



At 40



*Sustainable fat loss*

*“The New Normal”*

*how I lost 32.5  
pounds and kept it  
off...every year...*

*Anil Adoni*



At 50





A photograph of three people standing on a snowy mountain slope. The person on the left is wearing a grey jacket, black helmet, and goggles, holding a snowboard. The person in the middle is wearing an orange puffer jacket and sunglasses. The person on the right is wearing a grey and red jacket, blue jeans, and sunglasses, also holding a snowboard. In the background, there are other people and a building with the word 'ROGER' visible. The sky is overcast.

# *Activities & Hobbies:*

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- I do the following on a regular basis through the year
  - Run / Bike / Ski / Gym
  - Climb mountains
    - Himalaya's
    - Kilimanjaro
    - Denali – next in 2020
  - Scuba dive
  - Motorcycle



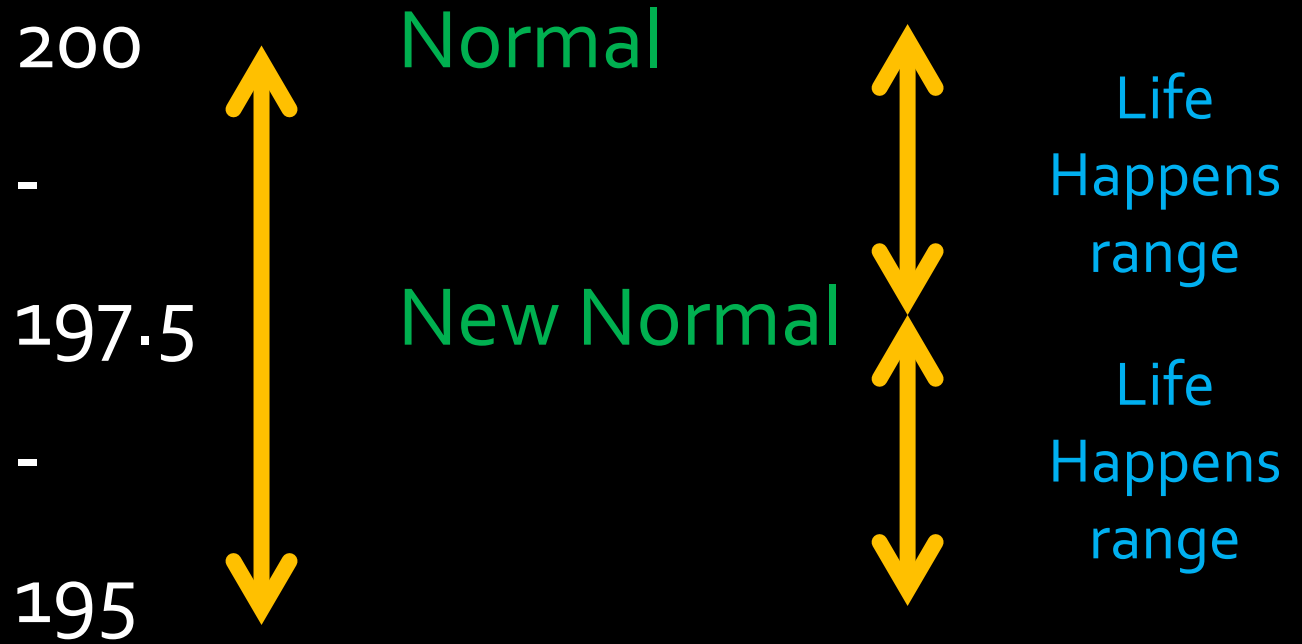
*Philosophy  
of how the  
body  
responds to  
fat loss – or  
changing of  
the normal.*

- Our body functions like a thermostat – it sets its own setting subconsciously and then if you put on more fat or loose the fat it stabilizes our body back to its “normal”. It keeps resetting its normal all the time.
- We have to arrive at fat loss contextually and not purely from the perspective of content.
  - Context:
    - Understanding our upper and lower limits of fat fluctuations and our current normal and moving it one step up or down, then stabilizing to internalize the same. This moves the new normal and then we start the process again. We usually know our “normal” – ask?
  - Content:
    - Only focusing on exercise, like steps, time at the gym, calories, and some thoughts of food control...☺ - groups?

Contextual:

What is  
"Normal"

The  
thermostat  
effect.



Context:

1. Perception of the mind:  
20% affect on the body
2. Perception of the body/heart:  
80% affect on the body.

Solution:


Internalizing  
Process of syncing mind and body



# Content of fat loss:

## Food & Exercise

- 80% is food
- 20% is exercise
- We are usually supposed to be on a 2000 calorie diet over 3 meals
- i.e. if we consume less calories or work out more calories than 2000 we loose body fat. This is called Calorie Deficit. It is really that easy.
- Examples:
  - 10,000 steps = approximately 500 calories
  - One temple Sunday meal is about 1500 calories
  - One restaurant meal is about 2000 calories



# *Calorie Deficit Example*

- Average daily calorie requirement: 2000
  - Average daily calorie burn with 10,000 steps: 500
  - If you eat 2000 calories and loose 500 calories a day you will have a calorie deficit of 500 per day.
  - From Monday to Friday if you do this every day your calorie deficit is 2500 calories and here comes the weekend.
  - If you still loose 500 calories on Sat and Sunday then your effective calorie deficit for the week is 3500. i.e. a one pound reduction in weight.
  - All this for One Pound!!! – just one pound...
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# *How I started the process?*

## *Start Small...*

- Fix one meal at a time
    - I started by eating a healthy breakfast
      - Oat meal and boiled eggs
      - Black coffee
      - Then eat healthy morning and evening
      - Then eat healthy morning/evening and on one day of the weekend...get the idea – it is one step at a time.
  - Exercise:
    - I would work out 2 to 3 times a week
    - Then increased exercise to 4 to 5 times a week
    - Increasing my activities
- Basic idea is to start with what you can do and improve on it every week. This has a compounding effect.




# *What I systematically gave up?*

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- Fried foods
- Understand and reduce intake of indirect sugars
- Understand and reduce intake of carbohydrates
- Understand and reduce intake of direct sugars
- Gave up milk in coffee and tea
- Gave up sugar in coffee and tea
- Gave up drinking sugar laden drinks like margaritas or other cocktails
- I try to eat only one meal at a party – either the starter or the main course
  - If I do eat both it should all fit in one plate i.e. starters 50% and main meal 50%
- No soda's or iced tea or any other colored beverage other than water or plain club soda outside
- I try not to binge on sweets – but I am addicted to it – so eat less of the same





# *My different phases of fat loss:*

- Was 200 pounds
- Wanted to break 190 pounds
- Then wanted to break 180
- Then wanted to break 170 – this was the hardest as I stayed at 174 for more than 2 years
- Then I broke it and am at 168 with 12.58% body fat as of now
  - Still trying to break 10% body fat and then 7%
- As you see the process never ends for now for me. I am stable and still working towards the next goal as life deals me its challenges...



# *My daily schedule:*

- Wake up at 6 am and do meditation for 30 mins.
- Gym for an hour
  - 15 minutes HIT (High intensity training)
    - 5 min on stair climber 30 sec slow and 30 sec as fast as I can go
    - 5 min on stair stationary bike 30/30 sec intervals
    - 5 min running on treadmill 30/30 sec intervals
    - 45 minutes weights as per my trainers schedule
  - Get body measurements every two weeks and keep track of the fat and muscle measurements.
  - Weigh myself every day initially then once a week
  - Sleep at 9:30 pm wake up at 6 am
- *Plan Plan Plan – that's what's its all about.*



# *My Meals:*

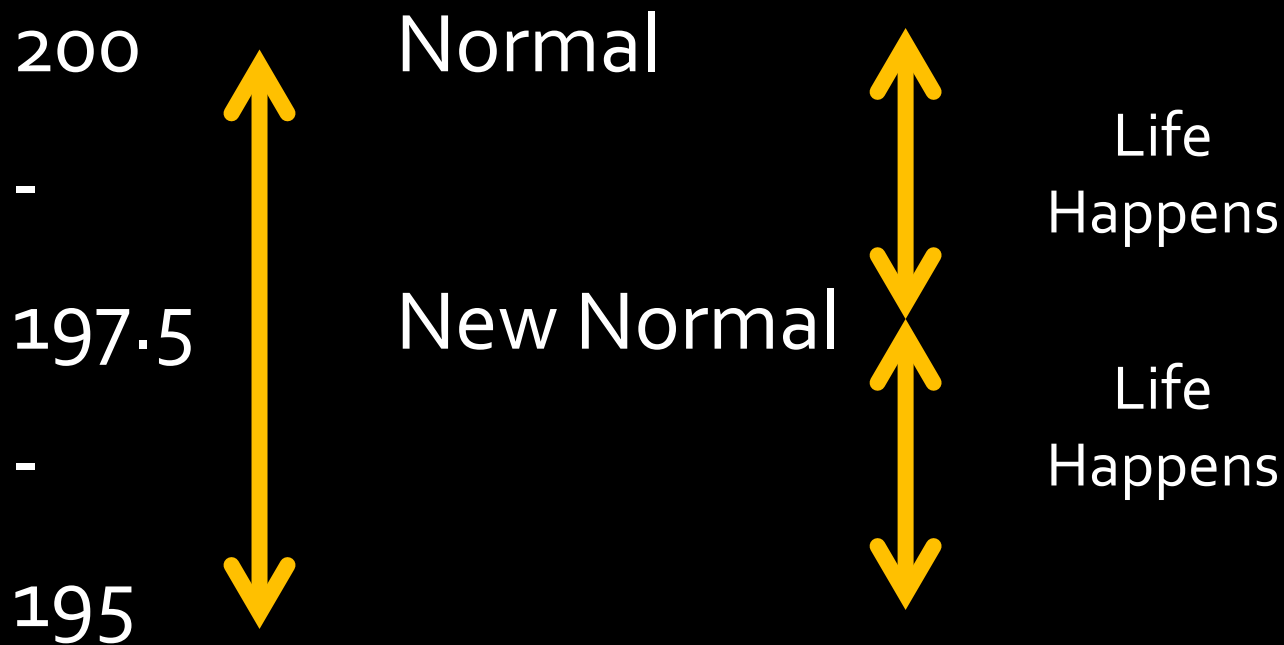
- Three meals a day – no snacking
- 15 to 16 hrs between evening meal and morning shake
- Morning protein shake with 50 gms protein and one banana
- Lunch:
  - Two rotis, Spinach Dal, plant based protien
- Dinner
  - Oats, flaxseed, chia seed, almond milk
- Weekly Fixes
  - One burger a week with sweet potato fries
  - One restaurant meal with wife
  - Hopefully one party only/week



*Summary:*

*Eat right  
Work out right*

*Balance your  
lifestyle one  
step at a time.*



Context:

1. Perception of the mind:  
10% affect on the body
2. Perception of the body/heart:  
90% affect on the body.

Solution:

Internalizing  
Process of syncing mind and body





*Reminders  
for  
managing  
weight/fat:*

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- Weigh yourself every day at the same time
- Eat to nourish yourself not to poison yourself
- Proactive weight/fat loss is better than reactive loss
- Eat everything in moderation
- Reward your weight loss with an activity not food
- You cannot blame anyone else but yourself for your weight
- A family effort is easier than an individual effort
  - Start losing first and then the family will catch on
- You look amazing but you look better thin – anyway!
  - Your heart will thank you and reward you accordingly!
- 80% focus on food and 20% focus on exercise is what gets weight loss started in the right direction.



MY SON  
NIKHIL'S  
COMMENDABLE  
FAT LOSS





At 50

*Sustainable fat loss*

*“The New Normal”*

*how I lost 32.5  
pounds and kept it  
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Working  
on my  
new look  
At 55

