6 Easy Changes+ Consistency= Big Results

1. Know Your Daily Calorie Intake _____

Calculate how many calories you should eat for age and gender https://www.freedieting.com/calorie-calculator . Try the zig-zag option to keep your body guessing.

Example: A 5'6", 48 year old man needs on average 1780 calories at 174 lbs. Yours may be quite different.

HINT: Consider using a tracking app like MyFitnessPal to track your food intake and help you avoid guessing.

2. Understand Portion Sizes

Make an effort to cut your meals in half to decrease calories per meals (especially going out for food). Americans have it wrong- bigger is not always better. Don't be fooled.

HINT: Eating out? Have your server box half your meal before bringing it to the table to help you limit how much you eat. Eating at home? Cook less, or put away your meal as you serve it to prevent 2nd helpings.

3. Control your Eating Window

Limit how many hours per day you are consuming calories. The easiest way- Don't eat anything after dinner. Bad eating decisions (chips, chocolate) often happen later in the day.

4. Hydration

Your body is up to 75% water. Drink 2 glasses water immediately upon waking up. Drink another glass shortly before bed. Of course we expect you to drink throughout the day too. This just increases consumption.

5. BURN FAT Faster

Try fasted morning cardio once or twice a week. Especially if you notice the scale went up!

6. Consistent Scale Reading

Weighing yourself every day is a personal choice. But at least weigh yourself once a week consistently. We suggest Friday 1st thing in morning . Record this weight under Fitness Milestones. Weigh again on Mondays to see how you did over the weekend. If your scale went up, increase your water intake-and try to have dinner a little earlier fir the next few days.

Please consult your physician before following this or any other dietary advice.