



# 8 WEEK BEGINNERS METABOLISM GUIDE

Joss Mooney

UNLOCK YOUR INNER STRENGTH

# Welcome

A background image of a muscular man with a beard, wearing a white tank top, lifting a black dumbbell. He is in a gym setting with other people blurred in the background. The image is darkened to make the text stand out.

Hey what's up everyone, it's Joss Mooney here! We're going to unlock the secrets to crushing your fitness goals and taking control of your well being. Let me tell you, managing your metabolism is just as important as hitting the gym and eating right.

This guide is your one stop shop for understanding how to boost your metabolism, what it does, and most importantly, how to manage it like a pro. Get ready to feel more energised, build a killer physique, and take your performance to the next level!

# Step 1: How Many Calories Do You Need?

## 1. Calculate your Basal Metabolic Rate (BMR):

- Men:  $10 \times \text{weight (kg)} + 6.25 \times \text{height (cm)} - 5 \times \text{age} + 5$
- Women:  $10 \times \text{weight (kg)} + 6.25 \times \text{height (cm)} - 5 \times \text{age} - 161$

## 2. Adjust for activity level:

- Sedentary (little/no exercise): Multiply by 1.2
- Light exercise (1-3 days/week): Multiply by 1.375
- Moderate exercise (3-5 days/week): Multiply by 1.55
- Active (6-7 days/week): Multiply by 1.725

## 3. Adjust for your goal:

- To lose fat: Eat 10-20% fewer calories.
- To gain muscle: Eat 10-15% more calories.
- For maintenance: Eat the calories you calculated.

Need Help Calculating? Use my FREE calorie calculator! Hit the link in my bio on Instagram (@jm\_transformations).

[www.jossmooney.com/calorie-calculator](http://www.jossmooney.com/calorie-calculator)

# Step 2: How Should You Divide Your Food?

Your food is made up of protein, fats, and carbs. Here's how to divide it:

## 1. Protein:

- Why? Builds muscle and burns more calories when digested.
- How much? Multiply your weight (kg) by 1.6-2.2.  
Example:  $75 \text{ kg} \times 2 = 150 \text{ grams/day}$ .

## 2. Fats:

- Why? Supports hormones that control your metabolism.
- How much? 25% of your daily calories. Example:  
 $2,000 \text{ calories} \times 0.25 = 500 \text{ calories (55 g)}$ .

## 3. Carbs:

- Why? Provides energy for workouts.
- How much? Use the remaining calories after protein and fat. Example:  $2,000 \text{ calories} - 600 \text{ (protein)} - 500 \text{ (fat)} = 900 \text{ calories (225 g)}$ .



# Step 3: How Much Should You Work Out?

**To improve your metabolism, focus on both strength training and cardio:**

## 1. Strength Training:

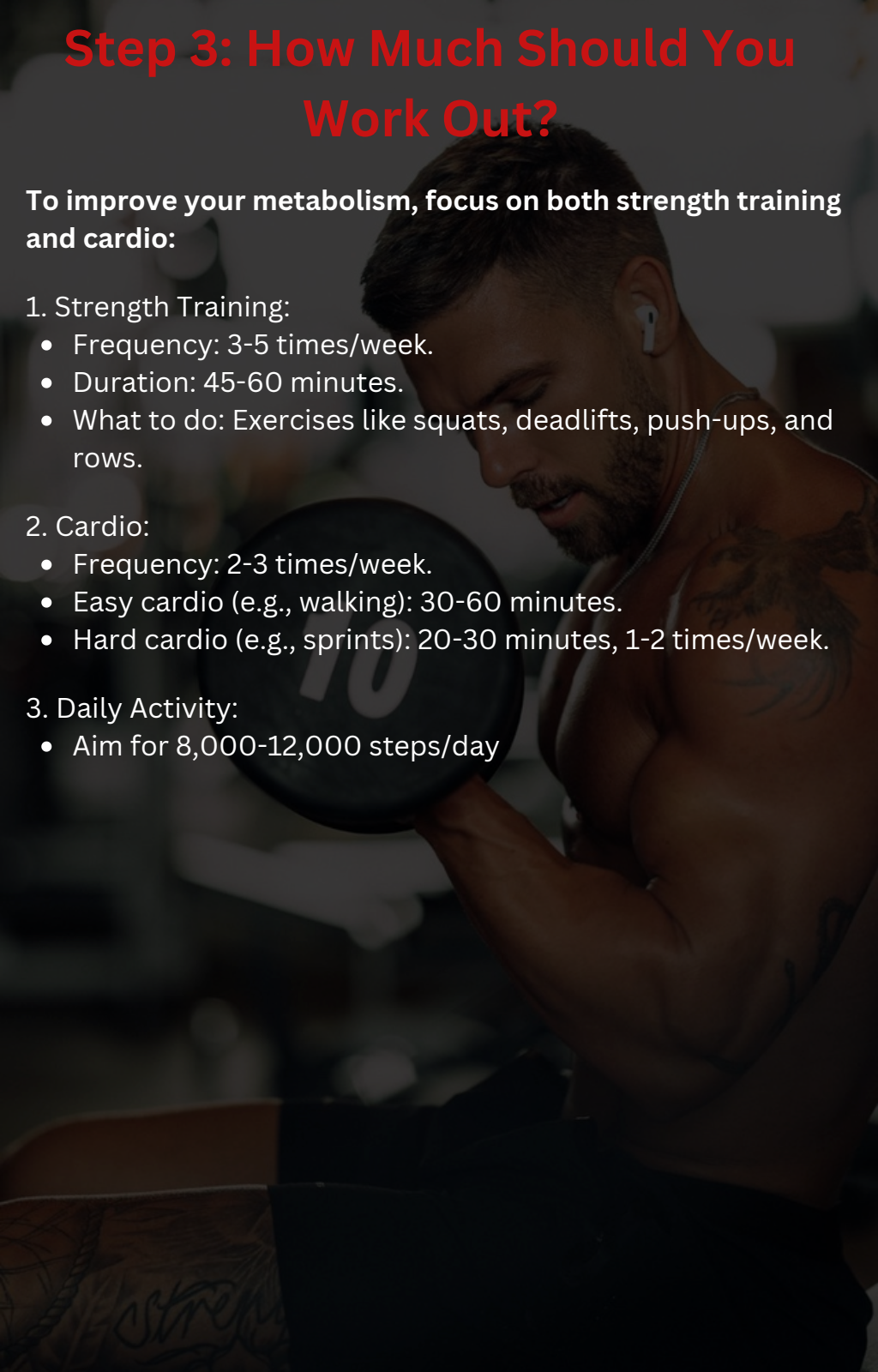
- Frequency: 3-5 times/week.
- Duration: 45-60 minutes.
- What to do: Exercises like squats, deadlifts, push-ups, and rows.

## 2. Cardio:

- Frequency: 2-3 times/week.
- Easy cardio (e.g., walking): 30-60 minutes.
- Hard cardio (e.g., sprints): 20-30 minutes, 1-2 times/week.

## 3. Daily Activity:

- Aim for 8,000-12,000 steps/day



# Step 4: Adjust Based on Body Fat

**Your starting point changes your approach:**

1. Higher Body Fat (over 25% men, 30% women):
  - Focus on fat loss with a small calorie deficit (10-15%).
  - Start with 3 strength workouts and gentle cardio.
2. Moderate Body Fat (15-25% men, 20-30% women):
  - Balance muscle gain and fat loss with maintenance
  - Calories. Include strength training and some intense cardio.
3. Low Body Fat (under 15% men, 20% women):
  - Focus on building muscle by eating at or above maintenance.
  - Avoid eating too little to prevent muscle loss.



# Example Plan

**For a 75 kg (165 lbs), 180 cm (5'11"), 20% body fat male, moderately active:**

1. Calories: 2,500/day (maintenance).
2. Macros:
  - Protein: 150 g/day (600 calories).
  - Fat: 70 g/day (630 calories).
  - Carbs: 318 g/day (1,270 calories).
3. Workouts:
  - Strength: 4 days/week (45-60 minutes).
  - Cardio: 2 sessions/week (1 easy walk, 1 sprint session).
  - Steps: 10,000/day.

## Why Does This Work?

- Eating enough protein helps maintain muscle, which burns calories.
- Strength training builds muscle and boosts metabolism.
- Daily activity and balanced food intake keep energy high and prevent plateaus.