

CALORIES IN CALORIES OUT

The
One Week
Weight Loss
Makeover



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INTRO

This guide is not a fad diet.

This is not a lose weight instantly guide.

We don't have a magical pill.

All we have are seven tips that lead to weight loss. We don't promise you every answer, but we do know that if you incorporate these tips into your lifestyle you will be healthier. We also know that if you do want to lose weight these lessons can be life changing.

1. CALORIES IN - CALORIES OUT

Everyone who wants to lose weight has probably tried multiple diets, supplements and/or plans. There are hundreds of weight loss methods available to buy. All of them making wild promises.

Here is the hard truth - there are no magical pills, diets or exercise gadgets that will make weight instantly disappear. It comes down to eating right, staying healthy and burning more calories than you take in.

That is where the saying “calories in - calories out” comes from. You want to make sure you burn more calories (out) than you consume (in).

Clearly, this is a simplistic view and a proper diet consists of taking more than calories into consideration. We will look at that in other chapters, but right now we want to talk about creating a calorie deficit.

In order to track this you need some basic information. First off you need to figure out how many calories you burn per day naturally. This comes down to factors such as age and weight.

Calculating Number of Calories You Burn Daily

For Men: $66 + (12.7 \times \text{height in inches}) + (6.23 \times \text{weight in pounds}) - (6.8 \times \text{age in years})$.

For women: $655 + (4.7 \times \text{height in inches}) + (4.35 \times \text{weight in pounds}) - (4.7 \times \text{age in years})$.

This formula will give you the basic calories you burn daily, just by breathing, heart pumping and etc... These are how many calories you burn if you didn't move all day (basal metabolic rate).

Once you have that number, you need to start tracking the calories you burn and the calories you consume. This can be tricky because it is a lot of information to keep track of.

There are websites that can help though:

<http://caloriecount.about.com/>

This is one of the more popular calorie counters out there since it is free. It will help you track what you eat, and what you expend. You just have to enter the foods and activity you had for the day. It will even allow you to input your basal metabolic rate.

It is ideal if you can keep a daily caloric deficit, but that isn't always possible. Sometimes we slip and sometimes we indulge. If you can get a weekly caloric deficit that will still have you losing weight.

This isn't about starving yourself, or exercising until you are dead. It is all about being aware what you put in your body, and what you exert. Weight loss can be a struggle, but if you can manage your calories in and calories out - you can overcome!

2. GET ACTIVE

The last lesson we told you that one of the biggest factors in your weight loss journey was creating a caloric deficit. The only way you can achieve this is by getting active.

For some of us, that can be difficult. We will look for any excuse to avoid it. That is why instant diets and pill solutions are so popular. The idea of losing weight while doing nothing is very appealing.

The fact is, if you want to lose weight and more importantly keep it off - you have to get active. This is what people mean when they say weight loss is a lifestyle change. There is no excuse not to get the proper exercise. You have to burn calories and the more active you are, the more you will burn.

You don't need to join a gym. Take up a sport and have some fun. Run or walk around the neighborhood. Find some at home exercises you can do. The internet is full of them, part of this series even includes a 7 exercise booklet that you can easily perform at home, with no added equipment.

The Centers for Disease Control and Prevention states that people need (minimum):

150 minutes per week of moderate-intensity aerobic activity (such as brisk walking, riding a bike on level ground, or pushing a lawn mower) or 75 minutes per week of high-intensity aerobic

exercise (such as running, jogging, riding a bike up hills or fast on level ground, swimming laps, or playing high-energy sports such as basketball or singles tennis)

At least two sessions per week of strength training exercises such as lifting weights, working with resistance bands, engaging in strenuous functional activities like shoveling dirt, or doing exercises that use body weight (push-ups, pull-ups, squats, lunges, sit-ups, etc.)

If you want to lose weight you have to beat that number, and beat it consistently. It does give you a great number to shoot for though, and shows you what minimums healthy people should aim for.

There is nothing else really to be said. If you want to lose weight you have to make physical activity a part of your daily routine.

3. PERSIST THROUGH FAILURE

Yikes. Failure.

I don't even like to think about the word sometimes. Especially when it comes to weight loss. What kills a diet more quickly than a single slip?

If you want to commit to losing weight, then you need to be able to persist through failure. Everyone who has accomplished something of note has struggled with failure at one or more points in their ascent. The difference is they persisted through it and learned a lesson.

Those is the two keys in dealing with failure. You must persist and learn.

If you slip on your diet, or miss a day of exercise, don't fret about it. Don't let it derail you. Push it from your mind. Focus on all your positive days, not the one slip up. Picture yourself at your goal weight, not in the act of devouring that donut you shouldn't have. Treat it as a cheat day and move on. This is how you persist, failing for a day is OK, just don't let that day stretch into a week and then a month.

You have to accept failures as natural and develop a tougher skin to deal with them.

The second step is to learn from your mistakes. Quite often learning from your mistakes will be more efficient than learning from your successes. When you fail, treat it as a lesson learned. It is just like in business, when you fail at something, you learn the things that don't work. This is the same with weight loss. If you have slipped off your new diet every time you drink, then maybe you avoid drinking. If you realize that every Friday you miss out on exercise because of a late work meeting then reschedule your workout.

Failure is a natural part of life, along with death and taxes. You can't avoid it, and even if you could you wouldn't want to. Your life's lessons are learned through your failures along with your successes. Don't fear failure, persist through and learn from it.

4. BUDDY SYSTEM

One of the best things you can do when you are trying to lose weight is to add some accountability to your routine. How do you do that?

The buddy system.

Having a buddy to try and lose weight with is a great motivator. You will feel more accountable to reach your weight loss goals when you are actually sharing them with someone. They can also be helpful because it is someone that can relate to you about struggling to lose weight. You can share your triumphs in joy, and your setbacks in support.

If you are working out regularly a buddy is invaluable. They can change a boring walk or jog into an exercise slash therapy session. A hike in the wilderness is always more fun with a friend along! If you are into weight lifting it is also nice to have a buddy. You guys can challenge each other while at the same time providing encouragement and practical help like spots on heavy lifts.

It is sad to say but in this day and age, you can probably find yourself a weight loss buddy in your group of friends. If you can't, don't panic you can always do it virtually as well. You could find a friend on Facebook that is losing weight and work with them. Having Facebook chats and sharing progress pictures on Facebook.

There are also web forums and sites dedicated to linking weight loss partners up virtually.

The bottom line is this - if you want to lose weight working with a friend can provide motivation, support as well as the always important accountability. Find your weight loss buddy now!

4. TRACK PROGRESS

Just like you track your calories you should track your progress for both exercise AND eating.

Tracking this info isn't meant to be a punishment, it is actually motivation! If you track all of your physical activity you will be able to look back at all you have accomplished. When you have those mornings where you feel like you just CAN'T exercise, check out your progress and take in all that you have done. It will get you out and active. If you have a calendar and you put a red X through everyday that you got enough physical activity, you will want to keep that streak alive. It seems like such an old fashioned tip, but our minds work like that. We will want to keep the streak of X's going as long as possible.

You can also see the improvements. If you are working out with weights, keep track of how much weight you are lifting. It is a great feeling to watch those numbers climb. You can do the same with running, keep trying to outdistance yourself each day.

Keeping track of your workout progress could even help you diagnose problems. If you notice there are certain days that are danger areas for you, then you can figure out what happens on those days that throws you off. Just figure out the things that only happen on those days, do you see any patterns?

Tracking progress is a nice step for your nutrition too. one of the easiest ways to do that is using the calorie counting tip from the first lesson.

If you are looking for something visual you can do something like the calendar trick but related to nutrition. Everyday you eat right you put an X.

Tracking progress is a great step in any weight loss program. It helps you visualize everything you have accomplished, makes it easier to diagnose negative patterns and motivates you to keep on track.

5. CLEAN EATING

We have talked about calories in calories out - the basic weight loss guideline. It is a basic tip because you still want to make sure you are getting those calories from good sources. Keeping your calories down by eating two corn-dogs a day probably isn't your best choice.

Eating clean is a term that doesn't have an official term but in general it means:

Eating healthy whole foods while avoiding processed foods and refined sugars.

That is a general goal to strive for, it isn't always possible to eat completely "clean" but if you are getting the majority of your calories from clean sources then you are doing great. When you eat clean you avoid processed foods so automatically things like fast food and junk food are eliminated from your diet. If you do eat some processed food don't fret over it, the idea is to eat leanly as much as possible.

Here are some general clean eating tips:

- Learn to read labels! Read the nutritional information and ingredients of everything you buy.
- Choose whole grains when possible. Whole wheat doesn't necessarily mean whole grain either! Look for bread, pasta and etc... that are made with 100% whole grains

- Eat lots of fruits and vegetables. They are great whole sources of clean calories
- Prepare more of your own meals, don't eat out as much or buy microwaveable type meals. These meals even when "healthy", can be loaded with things like sodium.
- Choose lean meats when cooking. Eating meat is fine and the protein will help build muscle and make you feel full.
- Chicken and fish are great meat choices.
- Avoid processed meats like bologna or hot dogs.
- Replace junk food with unsalted or lightly salted whole nuts.
- Check out the internet for great clean recipes. Keep a list!
- Don't fret over falling off the wagon, even grat yourself a cheat day now and then.
- Eating clean while out can be tough but more restaurants are offering clean menu items. A Salad can be a good choice, but if you are really hungry you might need to add some protein!
- Start as soon as possible!

Eating clean is a great way to make sure you not only lose weight but you are overall healthy. It isn't necessarily an easy transition and you don't have to try and turn on a switch and do it overnight. If you are committed to losing weight and being healthy, you should choose to clean up your diet.

6. PORTION CONTROL

Anyone who is trying to lose weight needs to consider their portion control. Just talk to anyone who has actually lost weight (and sustained it). They will almost assuredly bring up portion control as one of the keys for their success.

What is Portion Control?

Portion control is understanding how much a serving size is and how many calories a serving contains.

One of the biggest problems overweight people face is realizing what constitutes a proper portion of food. When you eat a meal you need to realize what constitutes a serving size of your foods. While not scientific, the following list gives you an idea of some recommended portion sizes. If you struggle with weight loss, these portions might seem smaller than you thought:

- Vegetables or fruit is about the size of your fist.
- Pasta is about the size of one scoop of ice cream.
- Meat, fish, or poultry is the size of a deck of cards or the size of your palm (minus the fingers).
- Snacks such as pretzels and nuts are about the size of a cupped handful.
- Potato is the size of a computer mouse.
- Steamed rice is the size of a cupcake wrapper.

- Cheese is the size of a pair of dice or the size of your whole thumb (from the tip to the base).

I know personally that the cheese serving size surprised me when I first saw it. You can find portion information online. You can find much more specific portion control guides online as well. Some sites will break it down by food weight, so you may need to weight your food for exact portions. The above list though is good enough to give you a rough idea.

When you eat a meal, control your portions! Learning how much food you actually need is one of the biggest steps you will take on your weight loss journey.

7. VISUALIZATION

Many of the tips in this guide are specific. You need to eat less, exercise more, control portions etc... Those are all very valuable tips and will help you immensely. This tip is more cerebral. Much like tip #3 - Persist through Failure, this tip is more about your state of mind.

A persons personality, attitude and state of mind is just as important as the exercise and portion control in my opinion. Of course, eating less and exercising more is the key, but how do you get in the right mood to accomplish that? You have to train your mind along with your body, or you will never sustain weight loss.

Visualization is an amazing tool for motivating yourself, and keeping that motivation high at all times.

By definition visualization is:

A technique involving focusing on positive mental images in order to achieve a particular goal

No matter what goal you want to accomplish visualization can help. It will help keep you motivated, as well as potentially train your subconscious to work with you rather than against you.

Some visualization tips include:

- Envision your ideal body in your mind everyday.

- Envision all of the great activities you will do with your new body.
- Envision how it will feel to shop for normal clothes
- Envision how people will treat you differently.
- A great time to visualize is before bed or when waking up.
Spend 10 minutes doing visualization as often as you can.
- Create a vision board! Post pictures of healthy foods and physiques on a cork board that you have in your office or house.
- Change your desktop background to an edited picture that is your head on a healthy body. Every time you sit at your computer you will see it and be motivated!

Visualization isn't some magic pill. It won't let you lose weight on its own. It isn't some fairy tale either. There is science to prove that visualization helps improve results and keep you motivated. All high achievers visualize their success.

Visualization can help with any of your goals, and since weight loss can be one of the most important, there is no reason to not use it. Visualize your future body to stay motivated.

CONCLUSION

Losing weight isn't an easy task. It takes hard work and time. If you use the tips in the guide you will begin to see results much sooner than you think.

While at the end of the day it may come down to “calories in - calories out” there are other things you have to consider. You have to think about how you will get active, where those calories will come from and how to get your mind straight.

Follow the tips in this guide, and your weight loss journey will be off to a great start.