FREE WEIGHT LOSS GUIDE

Spoga Fitness Center

"One of our greatest assets is time; don't spend it complaining about where you want to be. Take action to get there." - Julie Day

The Weight Loss Equation

Losing weight is simple, we just have to do the basic math.

3500 calories = 1 lb. of fat

If you want to lose one pound, no matter how old you are, you have to be at a caloric deficit of 3500 calories. Whether you are 8 years old or 80 years old, you must be at a caloric deficit to lose weight--period!

If you are wanting to lose a pound of fat per week, and you normally take in an average of 2000 calorie per day, simply cutting out one large soft drink (approximately 250 calories) and going for a thirty minute walk (burning approximately 250 calories) ***you have eliminated 500 calories in one day!*** By doing this, your caloric intake went from 2000 calories to 1500 calories.

Watch this math:

That simple exchange equals a 3500-calorie deficit over one week.

Remember: 3500 calories = one pound of fat. In approximately one week, you have lost one pound. If we multiply those figures, in one year you can lose over 20 pounds, if not more, that easily. Beware, the opposite of this can happen just as easily. If you take **in** 3500 calories more than you burn per week, you will gain a pound of fat. It is that simple.

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The Weight Loss Equation

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It is up to you how quickly you gain or lose weight.

Keeping in mind that calories do matter, you want a majority of your calories to come from super foods--real, whole foods that provide your body with the nutrients it needs to function at peak performance. Plan on plenty of complex carbohydrates and good lean proteins. You will then be taking in fewer calories, but more nutrients. The bottom line to losing weight is finding *your* way to be at a caloric deficit.

This program, Amazing Power of Food, offers the guidelines to make that caloric deficit a healthy one. We have sample meal plans, grocery lists and recipes to share with you!

- Clean 15 Detox Meal Plan
- Lean 15 Detox Meal Plan
- Amazing Power of Food book with 30 Day Meal Plan & recipes

All available on Amazon.

Living your life in good health does not happen by accident. You must plan and prepare to be healthy. Ask anyone who is in good health. They all practice healthy habits, and quite frankly, they love to share their secrets.

"I enjoy asking elderly people who are in good health what their secrets are and it always comes down to three things."

- They stay physically active (keep moving)
- Eat well a majority of the time (usually eating smaller portions)
- Remain somewhat social

These three things create an environment for physical success.

Let's review weight loss FAQ's

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Weight Loss FAQ's

1. How much water should I drink in a day?

Answer: For general health maintenance, you should consume ½ of your body weight in ounces of water. So if you weigh 150lbs, you should consume 75 ounces of water daily. Being hydrated or dehydrated greatly affects the way you feel every day. If you exercise, then add an additional 20-24 ounces on that day.

2. How can I possibly drink that much water?

Answer: Here is a tip; be a destination drinker. For instance, when you know you will be driving somewhere, be that an appointment or grocery shopping, bring a bottle of water with you and finish the bottle before you get to your destination. Just make sure you are prepared and have the water with you.

3. How bad is caffeine? Can I drink my morning coffee and still lose weight?

Answer: The pros and cons of coffee drinking are vast and confusing, so let's highlight a few facts. First, caffeine will give you a boost of energy, it will slightly raise your metabolism, and it can help your performance athletically. However, too much caffeine will raise your blood pressure, suck calcium out of your bones, and leave you dehydrated. So should you drink coffee? Yes, drink it in moderation. For many, drinking a cup of coffee is an essential, not to mention delicious, morning ritual. But think moderation—one or two cups daily will answer your wake up call. Maybe you prefer coffee at lunch? Find the time of the day you need it most, enjoy it, and move on. However, if you have cholesterol or blood pressure issues, staying away from caffeine is a smart and healthy choice for you. Decaffeinated green or herbal teas are a better choice.

4. Are diet drinks really bad for you?

Answer: Unequivocally, YES!!!! Danger, Danger, Danger! Diet drinks consist of phosphoric acid, artificial coloring, and artificial chemical sweeteners dressed up in a refreshing-looking can or bottle. Anyone who has given up diet sodas and regular sodas will testify to feeling 100% better immediately. Artificial sweeteners have been proven to be very dangerous for your overall health. Recent studies show that they can actually increase your appetite.

Weight Loss FAQ's

5. I've heard that it is good to drink red wine to lower your cholesterol and get antioxidants. Is this true?

Answer: Drinking red wine because of its antioxidants has been termed "the French paradox." You actually get just as many antioxidants drinking grape juice or eating grapes, but without the metabolic-slowing alcohol. Alcohol is alcohol whether it is found in beer, wine, or liquor. If you look at alcohol from a calorie perspective,

1 gram of alcohol has 7 calories:

Look at the difference: **One gram of a carbohydrate has 4 calories**, one gram of protein has 4 calories, and one gram of fat has 9 calories. So you can see how calorically-dense alcohol is--almost double the calories of a carbohydrate or protein. So those of you who enjoy a glass of wine or two everyday with dinner, please take note. How much wine are you actually drinking? Four ounces? Probably not. Wine glasses these days hold no less than a whopping 8-12 ounces which can pack a big caloric punch to any meal.

Are you ready to begin?

If you are ready to change your life, feel better, and become more powerful in everything you do, then your journey starts now. It is time we get back to the basics of good nutrition and not complicate the process of being healthier.

We are here to help and encourage you along the way!

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