

FREE GUIDE TO LOSE WEIGHT QUICKLY

Legal Disclaimer: The information I provide below is in no way intended as medical advice. You should consult your physician before beginning this program as you would with any exercise and nutrition program. Also, by reading this you are agreeing to accept full responsibility for your actions. Therefore, I am not held responsible for any injury or illness as a result of the use or misuse of this guide. There is no guarantee that you will lose weight. This guide is an example of my personal views and experiences. You have the right to share this pdf with your family and friends, however you may not change the guide in any way, nor may you sell this guide.

Sorry I have to include that disclaimer above because some immature people always try to blame others for their problems.

OK so this guide will be direct and to the point... I am not going to have endless pages of filler but I am going to show you steps that you can take to start losing weight quickly. It does not matter if you are a man or a woman, obese or slightly overweight, old or young, tall or short...etc... So
NO ESCUSES!

Hello there, I am going to be your new weight loss guru. Who am I? I am someone who had never seen his six pack in his entire life! (not even when I was 15). However, through many years and trial and error I discovered a little formula that helped me lose weight quickly, and get that flat stomach I always wanted. I will be giving you this formula completely free in this pdf!

One piece of advice: Do not read this guide and say that you will start implementing the methods tomorrow. Get yourself psyched to lose weight and start implementing the methods right away. Trust me... if you procrastinate you will forget about this and you will lose out. Just because I am giving you this guide for free does not mean it has less value. If you implement these methods you may end up with the body that you have always dreamed of. Good Luck My Friend!

The best way to lose weight is to combine an exercise program with a diet program. However, most people only do one... therefore, they are limiting their success.

Some tips to weight loss success:

1. Make sure to sleep at least 8 hours a day: (for some people 7 is fine) but you should aim to get 8 or more hours of quality sleep a night. This has lots of benefits including speeding up your metabolism.
2. Drink More Water: you should consume at least half of your body weight (in pounds) in water. This has endless benefits for your body and believe it or not is necessary for a solid weight loss program. Therefore, if you weigh 120 pounds then you should drink over 60 oz's of water a day. Try to drink a lot of water in the morning.
3. Think Positively: I am not sure if you have ever read The Secret but in the book the author Rhonda Byrne talks about using positive imagery and a positive mental attitude to change your life (especially in regards to health, wealth, and love). So in a notebook write down 5 reasons why you want to lose weight (how it will improve your life). Add emotion to these reasons. Think about these reasons as inspiration. And most importantly think positively and tell yourself that you CAN lose weight quickly and easily.
4. Change Your Diet: I recommend eating a very balanced diet of 4-6 small meals a day with proteins, healthy fat, and healthy carbohydrates in every meal. Therefore, I recommend a serving of each type of food each meal. NO JUNK FOOD! This means no soda, chips, cookies...ect... on dieting days... however have 1 cheat day a week where you can have some junk food and even fast food. Also, multivitamins may be very beneficial to your diet program.
5. Workout: Make sure to work out at least 3 days a week, preferably with weights. I recommend keeping workouts under 45 minutes because that is the average amount of time it takes for your focus and effort to start waning. Also, your body is primed for weight loss when workouts are short but with high intensity.

OK so these are the 5 main tips that you need to know to lose weight. Now let me give you a diet sample for a day, and a workout sample for a week... so that you can start implementing the methods right away.

Diet Sample- this is just a sample diet and yours can vary but try to eat proteins, fats, and carbs at each meal. Remember that you are on a diet... keep the portions small. Try to eat less calories than you typically do. This is how you will lose weight

8:00 AM: scrambled eggs (protein/fat), oatmeal (carbs), multivitamins, and water

11:30 AM: half a turkey sandwich on whole wheat bread, bit of olive oil on turkey, water

2:00 PM: half apple, walnuts, small amount of chicken breast, water

5:00 PM: fruits, salad with vegetables and beans

8:00 PM: protein shake or milk, half a fruit

OK so hopefully that gives you an example of a sample diet to follow

Workout Week Sample:

Monday: chest, shoulders, triceps

Tuesday: rest or cardio

Wednesday: legs

Thursday: rest or cardio

Friday: Back and Biceps

Saturday: rest

Sunday: cardio (distance run)

This is an example of a workout week... you can change the day's around but just keep rest days between the workouts... the individual exercises do not matter much, as long as you try your best and keep it intense. The workouts should last between 30-45 minutes.

Now we have laid the foundation for a solid diet and workout schedule. This is the core of your program: A balanced diet with less calories than you normally consume and a workout schedule to hit all body parts and cardio to burn extra calories.

Now I am going to let you in on a few weight loss secrets... that I implement whenever I feel that I am getting out of shape... I

1. Detox or Colon Cleanse: this is a great way to lose pounds of waste in your body through a simple detox or cleanser. They are generally not too expensive, however just make sure that you get one that is high quality. You generally do this for a week or two.
2. Fasting: fasting is a great way to lose weight and get rid of waste- I will go into more details on this at another time ☺
3. Natural Diet: Every few months... I will go a week where I only eat a natural vegetable and fruit diet. I keep everything raw and just eat endless fruits and vegetables. This is a really good method but will probably only work if you love some fruits and vegetables
4. Cheat Day: Whenever I am getting lazy I give myself a cheat day (never more than once a week). On this cheat day I let myself eat whatever I want within reason. This does a great job getting rid of cravings for a week until my next cheat day.
5. Most Importantly: Always be willing to try something new. I am always trying out different diets to see which ones work the best for short term and which ones are the best for long term. Therefore, I will say that there is no 1 right or wrong way to lose weight. Do what brings you results... and there are usually multiple ways you can use to lose weight!

Ok so that is pretty much it! So hopefully you have learned a little bit about weight loss and enjoyed this Free Guide To Lose Weight Quickly. Remember to follow those 5 crucial weight loss tips and test out my diet/workout program for at least a week before deciding that it does or does not work for you. TAKE ACTION! NOW!

Good Luck and Thanks For Reading