

LOSING TO WIN **CHECKLIST**



Checklist and Guide

So, you've read the book and you're feeling pretty psyched and ready to get started?

But wait, did you pay careful attention? Do you remember all the points we covered? Before you rush ahead and potentially miss some crucial steps, let's take a look at the key points again.

Losing weight doesn't have to be a continuous struggle. If you've planned correctly and you know the right strategies, then you'll often find that there are plenty of ways you can set yourself up for success that make it difficult *not* to get the results you're looking for.

Often the best way to do this is by using the right tools – thereby leveraging technology to more tightly control your diet and training efforts and to accelerate your results. Read on and we'll look at some of the best tools from the full text in a short and convenient checklist format.

Measure Your Progress

To be successful with any weight loss tools or strategies, it is important to ensure you're measuring your progress. This way, you can see what is actually working and what isn't and you can avoid scams.

- ☐ Use a fitness tracker, ideally with continuous heartrate monitoring
- ☐ Use apps. MyFitnessPal is ideally for keeping track of the calories you consume
- ☐ Use web tools. You can find things like resting metabolic rate calculators on sites such as bodybuilding.com
- ☐ Weight yourself
- ☐ Measure your waist line – this is more accurate than weighing which doesn't discriminate muscle weight

How to Spot the Right Diet

Now you can start experimenting with diets and supplements to try and enhance your progress and you can measure your progress as you go.

Things to keep in mind:

- ☐ A good diet should be low in calories
- ☐ A good diet should be high in nutrients

- ☐ No single food group should be entirely eliminated from your diet
- ☐ Your diet should be sustainable – it's important you don't completely remove a component from what you're eating
- ☐ There is no evidence that 'detoxes' work
- ☐ Instead of trying to do something extreme for rapid results, instead focus on gradual improvements that will add up over time.

Supplements

When trying supplements to lose weight, you might start with fat burners. These can be dangerous and don't always work so it's best to avoid them.

That said, some of their ingredients can work. These include:

- ☐ Bitter orange – Which works like a very mild stimulant
- ☐ Green tea extract – Which contains xanthines and caffeine
- ☐ L-Carnitine – Which improves mitochondrial function

- ☐ CoQ10, PQQ and Lutein – All of which do the same

You might also consider looking into shakes. Meal replacement shakes make dieting very simple but they seldom include all of the key ingredients that they need to. This means you shouldn't really use them in place of your regular diet.

That said, you can use meal replacements for a meal every now and then and protein shake can be a suitable way to get lean protein in your diet.

Another way to conveniently get what you're looking for in your diet without having to cook it yourself is to use a diet plan that delivers to your door.

Should You Consider Surgery?

For most people, considering surgery shouldn't be on the cards. If you *do* decide to, then the best options are:

- ☐ Liposuction – Which physically sucks away fat cells
- ☐ Gastric Band – Which forces you to eat less

Both have risks and will likely cause you to gain weight again rapidly.

That said, this is a viable option if you have serious health risks, if you're unwell or physically disabled or if no other option has worked.

Trainers and Other Training Tips

Using a personal trainer can help to encourage you, provide you with feedback and ensure you're getting results.

They're also expensive. Other options include:

- ☐ Using online communities like the Reddit fitness community
- ☐ Finding a weight loss buddy who can help you
- ☐ Using a trainer who works at your gym
- ☐ Having a one-off consultation with a trainer and taking it from there

Also useful is to use some of the best equipment. Good things to invest in are:

- ☐ The right running shoes
- ☐ A kettlebell for leg training and resistance cardio

☐ A skipping rope

☐ A pull up bar for training your biceps at home

Look into using training regimes in books and videos. Note though that different things work for different people so there's a chance you will need to get more. Look for free options to begin with then as you learn your own body.