



Cheat Sheet



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

Basics to remember:

1. It's all about calories in vs. calories burned.
2. For losing, daily calorie intake should be lesser than daily calories burned (Calorie deficient).
3. To attain calorie deficiency, reduce the calorie intake by changing eating habits.
4. Also, increase the metabolic rate through regular exercising.
5. Go for natural weight loss by making healthy lifestyle changes. Never take supplements.

How to get started with Weight Loss:

1. Analyze your lifestyle closely.
2. Set a realistic goal.
3. Calculate your Calorie intake.
4. Monitor your progress regularly.

What is actually required to lose weight?

1. A healthy and positive attitude to training and nutrition.
2. Appropriate nutrition.
3. Appropriate exercise program.
4. Patience and consistency, matched with realism.
5. You got to believe if you want to achieve.

Tips to improvise your weight loss efforts:

1. Don't starve, eat more frequently.
2. Control your portion size.
3. Drink enough water, especially 20 minutes prior to eating.
4. Eat high-protein foods.
5. Cut out sugar.
6. Use smaller eating utensils.

7. Chew slowly and thoroughly.
8. Do moderate exercise regularly.
9. Get enough sleep and rest.
10. Pile half of your plates with fruits and vegetables.
11. Don't drink calories.
12. Lift weights at least 3 times per week.
13. Keep healthy snacks on hand.
14. Reduce the consumption of junk foods and alcohol.
15. Maintain food journal and count calorie intake.
16. Do Aerobic exercises.
17. Track your progress.
18. Cook your food yourself.
19. Move more (pace, fidget, take stairs, etc.)
20. Get support.

Benefits of losing weight:

- Lower risks of cancer, diabetes, high blood pressure, heart diseases and stroke
- Increased Sexual Performance
- Better Mood
- Less Joint Pain and inflammation
- Clearer, Brighter Skin
- More Money and More Friends
- Improved Memory
- Fewer Prescription Medicines
- Boost energy levels



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