



## TOP RESOURCE REPORT



Trim the Fat & Raise  
your Standard of Living with  
these Fruitful Weight Loss  
Tips and Techniques!!!

## Top Resource Report

- ✓ <https://www.youtube.com/watch?v=B3A7uPgeuwc>
- ✓ [https://www.youtube.com/watch?v=7Yvd\\_ufdEwE](https://www.youtube.com/watch?v=7Yvd_ufdEwE)
- ✓ <https://www.youtube.com/watch?v=BE18znhORU4>
- ✓ <https://www.youtube.com/watch?v=eHrKQhEDIak>
- ✓ <https://www.youtube.com/watch?v=zHBVvRvVZuQ>
- ✓ <https://www.youtube.com/watch?v=VkBxPdqczzo>
- ✓ <https://www.youtube.com/watch?v=GtMxOycfuaU>
- ✓ <https://www.youtube.com/watch?v=ed53QRonvzM>
- ✓ <https://www.youtube.com/watch?v=PBHBhvv-Lhg>

## Tools

- ✓ <http://www.healthofchildren.com/N-O/Obesity.html#ixzz4zdM4QjTQ>
- ✓ <https://www.medicalnewstoday.com/info/obesity/what-is-bmi.php>
- ✓ <https://www.webmd.com/diet/obesity/obesity-health-risks#1>
- ✓ <http://www.besthealthmag.ca/best-you/weight-loss/top-5-tips-for-achieving-weight-loss-goals/view-all/>
- ✓ <http://www.eatthis.com/tools-to-lose-weight/>
- ✓ <https://www.webmd.com/diet/features/what-wear-while-you-lose-weight>
- ✓ [https://www.bodybuilding.com/fun/bmr\\_calculator.htm](https://www.bodybuilding.com/fun/bmr_calculator.htm)
- ✓ <https://www.precisionnutrition.com/weight-loss-calculator>

## Training

- ✓ <http://www.stack.com/a/how-many-calories-do-i-need-in-a-day>
- ✓ <https://www.fitnessmagazine.com/workout/lose-weight/burn-fat/burn-more-calories/?page=1>
- ✓ <https://www.livestrong.com/article/486382-the-best-exercises-for-fat-loss/>

- ✓ <https://www.menshealth.com/fitness/10-flat-belly-exercises/slide/2>
- ✓ <http://mashable.com/2011/05/16/desk-office-exercises/#mPiH7waJYSqq>
- ✓ <https://www.mayoclinic.org/healthy-lifestyle/weight-loss/in-depth/weight-loss/art-20048224>
- ✓ <https://greatist.com/fitness/deskercise-33-ways-exercise-work>
- ✓ <https://www.washingtonpost.com/graphics/health/workout-at-work/#>

## Blogs

- ✓ <https://loseweightnobullshit.wordpress.com/2012/11/17/what-is-actually-required-to-lose-weight/>
- ✓ <https://stronglifts.com/weight-loss-vs-fat-loss-are-you-sure-you%E2%80%99re-losing-fat/>
- ✓ <http://healthyeating.sfgate.com/calorie-breakdown-recommendations-1092.html>
- ✓ <https://www.kaylainsines.com/blogs/news/38828739-7-tips-for-a-flat-stomach>
- ✓ <http://www.cookinglight.com/healthy-living/healthy-habits/the-biggest-myths-about-grains-and-health>
- ✓ <https://www.bornfitness.com/new-approach-fat-loss-nutrition/>
- ✓ <https://truweight.in/blog/weight-loss/how-to-eat-healthy-foods-to-lose-weight.html>
- ✓ <https://truweight.in/blog/weight-loss/home-remedies-for-weight-loss.html>
- ✓ <https://www.healthline.com/nutrition/top-12-biggest-myths-about-weight-loss>

## Forums

- ✓ <https://www.universalclass.com/articles/self-help/introduction-to-weight-loss-management.htm>
- ✓ <https://www.asu.edu/courses/css335/whatleads.htm>
- ✓ <https://health.howstuffworks.com/wellness/diet-fitness/weight-loss/calorie.htm>
- ✓ <https://stronglifts.com/how-many-calories-do-you-need-to-eat-per-day/>
- ✓ <https://caloriebee.com/workout-routines/Proven-Strategies-for-Losing-Cellulite>
- ✓ <http://www.health.com/health/gallery/0,,20558029,00.html#the-smart-way-to-success-0>
- ✓ <https://www.cdc.gov/healthyweight/calories/index.html>
- ✓ <https://www.womenshealthmag.com/weight-loss/weight-loss-desk-job>
- ✓ <https://www.acefitness.org/education-and-resources/lifestyle/blog/6763/a-smart-guide-to-goal-setting>

## Infographics

- ✓ <http://www.stylecraze.com/articles/simple-tips-to-lose-weight-in-10-days/?display=wide>
- ✓ <https://www.top10homeremedies.com/home-remedies/home-remedies-obesity.html>
- ✓ <https://www.healthlibrary.in/top-10-weight-loss-myths-busted/>
- ✓ <https://stateofobesity.org/obesity-rates-trends-overview/>
- ✓ <https://in.pinterest.com/pin/438467713712214116/>
- ✓ <https://visual.ly/community/infographic/health/8-floor-exercises-tight-butt-and-toned-thighs>
- ✓ <https://www.pritikin.com/your-health/health-benefits/healthy-weight-loss/the-science-of-weight-loss-infographic.html>
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