



Fat Loss can seem very; daunting, stressful and overly complicated into days and age.

You have all of these so-called weight loss products on the market. For the record, none of them work at all, not in the slightest.

However, if you follow these 5 simple tips you will succeed.

First of all, weight loss is very simple and easy.

Its all about energy balance. Calories in vs Calories out. You need the Calories out to be higher than the Calories in.

Eat less, Move more.

### **1. Create a calorie deficit.**

In order to help you succeed in this part, I would recommend you to track your calories on MyFitnessPal. This allows you to understand how many calories you consume on a daily basis and understand how many calories are in certain foods. You will only need to do this for a couple of weeks. Once you have done this you will be able to create a great calorie deficit, just by reducing your portion sizes, reducing liquid calories.

### **2. Increase your daily activity.**

This helps you create that calorie deficit. It increases your energy output (Increases the number of calories you burn).

You can do this by; Taking the stairs instead of the lift, Parking your car further from your work, Stand when you're on the phone rather than sitting.

You can burn an extra 500-1000 calories purely by increasing your daily activity.

### **3. Set a clear goal.**

By setting a clear goal, you can create a clear path for you to work towards. Not only this you are creating a large amount of motivation for you to draw upon.

In order for you to gain the most from your goal, you need to have an emotional connection with your goal. Ask yourself why you want this goal? What will this goal give you?

Take your time with this part and have a long hard think about why you want it.

### **4. Lift weights.**

This can seem like a daunting prospect. A lot of people just think by lifting lifts you will end up like Arnold Schwarzenegger. This could not be further from the truth. It is correct there would be a lot more teenage lads with big arms. To gain a large amount of weight you need to be on a calorie surplus and train correctly.

The reason I recommend you to lift weights is that it will build muscle (Not loads). This allows you to burn more calories on a day to day basis as muscle is more metabolically active than fat. Not only this muscle takes up less room than fat and will aid you in the day to day life (easier to take the stairs, carry shopping etc)

### **5. Dont be over-restrictive.**

Dont be cutting out carbs, fats etc. You need both of these food groups in your diet.

Carbohydrates are your body's main energy source. Fats are great for your body's overall

health. Fats are only demonised as per gram of food they are more calorific. That's all. By cutting out food groups you are creating an unhealthy relationship with food. Which is more detrimental to your relationship with food.

As long as your eating healthy foods and in a calorie deficit, you will succeed!

If you would like further help then please contact me on [ed.benskintempofitness@gmail.com](mailto:ed.benskintempofitness@gmail.com) or 07792398876.