

Facts and Fallacies of Fat Loss

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Brad Schoenfeld discusses what personal trainers can do to help their clients with weight loss in this session from the NSCA's 2016 Personal Trainers Conference. Learn about the facts and fallacies of weight loss, as well as what really works.

Video and presentation here:

<https://www.nasca.com/education/videos/facts-and-fallacies-of-fat-loss/>

Video is about 50 minutes long but worth watching.

Quick breakdown:

01:03 - Ketogenic Diets

19:38 - CICO (Calories In, Calories Out)

20:12 - Nutrigenomics

23:56 - Meal Frequency

29:05 - Practical Implications for Meal Frequency

30:47 - Fasted Cardio

38:35 - Bottom Line re: Fasted Cardio

40:00 - 3500 calories = 1 lb. of weight loss, true or false?

40:39 - Adaptive Thermogenesis

44:11 - Leptin

45:04 - "The Oprah Effect"

46:21 - Summary re: Adaptive Thermogenesis and 3500 cal = 1 lb. fat loss

47:19 - Practical Applications for Mitigating Adaptive Thermogenesis

Thanks to [@AnvilHead](#) on [MyFitnessPal](#) for the breakdown and sharing the post.