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## Intro

As women it's natural to carry few extra pounds and in many cultures it is considered attractive. However if your body fat percentages goes over a healthy range it could lead to some health and confidence issues.

Gaining fat could come from a lot of things such as eating junk, pregnancy or even emotional eating most of us tend to fall in the emotional or boredom eating category. However do not despair, if you really want to lose those extra pounds, **It's possible for you** to achieve it. Its important that you are starting the fat loss journey for yourself, not because others are telling you to, so that you can push yourself and start again, if you fall off the wagon.

Losing those extra pound can also do wonders for your self confidence, so if you interested in feeling more confident, improving you health and looking sexier, read on till the end and prepare to transform yourself in 90 days. To prove you can do it too...I decided to share my story on how I lost 50+ pounds using these five secrets, revealed below.

## My Story...

I'll admit it, unfortunately I was an emotional eater and sometimes ate when I was bored, usually whatever I can find in the cupboard, you know all the usual junk. It was subconscious act and whenever things got hard, I'd turned to food but at the time I didn't know that food could affect my moods, so I

was stuck in a vicious cycle. I did know I was having junk but tried to make it acceptable by saying it's just a slice of cake, it's just some fries, it's just a chocolate bar.

Little did I know all them "just moments" added up to a sad, fat and unhealthy me. I got hints, teased about how many pounds of fat I've put on and somebody even thought I was pregnant. Although the comments made me feel bad, I was in denial until the day I got food poisoned (It must've been that late night kebab) and started to rethink my unhealthy eating habit.

During that time I was sick, extremely bloated, severely in pain, I remember catching the glimpse of the flashing lights of the ambulance coming towards me, everything was a blur about that night but I remember thinking.... about all the name calling and bad comments they mentioned about me being fat and unhealthy, everything started whirling around my head. I was in so much pain, I thought I was having a heart attack but it turned out to be a server case of acid reflux/bloating. Phew...I'd never forget the pain, the blood, the vomiting and diarrhoea...it wasn't pretty and that was the last straw. I accepted I was unhealthy and I promised myself when I recovered, I'd make a change.

Thankfully, after 2-3 days I recovered, but I wasn't going to forget that night. It was going to be a fresh start but I had no clue where to start, so every chance I got I'd research about the body from books and the Internet. I became like a crazy women obsessed about health, I was excited there was so much to learn. I researched about fat loss, getting healthier, about nutrition and more.

As I researched I found out what actually happened to me on that night I was sick, I found out my body was acidic due to the foods that I was putting in my body. The build up of toxins in my body caused it to malfunction, so all that vomit and crap that came out was a good thing after all because it

helped me to detoxify the body and cleanse it self out, but at that time I didn't know what was happening. I also learned that the human body needs 5-7 basic things and somebody lacks majorly in any of these areas, their body is more prone to diseases.

These 5-7 basic needs are **Oxygen, Hydration, Exercise, Rest, Nutrition, Reduction of Stress and Detoxification, the last two depends on your situation.** These basic elements are needed in order for you to stay healthy and survive or the body produces diseases both internally and externally...more about these 5-7 element on chapter 2.

I knew learning about the body wasn't enough, if I wasn't going to put it to action so after lot of trail and error, I finally decided I would start on my goals by reminding myself what happened. That night I took a long hard look in the mirror, I can honestly say, I didn't like who I've become...In that moment I decided enough is enough and my journey officially started from there.

I tried many diets that are out there, but they didn't seem to work, So I applied my own research daily...slowly but surely the pounds started to drop. It got harder as my body started to change because those who didn't really support me, tried to push junk at me but I stuck to my plan for 90 days. I ate clean healthy foods and I chose not to use any products such as any kind of tablets to aid the fat loss nor any supplements, as I believed losing the fat naturally was the best option for me.

As for exercise, I walked 1-2 hours and hit the gym 3-5days for an hour. during the first month I saw little changes, that gave me a buzz to continue an made me realised that I actually loved taking caring of my body. I still go to the gym to maintain my new figure and also started a fitness course, so hopefully get a career out of it.

After I lost the fat though, I got more confident, also got more compliments, surprisingly from the same group that gave the bad comments when I was bigger. I felt good that I achieved a goal and carried on changing my bad eating habits. I couldn't believe it was that simple I just had to focus and priorities that my fitness goal was important and so are yours. I achieved my fitness goals and you can too...its not rocket science if I can do it you can too.

The reason I did a lot of research before I started is because there are a lot of scams out there to fool those who are starting out, in to buy unnecessary product's. I advise you all to do the same, and remember before you start any fitness or diet programs, always consult your doctor/physician, especially if you have other health issues.

Note:

Chapter 1 & 2 - Are for insight to a strong foundation to help you start & shape your character.

Chapter 3/4 - Get into the hard-core information.

Chapter 5 - Is about creating a strategy for your 90 days Journey.

## Chapter 1 - Know Yourself

### *Secret #1 - Accept & Love Yourself*

You as a individual are a unique human being on planet earth, so its important to what kind of things your body reacts to. There are many out there who can eat anything they want and not gain a single pound, while others struggle and pile on the pounds fast, its mainly comes down to genetics and lifestyle choices.

You might fall in to the first, second or both category and that's fine, you just got to first accept how you are and what you have the ability to change. Love the body you have, it did a lot for you and its the only body you'll have, decide to improve your shape/health out of love, doing that can help stay passionate through out the 90 days challenge. Also knowing your natural body shape/type can help you plan your fitness goals.

There are 3 main body types Ectomorph, Mesomorph and Endomorph. These days those labels for women probably sound like pear, apple, petite and so on but they all fall in to on of the 3 category mentioned above. Your shape depends on your genetic and where you'll deposit fat, in other word you and your friend may both be 150lbs, she can also be the same height as you but stores more of the fat in her butt and you store it more in your thighs. So depending on what category of morph you fit in to, your diet and exercise may slightly vary in time or intensity.

## **TYPES OF BODY**

### **Ectomorph**

- Thin
- Small shoulders
- Small frame and bone structure
- Lean muscle mass
- Finds it hard to gain weight
- Fast metabolism

Ectomorphs have a fast metabolism that help burns up calories very fast. They need a huge amount of calories in order to gain weight. Generally, ectomorphs can lose fat very easily which makes cutting back to lean muscle easier for them so their workouts should be short but intense, focusing on big muscle groups.

## **Mesomorph**

- Generally hard body
- Rectangular shaped body
- Strong
- Gains muscle easily
- Gains fat more easily than ectomorphs
- Average metabolism

A mesomorph has a large bone structure, big boned some may call it. They have large muscles and they are naturally athletic. They tend to gain fat/muscle quite easily and their body type responds the best to weight training. They must watch their calorie intake, especially if they are less active. Usually a combination of weight training and cardio works best for mesomorphs.

## **Endomorph**

- Soft and round body
- Gains fat easy
- Stocky build
- Round physique
- Slow metabolism

The endomorph body type is solid and soft. Endomorphs gain fat very easily also they are sometimes of a shorter build with thick arms and legs. To keep fat gain to a minimum, endomorphs must always do more cardio and also weights.

You can be a combination of morphs and shapes, so identify a body type that best suits you and remember it for later exercise references.

Its also important to keep in mind, you can not spot reduce so doing thousands of crunches a day is not going to give you a flat stomach, unless you lose the layer of fat first. However if you follow the information correctly, when you lose the fat, all over your body, then you may sculpt/tone your body by exercising different muscle groups to make you muscle visible, that once was hiding under a layer of fat.

Remember listening to your body is a big part of changing, so know what your body is telling you, what does it tend to craves the most...Are you a sugar junkie? Are you fast food addict? Are you an emotional eater? Is there a food you are addicted to that you know is unhealthy?

Knowing what kind of food created your current body shape, is important because it's a clue to what you should eliminate out of your diet. In order to help your body to change you have to break out of that trance of eating junk. Identify why you are making bad unhealthy choices when it comes to food? Their is always a reason think hard and find the root cause, perhaps you was bullied or just let yourself go.

If you aren't sure that's alright, the fact of the matter is you want to change or else you wouldn't still be reading but asking questions like why now? to yourself is going to help you understand yourself better and give you a "strong enough reason" to start your journey to a slimmer/healthier you. Fat loss isn't rocket science but why do many fail? Its because they do not have a strong enough reason, they are not consistent and they do not have the right mentality.

## **Chapter 2 - The Correct Mind Set**

***Secret #2- Believe In Yourself, You Can Do It.***

If you are putting little effort or don't have the correct mind set, about loosening those extra pounds and getting healthy your just a sitting duck, expect little to no change. In fact those who say they want to lose those extra pounds and never do, are living proof that if you don't have a strong determined mentality, you won't achieve the result you desire.

In order to have a strong mind, you'll have to feed your brain good information about diet and exercise. The truth is in order to feeding your brain isn't enough if you don't get in the zone. How do you get in the zone? By focusing your mind on everything that would help you reach your goals mentally and physically.

Living in advertised world it is hard to resist junk. These days burgers and fries are advertised in all its glory to get you to crave the stuff and buy it...Isn't it odd, how you only tend to realise things like that, when you go on a strict diet?

So what can you do to block the cravings? Brainwash yourself by putting good information in your head about healthy meals and fitness everyday. Live, breathe and study about the your body, nutrition and exercise, instead of just going in to any new diet that comes in trend and you are going to loose those pounds for sure.

Do not doubt yourself or give up...know each little thing you change you make, is going to add up to a slimmer you. You have to give yourself time, know that to gain and to lose fat it takes time so its only fair that, you accept the fact it'll take time for you body to transform. Nobody is perfect, there are times you'll fall off the wagon and you gave in to your cravings, but your only human so brush it off and started again the next day.

However do not delay on starting again leaving it to long and procrastinating...saying you goanna start Monday or Friday, is only going to make you gain more and get lazier. They don't say waiting makings you fat for no reason so what are you waiting for?

Remember you can achieve the goal you are about to set...everything begins as a thought, so think positive, think like a pro, imagine you are an athlete, download some upbeat music for gym, you have to do whatever it takes mentally/physically prepare for the next 90 days.

Having a strong mental attitude helps you to stop making excuses and start somewhere. Get focused about your health goals, put it as a priority on your list and decide what your going to eat and what kind of steps you are going to take, to get to your goal.

### **Lifestyle -**

Every choice you make creates your lifestyle. lifestyle choices can play a big role on your health and shaping not only your body but also your character i.e. you may lack strength, self control or have no self discipline.

Habits and choices, builds up your character, as you go on your 90 days journey your character is also going to change too, as your body changes. The thing what they don't tell you when you start any fitness/diet programs is that...a change of character is a must, in order to change your body. So if your the type that has no energy or just lazy, if you follow through...you are going to become energised, focused, strong, pro active, determined and consistent these are the qualities you'll have to pull out from inside, in order to transform in to the slimmer, stronger, sexier version of you.

Remember you only get one body so take care of it and your quality of life is going to improve too. Unfortunately some neglect their basic needs to the point they are sick. Those who leave it too late or choose to abuse their body through substances i.e. drugs/alcohol can cause their body to malfunction.

However the human body is amazing, it can heal both mentally and physically, if the right steps are taken, so its not too late to start. It is guarantee whenever somebody turns to these human needs the body starts to heal and becomes healthier.

The basics for a healthier you...

**Oxygen** - Everybody breathes, they don't have to think about it, however there are benefits of taking in conscious longer breaths rather than shorter breathes, by doing so...it helps the body relax, allows in more oxygen to the blood and let go of anxiety.

TIP: Find a clean environment, where there is less pollution if possible and inhale the fresh air expanding the lungs wait for few second, then exhale the air out. Do as many repetition as you like.

**Hydration** - stay hydrated helps you function better and good for you system to clear out toxins that may exist in your body. Its also is a great alternative for food, you see sometimes your brain may signal your body is thirsty but you may take it for hunger.

TIP: Try drink 2 litres of water a day (it may depend on the individual) especially if you are exercising. Also try have a glass before and after your meal.

**Nutrition** - Get a good balanced diet is key to staying healthy physically and mentally. Remember natural food such as rice, nuts, fruits and vegetables are always superior to any other man made processed foods. Eating clean foods helps because it allows your body to absorb all the macronutrients from the food to help your body function efficiently.

TIP: have lighter meals and be aware what goes in your mouth...truth is most of us eat for our taste buds not for our health.

**Exercise** - again exercising does helps you too breathe more so its good for getting more oxygen in your system. It also helps the heart to stay healthy and keep off those extra pounds.

TIP: walk for an hour a day and stay active.

**Rest-** Not having enough sleep, can make you crazy... so make sure you get a good nights worth of rest. It helps you recover muscles, improves your memory, creativity and help you function better.

TIP: Try get 8-9 hours it varies from person to person but some research shows it can also help you shed fat.

**Detox** - Detoxification helps the body flush and cleanse the system out. you can achieve detoxification by many processes such eating raw, drinking more and even fasting.

TIP: Detoxify monthly, especially if you drink alcoholic beverages or eat heavy junk to clear the body of toxins building up.

**Reduction of Stress** - As the world get more and more hectic, its hard to unwind so if you feel Irritable, Worried, Fatigue or any anxiety may be down to stress. Try finding the root cause and eliminate it as soon as possible.

TIP: Try to detach yourself, relax and talk to others about your problems if it helps.

Remember the problem arises where there is lack. All the above point are connected and go hand in hand, if you lack in one area majorly, you may sabotage other areas so remember consciously put in effort and stay balanced.

### Chapter 3 - Eat What You Want

**Secret#3** - Create A Diet You Love.

The complicated issue of what to eat? How many calories? if your just starting out it can be overwhelming but its quite easy you just have to keep it simple. Everybody has their own nutrition needs and preferences when it comes to food, so nobody can give you a exact detailed plan on exactly what

to eat. However if you want a specific diet plan talk to a dietitian/nutritionist to help figure out a specific plan or write your own list of healthy food that you enjoy.

To help narrow the list, you can do few things to start planning your own diet list. It's common sense, only eat what you actually enjoy eating but the rule is no junk, so firstly eliminate all form off sugar and junk including cakes, pastry, donuts, ice cream, fries including all fizzy pop. Its brutal, but if you are serious, it can be done and got to be done, so eliminate all junk from your diet for the next 90 days.

### **List Of Clean Foods...**

**Fruits & Vegetable** - Apple, Mango, Banana, Blackberries, Kale, Lettuce etc.

**Fish & Meat** - Chicken, Lamb, Sardines etc.

**Oils** - Olive oil, Sun Flower oil, Virgin Oil etc. (for cooking)

**Herbs** - Garlic, Ginger, Horseradish, Paprika, Onion etc.

**Nuts & Seeds** - Peanuts, Almonds, Walnuts, Flax Seeds etc.

**Dairy** – Chicken Eggs, Duck Eggs, Goat cheese etc.

**Carbs** - Basmati Rice, Brown Rice, Brown Bread, Noodles, Lentils etc.

**Drinks** - Water only (for the next 90 days)

Some of you may have allergies so choose what you can have, It all comes down to the individual. Research and add your favourite food on each category above and enjoy. It's really up to you what you want to eat, remember to have smaller portions and have fun making your meals.

*Tip: Think If it didn't exist few hundred years ago your body doesn't really need it. Its your time to shine for the next 90 days you now are only going to feed your body the fuel it needs, not what your taste buds wants.*

Secondly make sure your plates consists of the correct macronutrients...what are macronutrients? They are nutrients that the body uses in large amount i.e. carbohydrates, protein and healthy fats. There's also micronutrient that the body need but in a smaller amount such as minerals and vitamins.

*Tip: splits in 3 areas consisting of healthy carbs protein and fats. Remember healthy carbs such as brown rice help you stay fuller for longer rather than fast digesting carbs like fries.*

Proteins are good to recover muscle fibre it is found in dairy, chicken, eggs, fish, beans and nuts. Also add healthy fats to your diet such as fats from oils such olive oil ,virgin oil and fishes like salmon or sardines but not saturated fats that's mainly found in junk.

*Tip: If you are not sure what foods to add to your diet - think whole foods such as nuts, egg, rice etc.. Remember natural food like fruits and vegetable are superior for health, so make sure you add plenty of those in your new diet.*

*Tip: You don't have to calorie count if your eating healthy but it can help you stay focused on your goals. Always have in mind you are not eating for your taste buds, you are now eating only to fuel and change you body, so eat healthy.*

Calories... calories... calories, you hear that word everywhere these days especially on those new diets that are coming out. You can also see it on the packages of food at your local supermarkets. Everybody knows the recommendation, that's out there 2000 kcal for women and 2500 kcal for men but do you know what a actual calorie is?

In simple terms a calorie is a unit of energy, so basically if you eat more calories than your body needs you get fatter. Fortunately you can find calorie calculators online to find your calorie needs depending on how much you want to lose per month.

The calculator can help you lose, gain or maintain your weight. However, calorie counts are an estimate but the calculator is pretty close to how many calories you need a day in order to lose the extra pounds.

Example - Alexis searches online for a calorie calculator and enters in she is 25 years old, 5'4 and 170lbs she eats roughly 2900kcal a day and does little to no exercise to burn the excess fat off...if she carries on eating 2900 kcal for the next 7 days she'll gain roughly 5.8lbs.

Remember approx. 3,500kcal = a pound

Here's the math =  $2900 \times 7 = 20300$  kcal divided by 3,500kcal = 5.8 lbs.

Here are Her Calorie Calculator Results:

You need 2,001 Calories/day to maintain your weight

You need 1,501 Calories/day to lose 1 lbs. (approx. 7 days)

You need 1,001 Calories/day to lose 2 lbs. (approx. 14 days)

You need 2,501 Calories/day to gain 1 lbs (approx. 7 days)

You need 3,001 Calories/day to gain 2 lbs. (approx. 14 days)

However, if she burned some calories through exercise and stayed below her maintenance caloric intake, causing a caloric deficit, she would have lost the pounds instead of gaining. Going on a diet is not about starving yourself, so you just have to have the right amount of calories depending on your caloric intake results. Always feed your body the fuel it needs, even if you go over your limit you can burn the extra off by exercising, to simplify...it's all about calories in vs. calories out.

Try Fasting - fasting has some benefits it can help your metabolism, detoxify the body and help you loose the fat. How is fasting done? To fast a person usually gives up food/drink for certain amount of time, some do it till sunrise to sunset for religious reasons. However for weight loss, you may choose the hours according to your plans for the day. to achieve the best results, you can fast for over 14 - 18 hours. You may drink water for thirst but no solid food till you break the fast.

i.e. Alexis fasted from 8pm - 2pm (18hours). At 2pm she broke the fast having some fruit and a healthy meal. She eats all her other meals before she stops eating at 8pm again, to gets ready for her next fast.

Tip - Try fasting few days a month preferably on the days you don't go for long walks or gym.do not over do it and remember fasting is not for everybody.

(Caution: stop fasting if you feel dizzy at any time)

### **Power Of Momentum.**

The first 14 days is for you to adjust, so start little by little do not rush...baby steps start cutting out junk day by day and increasing your exercise/walk time daily. Doing that, it'll help you to adjust and build momentum as you go along. Also remember to stay focused and all the little daily victory's is going to add up in the end.

### **Chapter 4 - Get Physical**

#### ***Secret #4 - Enjoy Movement.***

Exercise... some of you may have read that word and probably sighed but it all goes back to chapter 2 so have a strong mentality and concur laziness.

Your body was meant for movement, ever since you were born you moved and as a child naturally moving about is exciting till you probably hit adulthood, got a job, had kids and aren't as active as before or had more food that you didn't burn through movement so it piled up to excess fat.

Exercise Time - Like most of us finding the time to exercise can be tough, especially if you have kids. Firstly, you need to conquer laziness by having a strong mind and starting off little by little go for 15 minutes walk pushing it to half hours then to an hour everyday, yup...you read right, every single day. Remember to ease into it gradually, no point on going crazy and injuring yourself.

Find a hours time depending on your life that might be early in the morning, lunch or late at night. After you conquered laziness hopefully you build the courage to go gym again, it all depends on what time you can fit all in.

How badly do you want it?

To be honest it does not matter what type of movement, just get up and move but to get faster results you need to feel the burn and burn those calories, depend on your preference or situation choose an exercise that is moderate to high in intensity.

There are many types of exercises you can take part in, but the main 2 types are Aerobic exercises (known as cardio) and Anaerobic exercises. (known as strength/weight training)

Benefits Of Aerobic Exercise:

- Keep excess pounds at bay
- Increase your stamina
- Reduce your health risks
- Manage chronic conditions
- Strengthen your heart
- Stay active and independent as you age

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