52.1
15	120.4	111.8	103.2	94.6	86.0	77.4	68.8	60.2	51.6
16	119.2	110.7	102.2	93.7	85.1	76.6	68.1	59.6	51.1
17	118.0	109.6	101.2	92.7	84.3	75.9	67.4	59.0	50.6
18	116.8	108.5	100.1	91.8	83.5	75.1	66.8	58.4	50.1
19	115.7	107.4	99.1	90.9	82.6	74.4	66.1	57.8	
20	114.5	106.3	98.1	90.0	81.8	73.6	65.4	57.3	
21	113.4	105.3	97.2	89.1	81.0	72.9	64.8	56.7	
22	112.2	104.2	96.2	88.2	80.2	72.1	64.1	56.1	
23	111.1	103.2	95.2	87.3	79.4	71.4	63.5	55.6	
24	110.0	102.1	94.3	86.4	78.6	70.7	62.9	55.0	
25	108.9	101.1	93.3	85.6	77.8	70.0	62.2	54.4	
26	107.8	100.1	92.4	84.7	77.0	69.3	61.6	53.9	
27	106.7	99.1	91.5	83.9	76.2	68.6	61.0	53.4	
28	105.7	98.1	90.6	83.0	75.5	67.9	60.4	52.8	
29	104.6	97.1	89.7	82.2	74.7	67.2	59.8	52.3	
30	103.6	96.2	88.8	81.4	74.0	66.6	59.2	51.8	
31	102.5	95.2	87.9	80.6	73.2	65.9	58.6	51.3	
32	101.5	94.2	87.0	79.7	72.5	65.2	58.0	50.7	



33	100.5	93.3	86.1	79.0	71.8	64.6	57.4	50.2	
34	99.5	92.4	85.3	78.2	71.1	63.9	56.8		
35	98.5	91.4	84.4	77.4	70.3	63.3	56.3		
36	97.5	90.5	83.6	76.6	69.6	62.7	55.7		
37	96.5	89.6	82.7	75.8	68.9	62.1	55.2		
38	95.6	88.7	81.9	75.1	68.3	61.4	54.6		
39	94.6	87.8	81.1	74.3	67.6	60.8	54.1		
40	93.7	87.0	80.3	73.6	66.9	60.2	53.5		
41	92.7	86.1	79.5	72.9	66.2	59.6	53.0		
42	91.8	85.2	78.7	72.1	65.6	59.0	52.5		
43	90.9	84.4	77.9	71.4	64.9	58.4	51.9		
44	90.0	83.5	77.1	70.7	64.3	57.8	51.4		
45	89.1	82.7	76.3	70.0	63.6	57.3	50.9		
46	88.2	81.9	75.6	69.3	63.0	56.7	50.4		
47	87.3	81.1	74.8	68.6	62.4	56.1			
48	86.4	80.2	74.1	67.9	61.7	55.6			
49	85.6	79.4	73.3	67.2	61.1	55.0			
50	84.7	78.7	72.6	66.6	60.5	54.5			
51	83.9	77.9	71.9	65.9	59.9	53.9			
52	83.0	77.1	71.2	65.2	59.3	53.4			

## OVERWEIGHT

The problem is rarely the real problem

*Overweight* is another good example of how we can waste a lot of energy trying to correct a problem that is not the real problem. People often spend years and years fighting fat and are still overweight. They blame all their problems on being over weight. The excess weight is only an outer effect of a deep inner problem. To me, it is always fear and a need of protection. When we feel frightened or insecure or 'not good enough' many of us will put on extra weight for protection.

To spend our time berating ourselves for being too heavy, to feel guilty about every bite of food we eat, to do all the numbers we do on ourselves when we gain weight, are just a waste of time. Twenty years later we can still be in the same situation because we have not even begun to deal with the real problem. All we have done is to make ourselves more frightened and insecure, and then we need more weight for protection.

So I refuse to focus on excess weight or on diets. For diets do not work. The only diet that does work is a mental diet; dieting from negative thoughts. I say to clients, 'Let us just put that issue (dieting and fat loss) to one side for the time being while we work on a few other things first.'

'They will often tell; me they can't love themselves because they are so fat ... I explain that they are fat because they don't love themselves. When we begin to love and approve of ourselves, it's amazing how weight just disappears from out bodies.'

**Louise Hay** 'You Can Heal Your Life'

## GET SUPPORT

Announce to a partner, spouse, a friend or two ... that you're embarking on the 1 Percent Weight Loss program. Seek their support and encouragement.

In particular you'll need the support of your family, particularly the head cook and bottle washer. In fact see if you can enroll your family in a 'new' way of eating and exercising' program.

New menus will need to be adopted. Time will need to be set aside for exercise. There could be some family disruption.

Here may be times when you need to eat differently or gracefully decline offers of foods that you know will sabotage your efforts.

*The two biggest sellers in bookstores are the cookbooks and the diet books. The cookbooks tell you how to prepare the food and the diet books tell you how not to eat any of it*

Andy Rooney

## KEEP YOURSELF HONEST

A lady brought her son to Gandhi and asked him to tell her son to stop eating sugar.

Gandhi said, 'Bring the boy back the next week.'

A week later, the lady brought her son back and Gandhi told him to stop eating sugar.

A month later the lady came back and said 'My child has done what you asked, but why you not tell him to stop eating sugar the first time I came.' 'Lady', said Gandhi, "a week earlier I didn't know if I could stop eating it myself".

In keeping with the spirit of Gandhi I tried the 1 Percent Weight Loss program out on myself before I took it to the world.

It works. I know it will work for you; but only when you become committed.

In the meantime stay tuned, highly tuned and set yourself a weight loss target; 1% per week until you've reached what you reckon is your ideal weight.

*John Miller*

*Nothing in the world can take the place of persistence.*

*Talent will not: nothing is more common than unsuccessful men with talent.*

*Genius will not; unrewarded genius is almost a proverb.*

*Education will not: the world is full of educated derelicts.*

*Persistence and determination alone are omnipotent.*

Calvin Coolidge