

# Keeping in trim



## What's the one thing I need to do for weight loss?

When I attend parties, I know two things are inevitable. First, I will likely be offered (and will consume) more alcohol than I typically recommend. The second is that, upon being introduced as the best personal trainer in the city/country/room, I will be asked the above question.

My answer usually disappoints.

There is no magic bullet. Due to the complex reactions involved in burning fat, there can be many factors that require attention. However, in theory, achieving weight loss remains simple. Create the right metabolic state (right hormonal/enzyme balance), provide the right micronutrient blend (this means a suitable diet), then provide a weight loss trigger (exercise)... simple! Only not everyone gets the latter two right, and few individuals address the first.

Yet this is where my work begins. Now, while I often order a number of tests (blood/saliva/etc), most results will come from looking at the way the body is actually working: how is your sleep? What's your digestion like? Are your stress patterns healthy? Are you sufficiently hydrated? Any vitamin/mineral deficiencies?

Let's take sleep as an example. Good sleep does not mean eight hours between putting the laptop away and the alarm going off. Good sleep means drifting into a relaxed slumber quickly and staying there all night. Not waking up during

the night or waking early, but sleeping deeply and waking up refreshed.

If this is not the case, your body will not release sufficient growth hormone, a fat-burning hormone. Equally, stress hormones like cortisol rise. Fat-storage enzymes have receptors for it; they know when to start working. Cortisol also causes sugar cravings. If you're not sleeping well, you won't lose weight. The same applies if your digestion is not right - try maintaining optimum metabolic rate when your body is not absorbing protein properly - or if you are chronically dehydrated (not only does this place your body under stress, it compromises many important biological reactions). Psychological stress is equally problematic.

Conversely, when these subtle improvements in the day-to-day metabolism are catered for, the right dietary blend provided and focused exercise introduced, spectacular results occur. These may accelerate with judicious use of fat-burners like

omega 3s and green tea, although these are rarely necessary; in fact, during the now-famous body transformations that I conducted last year, I made a decision not to use fat-burners to demonstrate what could be done through metabolic balancing, combined with personalised diets and tailored workouts. An average fat loss of 6.6kg in eight weeks speaks for itself.

So while my answer to the above question may have to remain elusive, the weight loss doesn't have to. And, while actual mechanisms of weight loss remain incredibly complex, providing the right environment does not have to be. Now that's something we can all raise a glass to.

**Marek Doyle is a personal trainer and nutritionist who, in 2008, was recognised as one of the top three trainers in the UK. With locations in South Kensington, Marek runs [www.blueprintfitness.co.uk](http://www.blueprintfitness.co.uk) and counts world champion athletes, models and TV personalities amongst his clientele.**