



Anderson Sport & Fitness

Results Made Simple

How to Lose Weight & Get Toned *Without* Hating Every Second of It.

Losing weight (and more specifically, fat) can be an overwhelming subject. You decide you want to lose some weight but aren't sure exactly how to do that. So, since you are a modern and resourceful human being, you consult Google. Fantastic! What could go possibly go wrong? Before you know it you're deep in a rabbit hole reading about the latest fat loss trends, seeing Instagram fitness influencers hawking their magical potions, and you're absorbing more mixed messages than you can process. In general, Googling "how to lose weight" is a terrible, terrible time.

...I hope you didn't find this on Google, or I will owe them a huge apology.

In any case, I hope this article finds you before you've really lost your mind. Even if you have, this guide will be comprehensive and simple enough to understand that you will feel good about what comes next for you by the end.

In this guide, you will learn how to effectively and sustainably lose fat, get leaner, and not want to die during the process! In order to get there, we'll touch on the main points you need to understand in order to make a real change:

1. Body composition and why we store fat
2. Nutrition guidelines you MUST adhere to in order to lose fat
3. Resistance vs. cardio training: which is better for fat loss?
4. Methods for monitoring weight loss
5. How to do all of this without wanting to die, or get critically injured in a freak Zoo stampede or something, so that you never have to think about any of this ever again.

Before you dive in, It's critical that we acknowledge a very important fact. The general ideas and recommendations delivered in this guide are evidence-based and well substantiated for *metabolically healthy people*. If you have underlying medical conditions such as thyroid issues, diabetes, or other diagnoses that may affect your weight, these recommendations may not apply to you. This guide is designed for people who are overweight and/or want to lose fat but are otherwise metabolically healthy.

If that sounds like you, awesome! If you plan on reading this guide though, please read it in its entirety without skipping sections. There are no shortcuts in weight loss and there are no shortcuts in *learning* about weight loss. I know, it's a bummer that this isn't an Instagram infographic or something, but I promise it will help you much more than that.

Without further ado, let's get to it!

1. Understanding Body Composition & Why We Store Fat

Before you can start to understand how to lose fat, you have to understand what fat is and why it's stored. Basically, fat is a layer of non-dynamic tissue that sits on top of our muscles. It's important to realize that muscle and fat are two completely separate layers of tissue. It's a common misconception that muscle "turns into" fat or vice versa. In actuality, muscle and fat can both grow or shrink independently of what the other layer of tissue is doing.

The reason we store fat is because when we consume more energy (in the form of calories) than we expend, that energy needs to go somewhere. Since the body has more than it needs in the moment, we store the energy for later use in the form of fat. That way, later when we need calories that we *don't* have in the moment, we use the stored fat to provide energy.

'Body composition' is the term that describes the ratio of a person's fat mass to their lean mass. Clinically, "lean mass" includes skeletal muscle, organs, bones, and other internal structures. For our sake here, lean mass is referring specifically to muscle mass. People who have a better body composition, meaning they contain a smaller percentage of fat mass compared to lean mass, almost always are healthier overall. This is not always the case of course. Health comes in many forms and people can take their weight loss to unhealthy extremes. However, as a general rule, having more muscle and less fat is a really good thing. Among other benefits, having a better body composition makes activities of daily living easier, increases the number of calories you burn at rest, and boosts confidence!

If you're with me so far, you can see that improving your body composition can then be done in two ways:

- Increase your muscle mass without gaining fat
- OR
- Decrease your fat mass without losing muscle

For most people who truly NEED to improve their body composition, fat loss will almost always be the priority.

2. The 2 Principles of Fat Loss You Must Adhere to, No Matter What You Choose to Eat.

Let's all take a deep breath and exhale slowly as we prepare to discuss one of the most debated, misinformed, confusing topics the internet has to offer - nutrition for weight loss. Here's the thing...

There are so many strategies you can utilize to help lose weight.

There are so many foods you can eat to help lose weight.

There are so many diets available to you to lose weight...and some of them even "work", even though they are so, so, stupid. Looking at you, "Carnivore diet"!

We could spend hours and hours discussing diets, meal plans, nutritional timing, anabolic windows, and insulin spikes. But that is NOT GOING TO HELP YOU. Thing is...all of that is the top 5% of what drives weight loss. Focusing on those things, without taking the time to learn and master the basics, is a massive mistake. Unfortunately, it's a massive mistake that the majority of people trying to lose weight make. It is the *fundamentals*, not the fancy stuff, that drives the overwhelming vast majority of your weight loss. Focusing on the 5% complexities of weight loss and ignoring the fundamentals is sort of like complaining about a cut on your finger when you have a broken leg. You've got bigger problems, my friend!

So today, we're looking at the *fundamentals*. The 95%. These are the 2 principles of nutrition that you MUST adhere to if you want to lose fat without losing muscle. No matter what foods you eat, when you eat, or how often you eat - these are the scientifically proven factors that will ultimately determine your success. And as you'll see, they're very simple. Systems that work usually are. If you stick with these simple concepts, you'll go far with your weight loss.

1. You Must Be in A Calorie Deficit

This is the big one, folks. It's an inescapable truth, however harsh it may be. You cannot, ever in a million years, lose weight without being in a calorie deficit. In other words, you must be expending more calories (calories out) than you are consuming (calories in). When your body is in a calorie deficit, it draws on stored tissues (primarily fat) to supply energy. As you already know, when your body is in a calorie surplus, it stores the excess energy as fat.

At a fundamental level it's really just basic math. One pound of fat loss requires roughly a 3,500 calorie deficit in your diet, so eating 500 calories less than you expend every day for one week will theoretically lead to 1 pound of fat loss. If you eat 1,000 calories less than you expend everyday, you will lose roughly 2 lbs per week of fat. 1-2 lbs of weight loss per week is considered a highly sustainable long-term approach to weight management. It's not advised that most people exceed that rate of weight loss, since attrition skyrockets above this rate of weight loss.

Hopefully you're ahead of me at this point, but the first step to understanding how many calories YOU should be consuming then is obviously to find out how many calories YOU are expending per day. We refer to this as your "Total Daily Energy Expenditure". This is determined by a few different things:

- **Your basal metabolic rate (calories you burn at rest, regardless of motion)**
- **Your activity level (calories burned through motion of any kind)**
- The energy cost of digestion, called the "thermic effect of food". For our sake here, you can ignore this. I just wanted to include it for the sake of being thorough.

The bad news is that calories burned through activity can be tricky to calculate. You can look up some guides to help you figure out what activities you do generally equate to caloric burn. You can also use your fitness watch as a guide here, although I'd recommend taking whatever number they give you and reducing it by 25%. It's better to underestimate your total daily energy expenditure than overestimate it. The good news is that thanks to Google, estimating your metabolic rate is easier than ever!

Follow these steps to figure out your BMR, your total daily energy expenditure, and if you are on track for losing weight.

STEP 1: Determine calories expended at rest (Basal Metabolic Rate). Google "BMR calculator" and enter info. Boom - done!

STEP 2: Estimate calories expended via activity, including exercising and activities of daily living. There are calorie estimates for various activities available online as well.

STEP 3: Add the numbers from steps 1 and 2. This is your Total Daily Energy Expenditure (TDEE).

STEP 4: Record your diet to see how many calories you consume per day on average. MyFitnessPal, MacroFactor, and other apps are available to help with this as needed.

STEP 5: Math time! Average caloric intake - TDEE. If the number is negative, you are on track for losing weight!

So hopefully, the message is clear that the *quantity* of food you eat is the biggest driver of fat loss. However, the *quality* of the food you eat also matters. In particular, making sure you are eating enough protein.

2. **Prioritize Protein Intake:** you need more than you think!

Losing *weight* may be just a numbers game, but losing exclusively *fat* requires more attention to detail with what nutrients you are consuming. Specifically, protein intake is critical to the fat loss process. As you eat less than you expend, you will start to consume the tissues you have to provide energy to your body. When protein intake is high enough, muscle mass is preserved while the body consumes mainly fat to provide that energy. However, when you do not consume enough protein, muscle mass is not preserved and you will be consuming muscle tissue as well as fat to provide the energy.

Think back to the term 'body composition' and what it means. If you lose both fat and muscle, you may be a thinner version of yourself but your body fat % may not have changed that much, if at all. That's not good! Even at a lighter weight, if your body fat % does not improve you will not look better, feel better, or reap the health benefits of weight loss. Losing FAT, not WEIGHT, is what is important. Thus, consuming enough protein is paramount to the process.

In addition to preserving muscle mass, protein has another huge benefit in the weight loss process: it makes you full! Since protein takes longer to digest than carbohydrate, increasing your intake of protein lengthens the digestive process and staves off hunger longer. Since managing and mitigating hunger spikes is important for long term success, protein should be your best friend at each meal! A good rule of thumb when planning a meal is to prioritize the protein, then let the other nutrients fall into place. Think to

yourself “where is my protein coming from?” before you just pop something in the microwave. Once you have an adequate amount of protein mapped out, the exact breakdown of carbs/fat at each meal doesn’t really matter a whole lot. Don’t overthink it too much!

The exact amount of protein you need per day depends on your bodyweight, but most recommendations for the average person fall in the 1.5 - 2 grams of protein per kilogram of body weight (pounds/2.2). For somebody who weighs 150 lbs, that would mean a protein intake of about 100 -140 grams/day. For somebody who weighs 185 lbs, a protein intake of about 125 - 170 grams/day. You might be thinking, “oh my god that’s a ton of protein!”. Good, we’re on the same page. This is one of the most important and often under-performed parts of the weight loss process. If you can master this and keep your calories under budget, you will be losing fat readily.

To summarize, there is no need to get fancy when it comes to your nutrition habits. All you need to remember are the two pillars of fat loss: calories and protein. Your daily caloric intake is by far the most important number you need to hit on a daily basis. Without this, it doesn’t matter how “well” you eat or how much you exercise. You must eat less than you expend to lose weight. Within that framework of calories though, make sure you are eating adequate protein based on the above recommendations. If you can do that week after week, month after month...you will be amazed how much progress you will make.

3. Resistance vs. Cardio Training: Which is Better for Fat Loss?

While the old expression “you can’t out-train a bad diet” is 100% accurate, exercise still plays an important role, directly and indirectly, to losing fat. Exercise directly aids in fat loss due to its causal relationship with energy balance. When you exercise, you expend energy. That expended energy contributes to a negative energy balance which is the primary driver of fat loss. Exercise also stimulates muscle growth/maintenance. This increases your resting metabolic rate, which indirectly (but profoundly) affects fat loss.

Speaking broadly for our sake today, there are two main categories of exercise that aid in fat loss: *aerobic* training and *resistance* training.

Aerobic exercise, the kind that raises your heart rate for a prolonged period of time, is an amazing exercise choice for increasing cardiorespiratory fitness as well as burning calories. Aerobic exercise burns more calories per-minute than resistance training which is why people have historically used this method of exercise for losing fat. This has unfortunately led to the general public thinking that cardio is the most important thing to do to lose weight and is widely considered even more valuable than nutrition to the process. Of course, you now know better. While cardio is important for general heart health and can help burn some calories, it actually is less important to the fat loss process than the hero of this story: resistance training.

Resistance training is any type of exercise where you are exerting your muscles to overcome resistance to motion. Think of lifting weights, resistance bands, weight machines, or even bodyweight exercise; anything that makes your muscles work hard to complete a set. This type of training has a massive role in strength improvement, mobility/functionality, and body composition.

The muscular stimulus from resistance training helps retain (and in some cases, build) muscle mass throughout the weight loss process. This is important for daily function as well as increasing your metabolic rate. As you now know, when you have more muscle mass you burn more calories at rest. To retain the most muscle mass, you need to train against resistance. If all you do for exercise is cardio, you will lose not only fat but muscle mass as well, which will minimize your improvement in body fat %. Although resistance training does not burn as many calories per minute as cardio. its net benefit is greater since you are both burning calories AND retaining muscle mass.

So should you avoid cardio entirely and only do resistance training? Of course not! The bottom line is: they are both very important forms of training and any fat loss program should incorporate both types of training to a degree. The idea here is simply to *prioritize* resistance training. If you have a limited amount of time for working out, it should be focused on resistance training. Further, in any given workout session, resistance training should be completed before cardio training.

Guidelines for frequency of cardio/resistance training are highly individual and beyond the scope of this article. That said, a good rule of thumb for most people trying to lose fat is to build up to 3-4 sessions per week of resistance training and 2-3 sessions per week of cardio. Keep in mind, there can be overlap! As an example, if you can only get to the gym 3 days per week, you can complete $\frac{2}{3}$ of a session of resistance training and the last $\frac{1}{3}$ of the session as cardio. That way you get the benefit of both and still optimize your time by prioritizing resistance training. At the end of the day, any movement is better than no movement. If you hate resistance training and only want to do cardio, you

will still make improvements in body fat. That said, in an ideal world you would resistance train as the main course and add in cardio as the dessert!

4. Monitoring Weight Loss:

Best Methods & How Often You Should Check In

So you've read through some of the technical information in this guide, you've done some soul searching, and you're understandably feeling ambitious. After all, you're you. You've got this in the bag! You're already thinking about what foods to buy, when you're going to exercise, and how you're going to stay on top of your weight this time. In short - you're pumped! And if not, just let me have this one...

Before you start diving into "the work" of it all, I want you to come up with a plan for how you are going to monitor all the progress you are going to make. After all, if you can't measure it, you can't manage it. It's important to know that you are taking steps in the right direction. Luckily, there are a few main ways you can keep track of how you are doing:

Using a Scale to track pounds and/or body fat percentage.

The most common way to track your fat loss progress is by weighing in on a scale. Preferably a scale that also includes a measure of body fat percentage. If you are able to get both numbers (total weight + body fat %) you will have the best overall idea of if you are losing weight, and if so, how much of it is pure fat vs. losing muscle. Like most tools, there is a degree of variability between models and even individual readings. In short, the machines aren't perfect! Consider these readings a rough estimate, not an exact figure.

Progress Photos:

Before you start making a dedicated effort towards your weight loss, you have the option of taking some baseline photos. The "before" photo, if you will. Generally, people take one shot from each major angle - front, back, and side - while in nothing but underwear. If you choose to do this, just remember that photos do not define you as a person. You are only doing this as a means of noticing body changes. It is easy to become obsessed with your body and constantly look at yourself to notice changes. This is unhealthy and we should avoid doing that. If you feel too uncomfortable with this idea or if you feel like you are a high risk for obsessive behavior, this option may not be

for you. On the positive side, if you feel secure enough to not become obsessed then this option provides amazing visual feedback over time of how your body is changing to the naked eye.

Body Part Measurements (inches):

Another way to see what kind of progress you are making is by taking measurements of your major body parts - your waist, hip, arms, and thighs to name the big ones. To do so, have a trusted partner wrap a flexible tape measure snugly around the exact middle (thickest part) of the arms and legs, the widest part of the hip (wrapping around glutes), and the narrowest part of the waist (generally about one inch above the navel). The benefit of this is seeing how individual body parts are responding to your efforts since fat loss is not just from the midsection. One problem with this approach is that if you gain any muscle while losing fat, these numbers will not reflect that change. In other words, you may feel like you aren't making progress when in actuality you are!

Don't Measure - Go By Feel:

If none of these sound appealing to you and are giving you more anxiety than excitement to think about, then you should probably just forego metrics and go by feel. Something we advise clients to do is to notice how their clothes are fitting. If you aren't tracking weight, inches, or by photos, simply feeling like your clothes are fitting better or getting looser is a great qualitative signal that things are moving in the right direction. This process does not have to be based around obsessive numbers tracking. Having data helps, but there's nothing wrong with going old school with it and checking on your weight only very occasionally.

Keep it Consistent

You can pick one of these methods or several. Whatever you are comfortable with! Whichever method you choose to track your progress, it is important that you keep the process as consistent as possible. In order to get the most accurate readings possible, you want as few variables as possible. That means that you use the same scale, at the same time of day, with the same amount of clothing on, with the same amount of food and water in your system (ideally first thing in the morning). That means using the same person to help you measure inches in the same exact body locations every time. That means taking photos at the same angles, in the same posture, in the same lighting, with the same camera.

If you minimize these variables, you know the resulting measurements will be as accurate as they can be and that any changes are real, rather than simply perceived due to user error.

How Often Should You Weigh Yourself or Check-in on Progress?

While there is no right answer to this question, in our opinion most people do best with checking in **every two weeks**. It's enough time between readings for real change to have occurred, but not so long as to undermine accountability. One month, for example, might be demotivating since it feels very far between readings. "Who cares if I slip up today, because it's still another 20 days until the next check in". It's easy to get into that headspace!

On the other side of the spectrum, checking your weight daily or weekly can be highly misleading. There are so many factors that contribute to your day-to-day body weight fluctuations and most of them have nothing to do with your actual level of body fat. For example:

- Sodium level - high levels lead to water retention and weight spikes.
- Hydration level - more water in your body makes you heavier
- Food intake - the actual food moving through the digestive tract has weight!
- Bathroom habits/constipation

If you weigh yourself every day, you may be very discouraged by seeing frequent weight fluctuations caused by the factors listed above. It's not uncommon to see weight differences of 5 lbs or more between days. While it is not possible to gain 5 lbs of actual fat overnight, it's still no fun to see constantly changing numbers on the scale. Not checking every day also sets a better mental health tone to your weight loss journey. After all, you don't really want to check your weight every day for the rest of your life, do you? Then there's no reason you should do so now!

Keep your focus on long-term trends. How is your weight moving month after month? These data points are FAR more meaningful than how your weight moves day to day. Track your progress however you see fit, but just remember to not drive yourself crazy over it! You are not defined by a number on a scale or a picture on your phone. If you have a bad check-in, refine the process and move forward. Keep going. Just keep going!

5. How to Stick With All of This Without Wanting to Die or Get Seriously Injured in a Freak Accident that Allows You To Never Have to Think About Any of This Ever Again.

This is probably the most important section of this guide...congrats on making it this far! At this point, you should understand the nuts and bolts of how to lose fat and get lean. That said, a critical question arises at this point; how exactly do you do this and not hate every single second of it?

After all, you don't want to be one of those fitness obsessed jock-types who's happiness is inversely correlated with how many carbs they consume. BUT, you also don't want to do what you're doing now. You want to make a change. Thus, we find ourselves discussing one of the most beautiful things in life - *balance*.

Balancing your long-term progress and short-term happiness will be an important piece of your weight loss journey for several reasons. First of all, and I can't stress this enough, life is short and you deserve to do things that make you happy. Some of those things are going to be dinners with friends, birthday parties, going to the movies, and summer barbecues. You should not have to entirely sacrifice those things just for the sake of losing weight. Second, it's a sustainability issue. If you sacrifice everything you enjoy about food and become miserable, you are going to quit sooner or later. If you are aiming to be "perfect" at all times, I promise you eventually you will quit. It's far better for your body and your mind to be *consistently good* rather than *sporadically perfect*. So, here are some tips that I want you to keep in mind to help you find balance and sustainability in your journey. Feel free to apply these concepts to your life on an "as needed" basis and definitely revisit this section when you are struggling.

Don't Rely On Willpower. Just Create a Better Environment.

Nobody has willpower when it comes to food. Okay, yes, there are a few freaks out there who say things like "I'm not a big sweets person" but let's not focus on those lunatics! We are biologically designed to crave sweet, fatty, & salty foods because that's what allowed us to survive for thousands of years before modern day food availability. You cannot fight thousands of years of survival instincts and biological impulses only with a can-do attitude and a stubborn streak.

Rather than denying yourself bad foods all the time, my recommendation to you is simple: just don't have them around. You cannot eat what you do not have. You'll find it

far less disturbing to eat strawberries for dessert if that's the only dessert you have in the house. If it's a choice between strawberries and a chocolate bar, the strawberries are going to feel pretty lame. So do yourself a favor and execute some "upstream" thinking when you are at the grocery store. Don't buy the bad things.

It sounds so stupid simple, but I promise you this is a big deal. If you control your environment, you control your impulses. Don't rely on choosing good over bad. Just don't have bad stuff around.

The 90/10 Rule & Caloric Budgeting:

One of the biggest concerns people have around losing weight is this idea that they have to "give up" all of the things they like to eat and drink cold turkey, never to be seen again. You'll be delighted to hear this couldn't be further from the truth. You do NOT have to give up the things you love to eat - you just need to learn how to make it fit into your life without hurting your weight loss journey.

The 90/10 rule is a good place to start. It's simple - 90% of the time you should be eating high quality, nutrient dense, healthy foods. The other 10% of the time, you have a little wiggle room for fun. So, if you eat very well throughout the day, you can still have that one scoop of ice cream at night provided you have the caloric budget left to spend on that ice cream.

You should by now have an understanding of how many calories you need to eat per day to lose weight. "Caloric budgeting" is basically the idea that you can plan for, or "budget for" certain foods in your day that you really want to eat. Let's say later today there's a birthday party and you definitely want to have a slice of cake. You can estimate how many calories that cake is going to cost you, subtract that number from your daily caloric limit, and then keep your calories under the new number for the day up until the cake. That way, when the time comes, eating that cake will not bring your total calories over your daily limit. In essence, you are setting aside calories for later.

The Weekend Warrior Rule:

Caloric budgeting also applies on a macro scale, not just a day-to-day scale. Let's say you have a big weekend planned - parties, going out with friends, holiday plans, etc. In short, you're going hard this weekend and you know it! There's no way you are going to be within your calorie limit.

Just take the caloric budgeting concept and expand it for the whole week. Monday-Friday reduce your caloric intake below what you normally would each day. Then when you go hard over the weekend you will have mitigated the damage big time. Just be sure that in preparation for the weekend, you do not go below 1,200 calories per day, which is considered the lowest amount most people can safely consume without health consequences.

The Lifespan Test:

When you are planning out your diet, don't employ any strategies you aren't prepared to do for the rest of your life. There are so many nutrition fads out there, all promising to deliver the best results. Carnivore, Paleo, Keto, Atkins, Jenny Craig, Nutritsystem, blah blah blah. They are all vastly different and yet all the same - they are just flashes in the pan and largely unsustainable.

If you don't feel like a way of eating is something that is going to bring you happiness for the rest of your days, or at least be doable, then you should question why you would even start in the first place. Stick with a style of eating that you can comfortably maintain forever.

Don't Starve Yourself:

Losing weight comes with the reality of hunger. Since you will be consuming less than you expend, your body responds with hunger signals to prompt you to eat more. This is a normal and healthy response. Keep in mind though, while some hunger is to be expected, you shouldn't be starving all the time. There is a big difference between feeling hungry hours after eating and feeling hungry constantly, even right after you last ate.

The two biggest factors to help offset the discomfort of hunger are without a doubt your protein intake and your hydration level. Protein will help keep you feeling full longer since it takes longer to digest, and being well hydrated will ensure that you are not mistaking thirst for hunger (which happens a LOT). You should be drinking at least 64 oz of water per day. An easy way to get that number and also mitigate snacking is by doing the water test. If you feel like you want an unhealthy snack and you are about to cave, drink 4-8 oz of water and see if you still want the crappy food. A lot of the time just drinking something will make you realize that you didn't really want the snack anyway.

Carbonated water drinks, like flavored seltzer waters or sparkling waters, are an excellent way to get fluid while also enjoying something zero calorie and tasty. Also, can

you email me to explain the difference between sparkling water and seltzer water? Does anybody really know?

Lastly, a small tip that can really help eliminate mouth cravings is to keep up on your oral hygiene. After each time you eat, brush your teeth or use mouthwash. It sounds silly, but getting rid of lingering flavors in your mouth will take your mind off of food and minimize “mouth cravings” - where you aren’t really hungry but your mouth just wants to taste something. Chewing gum also works really well for this and it can also satisfy your urge to chew on something.

Be Like Elsa...”Let it Go”:

Look, this can be a stressful process. You already have so much going on in your life and at times this is going to feel overwhelming. If you feel like you are on the edge of obsession, or like you just can’t do it anymore, take a step back. *Let it go*. Take a few days to stop tracking your nutrition, working out, whatever is bothering you. We all need a hard reset sometimes and it’s 100% okay to take one.

Just make sure that when you are taking your hard rest, you don’t fly too far off the handle. It’s all too common for people to take a step back, indulge in a chocolate bar, and the next thing they know they are waking up from a blackout in Hershey, PA in a cheap motel room filled to the brim with candy bar wrappers and soda bottles. Take some time for your mental health, but don’t overcompensate and don’t take more than one week to do so. Get back on the ball...soon!

If you keep the tips above in mind, you’ll make lots of progress without resenting the whole process. It’s not easy to find the right balance and there will inevitably be times when you are teetering too far into obsession or laxity. As long as you constantly remember to steer yourself back toward the sweet spot in the middle, you are going to do just fine! Also keep in mind that this whole weight loss thing is just one piece of who you are. You are awesome, and you’ve got a lot more going on than just losing weight. Even if you never lost another pound in your life (which is not the case), you still have a good life that is worth living. NEVER ever lose sight of that. Ever!

An Important Final Reminder

I want to end this guide with a simple reminder: ***you cannot mess this up beyond repair, as long as you keep going.*** Losing weight is a challenging process, both physically and mentally. But the only way you can truly fail at it is to quit entirely.

You are bound to make mistakes and lots of them. *It's normal - keep going!*

There will be days where you really hate this process. Hopefully not many, but some. *It's normal - keep going!*

Even after reading this guide, you are going to question if you are doing things right. *It's normal - keep going!*

If you apply the technical aspects of what you have learned here, add the tips for making it sustainable, and simply keep going no matter what - you will succeed. Sooner or later, you will accomplish your weight loss goal. Just stay focused, consult this guide when you are feeling lost and keep going.

Keep going.

And remember, just by reading this I am on your team and I've got your back. Email me anytime with how things are going, questions, or concerns. I'm always happy to help you-whether you are a personal training client or not.

Best of luck.....Just. Keep. Going!

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