



Your guide to quality weight loss¹

Five simple ways to lose fat, not muscle

Most weight loss gets you lighter. Quality weight loss gets you stronger. The difference — losing body fat while keeping your muscle — shapes how you feel, how you function, and whether the results last.

When you lose weight, it can come from fat, muscle, or water. Quality weight loss focuses on fat loss and what you do every day can make a difference.

Put simply: Quality weight loss means losing fat, not muscle.

Research shows that people who focus on fat loss while staying active feel stronger, stay healthier, and keep the weight off longer.

TIP 1 Fuel your muscles with every meal



Protein is your body's building material for muscle and when you are losing weight, you need more of it, not less.⁶

- ✔ Aim for around 1.3 grams (g) of protein per kilogram (kg) of body weight each day⁶
- ✔ For example: if you weigh 90kg, that's about 117g of protein per day

Good sources of protein: fish, eggs, beans, tofu, yoghurt, and lean meats like chicken.⁷

TIP 2 Strength training, no gym required



Resistance training supports the muscle you have and helps build more.²

- ✔ 2-3 sessions per week is enough⁸
- ✔ No gym needed – you can do it all from home⁹

No equipment? Use water bottles, tins, or your own body weight for exercises like squats or lunges.⁹

TIP 3 Sleep is when your body rebuilds



Your body does repair work while you sleep, including rebuilding the muscles that matter in quality weight loss.^{1,10}

- ✔ Aim for 7-9 hours of sleep each night¹¹
- ✔ Good sleep can also help you stay on track with healthy habits¹¹

TIP 4 The scales don't tell the full story



Your weight can stay the same even as your body changes for the better.^{12,13} Track your progress using:

- ✔ Waist-to-Height ratio^{12,13}; a simple check you can do at home
- ✔ Waist circumference^{12,13}; tracks fat loss directly
- ✔ BMI^{12,13}; useful alongside the others

This can give you a better picture of how you are losing body fat while staying strong.^{12,13}

TIP 5 Get a plan built for your body



Your doctor can help you:

- ✔ Understand what healthy weight loss looks like for you¹⁴
- ✔ Build a plan that fits your lifestyle¹⁴
- ✔ Stay on track long-term¹⁴

You do not need to change everything, all at once.

Pick one tip.
Start this week.¹⁴

Learn more about
quality weight loss [here!](#)



References

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