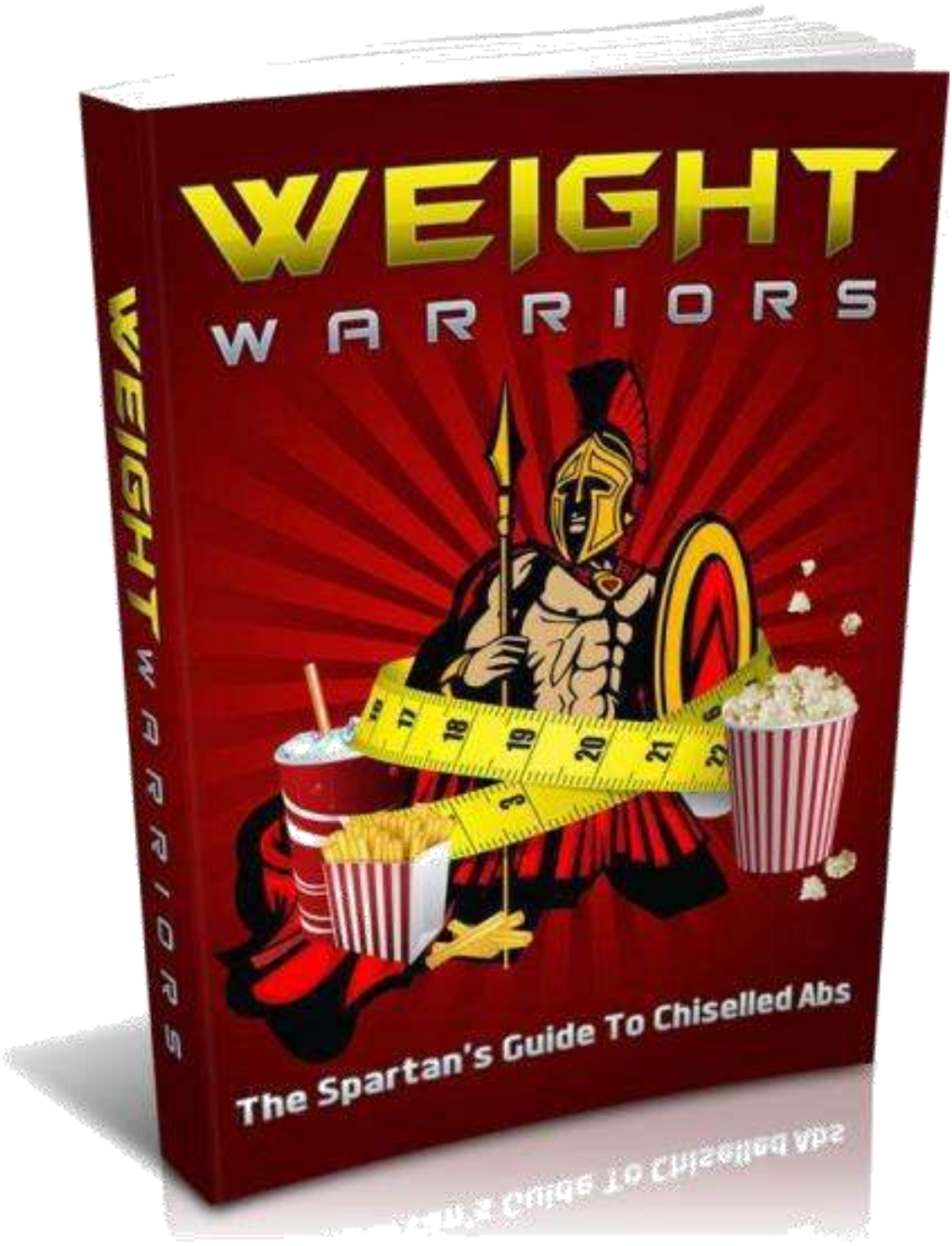

WEIGHT
WARRIORS
The Spartan's Guide To Chiselled Abs

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Foreword

Let's face it pal. Those turtlenecks is doing anything but get rid of that double chin taking residence. On a second note, you ever feel …. Sluggish? Out of shape? Like your clothes seem to be outgrowing you a little faster than they should? Get all the info you need here.



Weight Warriors

The Spartan's Guide To Chiseled Abs

Simple and effective, fast way of burning fat:

https://bit.ly/3pMKV6N

Chapter 1:

Introduction

Synopsis

Are you the guy who's perpetually perched on the couch sitting in front of the Television set eating a bowl of crisps and a bottle of beer perfectly balanced on your stomach, dreaming of that tasty, greasy Big Mac and hating yourself for it?

Are you tired of being on the heavy side? Do you want to get on the right track and for these questions to stop? Well buddy you've got it!

With this copy of Weight Warriors : The Spartan's Guide to Chiseled Abs, we'll have you out of that couch and into those running shoes in no time! Because now is the time to decide to live a healthy life-style.

The Basics

But before all else, please do keep in mind that healthy isn't being skinny. Healthy is the state of a well-fit mind, body and spirit. Not your preference on the demon scale, or how good you look in that new body hugging blouse.

It's about making the right choices that will absolutely bring amazing results throughout your lifetime. It's about giving your body the exercise and flow of positive energy it needs. It's about reinvention. Molding you into a better, happy and healthy person. The saying health is wealth was right all along.

Health is well being. Happiness that doesn't have to cost you a dime.

If you've been heavy for almost all of your life or if you have a parent who is heavy, your obesity may be highly influenced by genetic science.

But this isn't a death sentence, because I assure you exercise and a whole lot of dedication will go a long way. We can defeat the fat gene and those fat cells right here, right now.

Embracing the beautiful concept of being physically fit will come with a whole lot of great benefits, such as the amazing feeling you'll get when you wake up one morning and feel totally refreshed,

better than you were before. It's like waking up on the right side of the bed every day. And once you see those pounds being knocked off on that scale, it's like Christmas came early. Now you'll finally able to get into those favorite jeans of yours that you outgrew last year or that extra mile you thought you could never make. And it gets better.

A healthy life style isn't something you can put down or pick up whenever you feel like it. It takes dedication and perseverance. In a matter of weeks, even days, you will be able to be successful and pleased with easy choices that reward you in the long run.

The toning process is extremely wonderful, giving you that extra kick and confidence everyone should have. Remember, a fit life-style is a set of selections you make day-to-day.

There is no magical formula, only dedication to making favorable selections a righteous your life. Never consider your health as something demanding or high-maintenance.

Rather, think of your health as a great investment, and not a scary project. Remember, this is you we're talking about. And don't you deserve the best life has to offer? Have self-assurance and patience and you'll be a winner by the end of this race.

List down your goals. Arrange goals for your self at steady intervals like a few weeks, to a couple of months and so forth. Be fearless. We're doing this together, step by step.

If you wish to run 5 miles within 6 months, then write it down. Don't be afraid of big dreams and high hopes. The only thing standing in the way is You. Do not expect yourself to be able to run 5 miles on the first run. You're starting off and your body isn't accustomed to the vigorous activity at hand, so don't worry.

Be easy on yourself and take it one step at a time. You won't ever get to accomplish anything if you keep telling yourself time and time again that you aren't up for it. Stop hiding from those running shoes.

Procrastination is the enemy.

Let's begin with a dietary and physical activity journal and jot down everything you consume, as well as how much physical activity you get throughout the whole day. Keeping track will help you see how much work you've done and do estimated weight changes and such.

Remember that everything adds up, from that additional café latte to taking the stairs at work. Utilize this handy journal to distinguish your sorry habits and areas for betterment.

With all the latest fitness breakthroughs and out-of-this-world diets and crazy myths, it's important to stick to the real deal. Start off with the easy bits like learning how to read nutrition labels, calculating your daily calories intake and limiting fatty food. This will help you arrive at great food selections.

Get out there and learn about chances for exercise groups and activities in your area. Walking, swimming and Yoga are awesome ways to get fit and start off your physical endeavor.

Get rid of old enticements. You are what you eat. It’s time to say goodbye to the toxic food habits we don’t need. The end of this relationship however has a happy ending. The procedure of living a healthy lifetime will involve breaking habits. Rather than overhauling everything you do, begin with manageable steps and get a few early wins.

Take it easy on yourself. You'll slip some of the times. You’re going to crack and think about screwing this whole thing over and making a run for the closest greasy food joint in town and gorging yourself in glutton.

That’s okay. Rewards are all good, and little treats from time to time are alright. Forgive yourself and indulge only when you think you’ve earned it.

Like a palm sized amount of Kisses that will truly satisfy you after that long run after work. But if you're constantly cheating, then you have to assess what is going on and discover ways to get back on track.

Remember that the whole story isn't on the scale. The number on the scale does not decide what kind of person you are or how pretty or ugly or nice you are either.

The scale is there to help you see the changes you need to make, and the changes you've accomplished. Weight loss might be on the top of your list, but other elements such as healthier food being consumed daily and a happier, fit you are equally just as important.



Chapter 2:

Eating Your Way To Abs

Synopsis

When it comes to getting those flashy, A-list Abs, is your first choice to jump into that celebrity diet everyone's been raving about? Where all they take is some exotic jungle juice?

Often times a quick five to ten pounds will come off, but then pretty soon your old eating habits come right back because of the drastic changes in your eating habits.

If you're really dead set on knocking off those pounds via a diet, then you must make sure to be very devoted to it. Stick to something that you'll be comfortable with. A Diet is a life-style, not a one-time shindig.

The Food

When you're on a diet, you won't be able to eat a lot of the things that you used to. It's a sacrifice you have to be willing to make, but by the end of the day it's all worth it. But don't worry because the wonderful world of substitutes and alternatives are here to help.

In diets you might consume food you might not like a great deal and don't find comforting or easy to stomach. But that's why you need to have a diet that caters to your dietary needs.

You're going to need to be happy and comfortable with it so that you won't go quitting after a few days. Plus you'll be working out an appetite because of all the strenuous activity, so you've got to love the food.

The very word Diet already calls for a horror movie worthy scream. That's because we have this idea of diets equating to bland food and starvation, which is definitely not the case. A diet is basically just a healthier packed plate with better portions.

Therefore it's time to stop sitting in a party settling for celery sticks while all the other guests are having the time of their lives stuffing their faces with those crab puffs.

It's time to stop hiding from the social scene as food is such a big part of how we interact. When there's food presented that you'd love to eat

but can’t, simply because of the fear of having to sweat it out somehow while the others don’t have to worry about a thing, we feel stripped, alienated, alone and insecure. It’s time to stop feeling so because now, we’re trying to become better. A whole new healthier and happier person.

Studies have discovered dangers in the yo-yo diet cycle of slimming down. Gaining it back plus a bit more, losing, and gaining again. It's stressful on the body to have wide sways in body weight. We think each time that we might not gain it back, but the statistics show that most of us will. And the idea as a whole is crazy and unsafe.

At the start the diet gives you a feel of control. You're taking control of your eating patterns. You might witness success as the scale drops. But soon you're fighting cravings for disallowed foods, as well as hunger twinges and a lack of energy from the lower calorie level. Finally you rise up against the diet and begin "cheating." And before long you’re back to your midnight snacks and old tricks.

A relapse is something we’d all like to avoid.

Your body responds to fewer calories by decelerating your metabolism. Burning fewer calories daily is crucial in maintaining your body functions.

A slow, steady system is best to stick to. Don’t rush things as your body reacts to even the slightest changes. Taking care of our bodies is

of utmost importance. If you don't impart exercise along with the diet, you'll lose lean muscle mass as well as fat and water weight. When you lose muscle, your metabolic process is slowed even further and you'd have to eat even fewer calories per day to continue to slim down.

It takes a conscious effort to take a step-up with exercise when on a diet. If you don't exercise then you'll fall off of the diet, and dreadfully, the weight will come back on even quicker, as your body is burning fewer calories per day. Even worse, the weight will return as fat instead of the muscle you lost. Your body will look even less lean and healthy as it did before.

That is why every diet needs to have a harmonious relationship with exercise.

Your opening move to improve your health and appearance is to start daily exercise. The exercise doesn't have to be intense. Pick things you would like to do such as walking, biking, or swimming. Gets your body going most days of the week, leaving a day for resting up from all the toning processes your body is going through.

Find a 100-calorie change you are able to make for this week. Perhaps it's drinking one less can of cola daily, or having fat-free milk in your coffee instead of cream.

Grab a baked potato instead of that unhealthy bag of chips, or a small plate of apple and cheese instead of that butter cream cupcake. Make a 100-calorie change weekly for the next 6 weeks and you'll have made a significant alteration in your eating habits.

Don't think in terms of being deprived of the food you love, because instead you are eliminating calories you could do so much better without. By making these alterations, you are able to tip your energy balance to building and upholding lean muscle while burning and dropping off fat. Now isn't that just music to your ears?

This will be gradual instead of dramatic. You will eventually notice clothes fitting looser, your waistline shrinking, and your energy level greater. Time to go shopping for that new suite you've been dying to get into!

Friends who haven't seen you in awhile will be struck by the difference. Best of all, you didn't suffer through a grueling diet, but you fed your body right with better food options and great exercise. Way to go champ!

Chapter 3:

The Why Is More Important Than The How

Synopsis

Now it's time for you to dream up fun activities instead of that super cheesy party-sized pizza. It's a little tricky, so we can start of with an easier request.

When you're thinking about what to have for breakfast, lunch or dinner, it's always good to attach some sort of physical activity that goes along with it.

For example, after dinner you can take a nice walk around the park. Drilling the idea of exercise after meals is vital for creating the perfect mindset to shed those pounds.



Have A Look

Change Thinking Patterns

Physical activity works best when it's a steady part of your life, and exercise at home may be much more convenient than going out of your comfort zone and attempting to find time to get to the gymnasium.

Also, physical exercise is commonly more gratifying if it takes place in a comfortable environment, and what's better than doing all the strenuous activities all in the safety and comfort of your home? Exactly.

When you start off with easy exercising patterns, you will be able to stick with it more readily and move on to more formal physical exertion more quickly.

Many of us are hooked on our automobiles, but if we simply make a little change and ditch our rides and opt to walk there ourselves, we may turn daily errands into a great work out. Instead of driving to the corner food market, why not walk or ride a bicycle?

Try exchanging your regular drive through around town with casual runs and brisk walks instead. Doing so will not only help save a lot of cash for gas but you'll also be helping Mother Nature instead of contributing to pollution. Fantastic, I know.

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