

HOW TO LOSE WEIGHT WITHOUT GOING TO THE GYM

CALORIC DEFICIT



Simply eating in a calorie deficit aka eating less calories than the previous week.



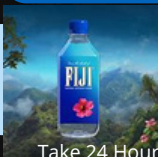
Cuting Out BAD Vices

SINCE LOSING WEIGHT IS 80% DIET, BY CUTTING OUT VICES LIKE SODAS, CANDY, LATE NIGHT SUGARY SNACKS. YOU WILL AUTOMATICALLY DROP POUNDS WITHIN A WEEK.

Count Macros



By counting macros, which are your fats, carbs, and proteins. You will know exactly how much of each is going into your body. using mobile apps like my fitness pal makes it easy and seamless to track your daily intake. once you've gotten a grasp on counting your macros, you can essentially eat ANYTHING you desire. The key is Moderation. Macros will tell you exactly how much of that ice cream, that burger, those fries that you can consume for the day.



Water Fasting

Take 24 Hours to Detox your body of food. Utilize this time to only consume water for a period of 24 hours. The benefits will be tremendous. You will gain mental clarity, give your digestive system a break and also come to the conclusion that you don't have to stuff your face every time you feel hungry. The discipline that you will unlock that you may not have known you had, will carry over into other areas of your life. learning to deny your desires and cravings builds character.