



The Ultimate Weight Loss Formula

Thank you for visiting my website to download my four stage weight loss formula . I have outlined four easy steps to help you start your weight loss journey and to streamline the time in which it takes for you to achieve the results you are looking for. I will explain four simple steps to my formula that you can implement into your daily routine today to start to change your body image and become the best version of yourself.

For anyone who's goal is to loose weight the key factor is the ability to create a calorie deficit. What this effectively means is to consume less calories than you expend during the day. There are two main ways in which you can create a calorie deficit. You can either manipulate your calorie input or you can manipulate the energy output.

1) Controlling your calories

First we will discuss how to manipulate your calorie input. My biggest tip when people ask me about how much food they should be eating is to start tracking your food. I find the simplest way to do this is to use an app like "myfitnesspal". However you look at it whatever you are eating now if leading you to the body shape you are now. So what this allows you to do is to see what you are currently consuming which gives you an idea of what you need to change to start to change your body. So this leads us to the big question...

How do you work out how many calories you should be consuming?

Theres hundreds of different formulas out there for you to workout out how many calories you should be consuming on a daily basis. Most of which are far too complicated. The simplest method to calculate your calories which you can start today is to times your bodyweight by 10. For example an individual weighing 200 pounds would need 2000 calories.

Calorie breakdown

Now that we have worked out how many calories you should be consuming we need to look at the best way to break this down. The macro nutrient breakdown I personally recommend for a majority of people is:

- 35% Protein
- 20% Carbohydrate
- 45% Fats

Break this up into 4-6 smaller meals throughout the day to reduce stress on your digestive system.

Top tips

- Increase your consumption of non starch vegetables (leafy greens, broccoli etc)
- Get your fats from health sources (olive oil, avocado, nuts, oily fish)
- Aim to eat a portion of protein with every meal

2) Energy expenditure

The second way in which you can create a calorie deficit is to increase your energy expenditure. The easiest way to increase your energy expenditure is to simply move more. You should aim to walk 10,000 steps per day (most smart phones will have an app where you can track your daily steps) Aim to build this up slowly. Going for a short walk at lunch time or parking a little further away from where you work will soon help you add up the steps to reach the total. Secondly you should be aiming to be in the gym *weight training 3x per week*. This is true with both males and females. A few of the many benefits of weight training i have listed below:

- Increased muscle tissue
- Increased metabolism
- Increased bone density
- Increased EPOC (excessive post exercise oxygen consumption) i.e. your body will still be burning calories for hours after you train

In order for you to have a solid program to start from I have included a simple one for you to follow below

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Weight Training	Workout A		Workout A		Workout A		
Cardio	10,000 steps						

Workout A:

Exercise	Reps	Sets	Rest	Tempo	Key Points
A1 - 45 Degree Extension	10-12	3	60 seconds	3112	<ul style="list-style-type: none"> - Keep neutral spine. - Be conscious to not extend into lumber spine - Drive glutes into pad to come back up
B1 - Leg Press	10-12	3	60 seconds	3010	<ul style="list-style-type: none"> - Feet a little wider than shoulder width - Toes out to 25 degrees - Knee follow same angle as toes
C1 - Lat Pulldown	10-12	3	60 seconds	3111	<ul style="list-style-type: none"> - Retract Shoulders down and back - Focus on pulling with elbows
D1 - Glute Bridge	10-12	3	60 seconds	3211	<ul style="list-style-type: none"> - Keep Glutes clenched throughout whole movement - Do not extend into lumber
E1 - Facepull	10-12	3	60 seconds	3010	<ul style="list-style-type: none"> - Aim to get centre of cable to forehead level - Pull rope back and out

3) Digestion

Having an efficient digestive system is vitally important when you are looking to loose weight. But more often than not is overlooked by most people and trainers alike. You can be hitting your macro nutrients on the dot everyday but if your digestive system isn't functioning effectively then how much of those nutrients is your body absorbing? The chances are not a lot of it! A large percentage of the people who come to work with me have some form of digestive distress which many think is "just part of life". It isn't and can be easily fixed in most cases. Some of the more common symptoms that you may have digestion issues include:

- Bloating after meals
- Flatulence
- Acid reflux
- Constipation

So here are my 5 top tips on improving your digestive health

1. Eat more nutrient dense foods. Healthy proteins and fats as well as aiming to have at least two portions of greens with every meal
2. As simple as it may sound, stop eating foods that make you feel bad. If you notice that every time you eat a certain food you get bloated then remove it from your diet.
3. Supplement with a good digestive enzyme to help you break down your food
4. Add a probiotic to your morning routine to promote good bacteria in your gut.
5. Have one table spoon of apple cider vinegar with meals to balance the PH in your stomach.

4) Sleep

Another key factor which is often overlooked is the quality and the amount of sleep you have. Across the general population theres a very strong correlation between poor sleep and higher levels of body fat. The two main reasons sleep effects your body fat levels are:

1. Low energy throughout the day

If you have lower amounts of energy throughout the day you are much more likely to crave high sugar foods (and stimulants) to give you the energy to keep you on track throughout the day.

2. Hormone balance

Poor sleep leads to increase in ghrelin, the hormone that makes you feel hungry whilst decreasing leptin, the hormone that make you feel full. This will mean that you are very likely to consume more food throughout the day. It also helps us to keep our cortisol levels lower which is the stress hormone which can increase body fat from insulin release.

So what can you do in order to improve your sleep quality and duration? Heres my top 10 tips!

1. Avoid having caffeine after 1pm
2. Avoid high sugar foods in the evenings
3. Aim to get into a sleep routine. Where possible aim to get to sleep and wake up at the same time everyday
4. Eliminate any light sources in your room.
5. Eliminate and sound disturbance
6. Keep the room temperature cool
7. Keep the bedroom for sleep and sex only
8. Try not to watch TV or use your phone for an hour prior to going to bed. If you have to use your phone put it on "night mode"
9. Try reading before bed to help you unwind. If reading isn't your thing try using epsom salt in bath water to help you unwind before bed
10. Supplement with 300-600mg of magnesium glycerinate a couple hours before bed

If you have any questions about any of the topics covered in my four stage ultimate weight loss formula then please feel free to contact Michael directly:

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