

**Step by Step
Weight Loss Plan
With 150+
Weight Loss Tips!**
By: Julio Diaz



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Thanks.

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Introduction

Hello Weight Loss Seeker,

I believe I share what you're going through when it comes to being overweight.

I was a heavy kid for much of my life. I loved to eat and was given whatever I wanted. I never thought much of it until I went to middle school.

In middle school, I really wanted to lose weight, so I restricted what I ate and started running every day. Luckily, I was young and weight loss was easy with the help of a growth spurt...

This was back in the late 90s and for a long while I kept the weight off until I went to college in 2003.

I entered college weighing about 155 pounds and by the time I got out I was about 200 pounds!

In 4 short years I gained 45 pounds... I didn't exercise, ate all I could, and never realized how big I had gotten.

Yes, I had a belly... Was wearing XXL shirts and 38 inch pants but it never hit me that I was big. At the time I had a girlfriend and things were going great.

By 2009, however, things turned around....

- I now weighed around 210 pounds, the biggest I've ever been.
- My intimate life with my girlfriend went down to nothing.
- My self esteem started to decrease and depression loomed around the corner.
- I started wearing the same few pants and shirts because that's all that fit.
- On two separate occasions my Doctor told me to lose weight.

In short, I was not the fit guy I was in high school.

The greatest and worst thing to happen to me was when my girlfriend and I separated. That hit me hard because up until that point, my life centered around her. When we separated, I was left looking at myself and acknowledging what I had become... a unhealthy 210 pound blob...

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I didn't know who I was... And it was hard for me to accept how much weight I had gained.

- I refused to go clothes shopping because I didn't want to buy bigger clothes.
- I hated how my thighs rubbed against each other.
- I hated looking at old pictures of myself.
- I refused to take pictures.
- I began feeling judged for how I let myself go.

I can't remember what inspired me to finally try working out... maybe it was my big belly, my barely fitting size 38 pants, or just getting tired of feeling sorry for myself....

Whatever it was, I decided to try running again... That's what I did in the past and it was fun for me at one time in my life. Plus, it was something I could do for free and away from judging eyes...

The first time I ran, I lasted for about 5 minutes before I had to stop... My inner thighs rubbed against each other a lot and I was simply out of breath and energy.

I still don't know why I kept running... May-be because it was either that or do nothing but feel sorry for myself at home.

By the end of 2009, I was running longer and was even doing some set ups and pushups... On some runs I was able to get up to 6 miles!!! Crazy!!!

However, I ran into a problem, I was still a gooey guy like the Pillsbury Doughboy and I hit a weight loss plateau.

To solve the squishiness issue I went online, in 2010, to find a solution and found the [Beachbody Insanity workout](#).

It was no easy workout but I learned to push myself further than before, got to learn about eating right and even kept a food journal.

By the end of Insanity I weighed about 165 pounds. Closer to my high school weight but still needed more definition... So I went for the [Beachbody P90X workout](#). By this time I included [Shakeology](#) as a supplement because I didn't eat enough vegetables in my diet.



Because of the great results I achieve with the Beachbody products I became a Independent Team Beachbody Coach for the discount and to help others who are going through weight loss struggles of their own.

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In this EBook, I provide 5 tips about reaching your own fitness goals. Everyone knows about exercise and nutrition but that's not all you need for success.

Feel free to contact me with any questions.

God Bless,

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Setting Clear AND Specific Goals

Would you ever jump into your car with a destination in mind but have no idea how to get there?

Sure, you can start your car and wonder around the streets until you find your destination but with no clear directions, you're not very likely to find it.



By having a clear way to get to your destination (goal), you'll have a map to tell you if you're off track and how to get back on track.

Sometimes detours will happen, it's ok, it's part of life.

- You may revise the steps (route) to getting to your goal.
- You may decide on a different final goal.
- You may rewrite some parts of your route to be more personal to you.

But with a clear map of how to get to your destination, you'll be able to achieve your goals.

The best presentation of setting Clear And Specific Goals came from Zig Ziglar who walks you through 7 Steps to Setting Goals.

I highly recommend you make time to complete each of these steps...

Write down each of these steps... By setting them down permanently onto a sheet of paper, it keeps you from giving up on what matters to you in life.

Setting a goal and doing it right can take time. Zig Ziglar suggests putting over twenty hours into the really complex ones. So, set aside enough time to do this right and you will be rewarded.

If you read and do nothing else in this eBook, make *Setting Clear AND Specific Goals* the thing to do.

Step 1: State the Goal

Your goal is not only to lose weight. You need to make it very specific.

And don't say something you're not sure about... Not "I kind of want to lose weight." A goal has to be black or white, not in between.

Clearly state your goal as if it's already completed. If you want to lose 30 pounds, write:

- *I have lost 30 pounds.*

Try writing down your goals in this way once and see how it makes you feel. Getting things out of your head and onto paper can be a great first start.

Step 2: Set a Deadline

A lack of a deadline can make you put off your goal.

Add a deadline to your goal to enhance the clarity even further. This can be a particular date, a month, a year, or even a lifetime goal. For example:

- *I have lost 30 pounds by July 1st, 2016.*

Even if you aren't able to achieve it by the date, you can change the date later, but there's something about listing the hopeful completion time that will kick your subconscious into high gear.

Step 3: Identify the Obstacles

By pointing out the things that are in the way of a goal, we can figure out ways to overcome them.

It's not about the path of least resistance; this is where the work comes into play.

We have goals because they are worthwhile, not because they're easy.

Jim Rohn has a great explanation about going through obstacles in life:

Say you're in an empty football stadium. You have a ball and you tuck it under your arm and cross the goal line. Should you feel good about yourself? Did you just score a touchdown?

No, of course not. There was no resistance, no other team, no fans for either side cheering or booing you. All you did was walk with a ball on a field. Now, add in the game and the packed stadium of fans.

If you cross the goal line with the ball, you have scored a touchdown and you will be cheered and congratulated by your team and fans. This is because you've actually accomplished something. You achieved a goal despite the obstacles against you. You did something that was worth it.

If you really want to achieve a goal, you're going to have obstacles against you.

There's no miracle weight loss pill here. If there was a magic weight loss pill, over 60% of Americans wouldn't be overweight.

Life in general is tough... But at the end, reaching a goal is very much worth the effort you put in.



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What are some obstacles with losing weight?

- *I can't exercise for more than a few minutes.*
- *I work 60 hours a week and I'm too tired by the time I get home.*
- *There's no gym close to my house.*
- *I feel embarrassed working out in public.*
- *I don't like running.*
- *I don't know what to eat.*
- *I eat out a lot with friends and don't want them to know I'm trying to lose weight.*
- *I'm not sure what kind of exercise I should do.*

You don't have to figure out how to beat these yet, that comes later.

Remember, thoughts in your head are a lot tougher to beat than words on a sheet of paper. Listing your obstacles is a great first step to overcoming them!

Step 4: Identify the People, Groups, and Organizations that Can Assist

The average person is afraid to ask for help. However, when we are trying to achieve goals, it's a bad time to try to be independent.

Some of the greatest minds in human history had wonderful mentors or assistants to help them get to where they are. A good number of them also belonged to organizations that honed their skills and aided in their achievement of their important life goals.

While friends and family can support you, you'll get better support from someone who is on a similar weight loss journey as you or from people who have been there and achieved results.

Additionally, to reach your weight loss goal, you may need to learn a few things you didn't know before.

A Google search can often be of great help. The important thing here is to search.

Make a list of the people, groups and organizations that can help you in your quest. If you can't identify more than just a couple, do some research.

You're worth the amount of time you put into planning out your goal.

And this doesn't mean you'll use everything you listed but at least now you'll know where to go for help.

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Here's an example of some organizations that can help you:

- [Team Beachbody](#)
- [Spark People](#)
- [My Fitness Pal](#)

As a Team Beachbody Coach, you can also reach out to me to help you set up your weight loss goals ;)

Step 5: List the Benefits of Achieving Your Goal

This is the fun part, where you'll let the imagination run wild.

List the benefits to setting and achieving your goal. This is your WHY...

Let's go over some of the **benefits of losing weight**:

- *More options in the type of clothes I can wear.*
- *Being able to wear fashionable clothing.*
- *Thighs no longer rubbing together.*
- *No longer hiding from the camera.*
- *Not having a sagging body.*
- *Being able to sit in restaurants comfortably.*
- *Not getting out of breath after walking up stairs.*
- *Not hiding myself with baggy clothing.*
- *Improved intimacy life with my husband.*
- *Being able to keep up with my kids.*
- *Not worrying about what other people think of me.*
- *No longer hiding from a mirror.*
- *Having more energy to do the things I want to do.*
- *Not feeling self conscious.*
- *No longer feeling like an embarrassment to my family and friends.*



Whatever your goal is, go to town on writing down what you'll enjoy when you reach your goal.

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Step 6: List the Skills You Need to Acquire to Attain the Goal

Taking on your goal and succeeding depends on what you do to make it easier and more achievable.

Here are some things you may need to learn to lose weight:

- *What foods to buy at the store.*
- *Healthy recipes you can cook at home.*
- *Best places to exercise locally.*
- *Best fitness workout for you.*
- *Difference between cardio & resistance workouts.*
- *Type of workout best suited for your goals.*
- *Type of supplements that will help you achieve your goal.*
- *Time management skills.*

Learn all you can about making your goal into reality.

Step 7: Develop a Plan

Steps 1 & 2 - You know your goal and when you want to achieve it.

Step 3 - You know what's in your way.

Step 4 - You know who you can ask for help.

Step 5 - You know how your goal will benefit you. You determined your WHY.

Step 6 - You know what skills you must acquire to help you along the way.



Now we need to learn “HOW” you will achieve your goal.

- Set times of when you're going to do your research and talk to people so that you can implement your plan to reach your goal.
- Break up your goal into little goals. For example, if your goal is to lose 30 pounds. Figure out how many pounds you should be losing every week until the date you specified you would achieve it (Step 2).

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- Decide, from your research, the best way to achieve your goal. For example, some people may only focus on changing what they eat first. Others may do a home work-out or join a gym in addition to changing how they eat.
- How much time AND when will you work on your goal. If you're going to be exercising, set a time of when you'll be working out every day... And when you set a time, KEEP IT!
- With weight loss, you'll want to start planning what you'll be eating at least a day in advance. This way you don't start reaching for junk food when you get hungry.

Make your plan now because the sooner you act, the more likely you'll get started on your goal.

Final Thoughts on Goals

All great motivational speakers like Anthony Robbins, Zig Ziglar, Jim Rohn, and many others always say to **determine your WHY first and the HOW will come naturally.**

Your mind will start searching your surroundings to help you achieve the results you want.

Really dig into Step 5 because those benefits are going to keep you going when things get tough. Even post those benefits on a mirror or wall; somewhere that you'll see them every day as a reminder.

Keep reading this EBook, it'll provide you with information you need to complete your goals ;)

Nutrition

Honestly, part of me feels like talking about nutrition would be like preaching to the choir...

But I want to share few things I learned...

When I gained the 45 or so pounds in college I knew how I gained it... For lunch and dinner I ate at a dining hall that served food buffet style.

In four years of eating all I wanted to eat...

- Did I ever eat any vegetables?... Nope.
- Did I eat any fruit?... Nope.
- Did I look for healthy options?... Nope.



So how did I gain so much weight in college? Simple really...

- Going back for seconds, thirds, and sometimes four plates in one meal.
- Making sure I got some kind of dessert after every meal.
- And of course, not exercising *at all*.

During Step 3 of Setting Clear AND Specific Goals, you're going to identify your obstacles. One of your obstacles will be nutrition... more specifically, what you place in your mouth on a regular basis.

For four years plus, I never watched what I ate. If it looked good, I ate it... Changing to eating less and eating healthy foods was an obstacle for me.

A personal example from my struggle...

I used to love those cheeseburgers from McDonalds. When I got a cheeseburger craving I would drive to a McDonalds, order about 3-4 cheeseburgers and of course a side of fries. I slowly eliminated this behavior by telling myself what a pain it is to drive all the way to a McDonalds for something I don't need.

I also had a major sweet tooth... I would buy all kinds of sweets just to have around the house. That's something I had to learn over time to stop. Took a while but it's very unlikely for me to buy sweets for myself now.

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Most importantly, if you're living with other people, you're going to have to include them into your new eating habits. You're going to have to talk to your husband, wife, kids, and whoever else so that they can not only support you but so that they can be included in living healthier lives. This is Step 4 of Setting Clear AND Specific Goals.

Notes on Diet & Fitness Programs

What is the perfect diet to be on?... In an article titled: "[Fitness Experts Expose Diets That Work](#)", Registered Dietitians, experts with a Masters of Science in Nutrition, Certified Personal Trainers, and several other experts in the weight loss field answered which is the perfect diet for weight loss... Guess what the answer was...

None... The vast majority of these weight loss experts stated that there is no magical weight loss diet that guarantees amazing weight loss results. In fact, many main stream diets may help with initial weight loss but will then lead to weight regain once you stop following the diet...

The best weight loss diet is therefore a lifestyle change... Pick a "diet" or style of eating that YOU can live with and do long after you stop trying to lose weight.

Therefore, pick a [weight loss system](#) or style of eating that will teach you to eat healthier so that you can continue to know what works best for your body long after you lost the weight that you want!

Note on Supplements:

We need to remember that supplements are just that. They're there to fill in the nutritional gaps that happen when we don't get enough vitamins, minerals, and other key nutrients our bodies need.

Something I would be careful with are pill supplements because some multivitamin supplements have been found not to dissolve in the stomach and therefore give you zero benefits.

Also be careful with the type of protein shakes, meal replacement shakes, or other health shakes you place in your body.

Some shakes on the market are filled with chemicals that will cause more harm than good. Be very careful with anything that claims to be "Natural". The Food and Drug



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Administration (FDA or USFDA) loosely define what can be labeled as “Natural” and many companies take advantage of this.

A drink I got into is Shakeology because I personally don't like eating vegetables. While I still eat vegetables whenever possible (i.e. cooked in the food I eat), I like knowing that I have a health shake that gives me the same benefits as eating raw vegetables.

[Shakeology](#) has replaced my multivitamin supplement and has improved my overall health with its key nutrient groups: protein & amino acids, vitamins & minerals, antioxidants, phytonutrients, adaptogen herbs, prebiotics , probiotics, and digestive enzymes. **I have yet to find any other complete supplement.**

At the end, remember that all the energy you gain in life, comes from the food you take in...

Eat trashy food and you will lack energy and be sluggish.... Eat the right foods and you'll have energy like you've never experienced before.

Resources:

[Team Beachbody](#) – Sign up for free and get exclusive health articles and recipes.

Exercise

Do a quick Google search on exercises and you'll soon discover there's an exercise for every level.

- There are extreme exercises that promise to make you vomit and make you unable to move the next day.
- There are other exercises that are lighter and focus more on flexibility.

But, we need to remember the foundation of exercise is cardio and resistance training; we need a balance of both.

- We need to increase our heart level. – Cardio
- And we need to strengthen our muscles. – Resistance training

Don't worry, just because you lift weights or do several pushups, it doesn't mean you're going to become a body builder.

However, if you choose to ignore resistance training you will become squishy and have things jiggle.

Here's what you need to know about lifting weights:

- Lift heavy weights and you'll grow your muscles. You'll want to feel tired between 8-10 reps.
- Lift lighter weights and you'll tone your muscles. You'll know its light for you when you can do more reps, ideally 12-15 reps.

Other than keeping a balance of cardio and resistance training, you'll want to find an exercise program that is fun for you. Something you look forward to doing every day.

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