



Simple Weight Loss Tips You May Be Afraid To Try

"Obesity is really widespread."—Joseph O. Kern II

Are you thinking outside the box when it comes to weight loss?

If you eat three meals every day, believe fasting is unhealthy, and "wing it" when it comes to managing your calorie intake, then you probably aren't. If this is the case, you're not alone. The majority of people eat too much for their activity level without even realizing it. What's worse is that they convince themselves that this is the healthy thing to do because they have been brainwashed into believing that skipping a meal or two is not okay. My aim is to offer 3 simple weight loss tips that will change the way people think about eating. I go into more depth on each of these tips in my free 12-page report called "3 Simple Tips for Weight Loss". You can access a [free download link](#) by "liking" my Facebook fan page.



"Every creature deserves a warm meal." Dr. Evil is definitely thinking outside the box with his "sharks with lasers" idea. If he can do it, so can you.

Tip #3: Three meals per day may be too much.

Today, we eat breakfast, lunch, and dinner. Why? Because that's just how it is. We have become accustomed to eating three meals per day, which is fine except that it causes people to consume way too many calories without realizing it. If I were to eat a "normal" size breakfast, lunch, and dinner, I'm probably taking in at least 2,400 calories from meals alone. Add on the extra calories from snacking and liquid beverages which most people consume daily and you're probably looking at around 3,000 calories per day. I'll tell you right now unless you are an extremely active individual, 3,000 calories per day is almost always too much for weight loss.

Tip #2: Don't be afraid of fasting.

Intermittent fasting is one of the easiest ways to eat less. Let's face it. There aren't many easy diet plans out there. It's ironic that so many people focus on what to eat in order to lose weight when one of the best ways to lose weight is to simply not eat anything. After I began intermittent fasting, I was able to reduce my body fat percentage by over 65% in less than a year. Sure, there were other factors that contributed to this, but intermittent fasting was a big one. There are two main reasons people don't consider intermittent fasting when trying to lose fat. First, they are afraid of causing their body to go into "starvation mode". Second, they think it's too difficult. I address both of these concerns in my report, so after reading it, you will be out of excuses.

Tip #1: Don't leave your calorie intake to chance.

Tracking your calorie intake will increase your awareness of how much you are eating. I cannot stress how important awareness is when it comes to eating less. Most people are completely unaware of how much they are eating and more importantly,

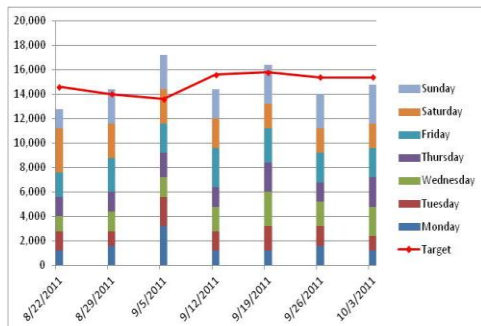
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how much they should be eating. If you want to lose weight, you need to create a calorie deficit. In order to do this, you need to target specific numbers. You need to know approximately how much you need to be eating to lose weight. It may not be enough to simply “eat less” because if you still aren’t creating a calorie deficit, it won’t matter. The first step is figuring out this number and it may vary from week to week. “Like” my fan page to access an [introductory video](#) that demonstrates how I track my calorie intake from week to week. Here’s a little sneak preview. I use the chart below.



Have I convinced you to think outside the box yet?

If not, hopefully my free video and report will. I’ve been using these three tips for a couple of years now and they have helped me shed over 20 pounds, break into single-digit body fat percentage, and remain there for over a year and a half. All this time, I’ve still enjoyed my favorite foods on a regular basis. It will take some discipline at first, but once you make them habitual, it’s like putting fat loss on cruise control. Remember, if you’re doing what everyone else is doing, you are likely to end up like everyone else: overweight. These simple weight loss tips will help you avoid this. If you read the report and find this information useful, please share my [fan page](#) and spread the word!