

How to Set A CALORIE DEFICIT

@susanniebergallfitness

- 1** Multiply your BW by
10-12
Ex. BW = 150 pds

1500 1650 1800

- 2** Stay in this range
for 3-4 Weeks



- 3** Monitor any Changes
In Weight

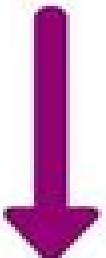
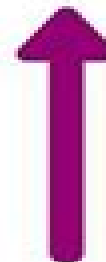
Up

Down

The Same



- 4** Adjust if desired



How To Burn Calories And Lose Weight At Work

Tyler Backhause



How To Burn Calories And Lose Weight At Work:

How to Burn Calories and Lose Weight at Work Tyler Backhause, 2015-12-08 The work place is notorious for long hours sitting at a desk with continuous eating and snacking Do you find yourself in this routine more often than you want How to Burn Calories and Lose Weight at Work is meant to break this routine and help you lose weight at work In particular this book will help you achieve and understand the following items Live an all around healthier lifestyle Better understand your body weight The importance of proper food selection Effective exercises and tips for losing weight at work Did you know when you stand up you burn 50 calories or more per hour than when sitting down even if you do nothing else This is because the body works harder to support your weight when standing than when sitting If you stand for two hours you ve burned 100 calories Do this every day during the workweek and you ve burned 500 calories without any extra activity In a month you will have burned some 2000 calories or more just by standing for two hours every day If you enjoyed this statistic and are ready to lose weight at work this is the book for you **Lose Weight Without Dieting or Working Out** JJ Smith, 2014-07-01 Discover the surprising secrets that will help you lose weight fast and keep it off without dieting or exercise with this 1 national bestseller from the author of the healthy living bible 10 Day Green Smoothie Cleanse Want to lose weight without counting calories starving yourself or giving up your favorite foods Would you like to look and feel younger and healthier than ever without crash diets or exhausting exercise Then this book is for you JJ Smith s breakthrough weight loss solution can help you shed pounds fast by detoxifying your body balancing your hormones and speeding up your metabolism You ll learn how toxins slow your metabolism and why sugar and starch hinder permanent weight loss You ll also come to a keen understanding of which foods help you stay slim and which foods cause you to get fat so you can finally get off the rollercoaster ride of weight loss weight gain and stay slim for life You will learn how to Detoxify your body for fast weight loss Drop pounds and inches fast without grueling workouts or starvation Lose up to fifteen pounds in the first three weeks Shed unwanted fat by eating foods you love including carbs Get rid of stubborn belly fat Eat foods that give you glowing radiant skin Use green smoothies to detox Trigger your six fat burning hormones to lose weight effortlessly Eat so you feel energetic and alive every day Get physically active without exercising In a bonus chapter JJ provides an all new green smoothie recipe and tips for using her famed 10 Day Green Smoothie Cleanse to jump start the healthier eating and weight loss plan outlined in Lose Weight Without Dieting or Working Out This is your last stop on the way to a new fit and healthy you Create your best body NOW

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