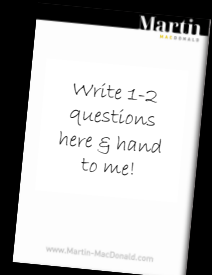


Martin

MACDONALD

Aggressive Diet Seminar

Martin MacDonald



Martin

MACDONALD



Mac-Nutrition
Martin Nutrition MacDonald



@MacNutrition
@MartinNutrition



Not Another Nutrition Podcast

About Me



The Irrelevant Stuff

- Registered Nutritionist (RNutr) – Was.
- Published in Peer Reviewed Journal [*Human angiotensin-converting enzyme I/D & alpha-actinin 3 R577X genotypes & muscle functional & contractile properties*](#). [Experimental Physiology, 2009; 94(1):81-9]
- Qualified Higher Education Lecturer
 - Lecturer at 2 Academic Institutions
- 2 Postgraduate degrees from recognised academic institutions
 - Clinical Nutrition & Sports Nutrition
- Undergraduate degree
 - Sport and Exercise Nutrition
- Vocational Qualifications
 - ISAK accredited & CSCS
 - REPS Level 2 (just to be sure)



Martin
MACDONALD



‘Celebrity’, Sporting & General Population Clients

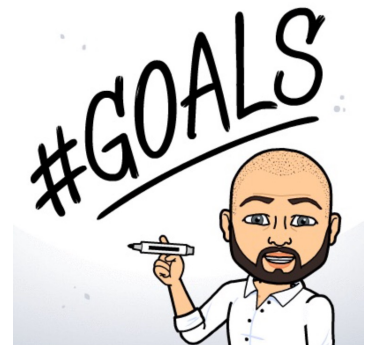


Martin
MACDONALD



Seminar AIMS – Part 1

- ❶ Understanding Aggressive Dieting
 - Assumptions vs evidence
 - The benefits of aggressive dieting (& how to sell it as a method)
- ❷ The Theory of Implementation
 - Calculating rates of theoretical maximal fat loss
 - Macronutrient requirements during aggressive dieting

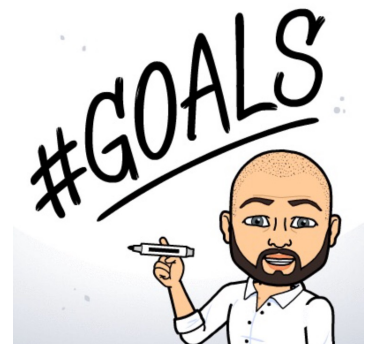


Martin
MACDONALD



Seminar AIMS – Part 2

- ❸ Aggressive Dieting in Practice
 - Preparing to diet & knowing what to expect
 - The practicalities of setting up an aggressive diet
 - What to eat/drink, what to supplement & how to train
 - Making adjustments & troubleshooting
 - Potential occurrences & complications



Martin
MACDONALD



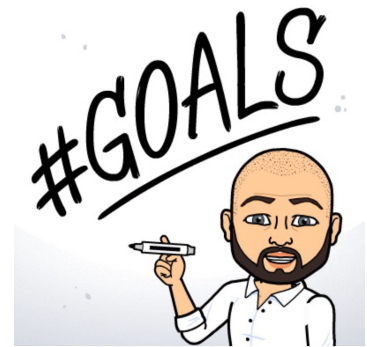
Seminar AIMS – Part 3

❶ Strategic Refeeds, Diet Breaks & Reverse Diets

- What do these look like?
- When should they be implemented?
- Multiphasic Dieting
- The concept of positive weight regain

❷ My amazing aggressive dieting calculator

- Maintenance Diet Calculator coming soon....
- Reverse Diet Calculator coming soon....



Martin
MACDONALD



Martin
MACDONALD

PART 1

Understanding Aggressive Dieting

An evidence-based viewpoint

The Benefits of Aggressive Dieting

What Constitutes 'Fast' vs 'Slow' Rates

- I'm going to use the terms 'fast rates of weight loss' and 'aggressive dieting' interchangeably throughout!
- There are simply no universally agreed cut-offs
 - 500-1000kcal deficit seen as 'the appropriate deficit'
 - Consider deficits equating to maximum rates of fat loss



Why Consider Aggressive Dieting?

- ❶ If you HAD to pick one for you/your clients:
 - Aggressive or Moderate Deficit
- ❷ “ *Rapid Fat Loss associated with significantly greater weight-loss maintenance than were successful hypoenergetic balanced diets (HBDs) at all years of follow-up*” – Anderson et al. (2001)
- ❸ “ *To date, the totality of evidence does not support the myth that gradual weight loss improves long-term outcomes*”
– Casazza et al. (2015)

