



HOW YOU EASILY **LOSE WEIGHT** FAST &  
**KEEP THE WEIGHT OFF** PERMANENTLY

*lose weight*  
**NOW**

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Calling all Big Sized, Over-Sized & Plus-Sized Friends...

## Who Else Would Like to Succeed In Losing Weight And Keeping The Weight Off?

*Dear Friend,*

- Are you sick and tired of being fat and overweight?
- Do you feel helpless when you try to wear clothes that fit before, and it's just too tight for you?
- Do you feel miserable because of the labels others are giving you like "fat pig" and "rolly polly"?
- Do you promise yourself year after year that you're going to get into shape, but it never happens as you are caught up by the other demands of life?
- Do you have "problem areas", like your thighs, your tummy or arms, and you just hate yourself because of it?
- Does losing weight seem confusing as there are so many methods out there that claim to be the magic pill?

If you answered **"YES"** to any one or more of the above questions, your quest stops here.

You've probably been told or read somewhere that the secret to losing weight was either:

- "You have to exercise almost every day!"; or my favourite...
- "You have to starve and go on a diet!"

### **WRONG, WRONG, WRONG!**

In fact, this advice will only make it HARDER for you to lose weight. And worse, you will become so miserable that that you rather just remain fat.

Let me elaborate why this is so.

Losing weight is hard. Keeping it off is even harder.

Training hardcore will not get you anywhere. Remember those days back in school when you studied hard and you still didn't get the grades you wanted?

Remember, the key is to **train SMART**, not hard. You are not Superman or Supergirl.

Eating a plate of vegetables or just an apple a day or drinking shakes all day long will make you look like a loser. Yes, you look like a loser even before you start your weight loss journey.

**Ask yourself – do you live to eat or do you eat to live?**

Honestly, I don't know about you but I don't want to be feeling miserable and missing out on living my life while shaking off the extra weight on my body.

**Losing weight should be simple, fun and sustainable.** It should be because you want to enjoy every step of the journey and not feel deprived and overwhelmed at the same time.

I'll gladly share with you in a short while. But first let me congratulate you as there has never been a better time to start losing muscles and toning up than **right now**.

With the opening up of new sporting facilities island-wide and free access to public ActiveSG gyms, realise your dreams of **successfully losing weight** today.

It has always been part of your resolution to do something for yourself. And yes, I know if you follow my advice, you will improve how your body looks, boost your self-esteem and increase your sex drive. I want

to show you how you can **finally** enjoy the great and gorgeous body you deserve...

## **3 Proven Ways How You Can Lose Weight Once And For All**

Adapted from both Men's Health and Women's Health, the world's leading fitness authority, and proven by our clients since 2009, you know what I am going to share with you is the real deal.

Here are 3 proven and sustainable methods naturally healthy people know about losing weight.

# Method #1 – They find an accountability partner.

Losing weight takes more than just willpower. This is the truth.

Just imagine – if losing weight were all about **willpower**, then no one would be overweight!

You know there's a lot of HARD WORK involved.

Trying to lose weight by sheer grit and willpower is like strapping a backpack full of bricks on your shoulders and trying to swim underwater...

No matter how strong-willed you are, you're going to need to come up for air...

And so when those uncontrollable food cravings hit you, that's like this backpack and your body desperately begging you to release those bricks and to come up for air.

Psychologists and neuroscientists tell us that willpower is like a muscle...

You can either build it up, or you can USE IT UP.

And how many times in the past has that little voice in your head pop

out from somewhere to tell you to give it all up?

The little voice is telling you “it’s too difficult” ...

... “ you have fat genes” ...

... “you are never going to make it” ...

... “it’s going to be a tough journey” ...

A significant factor of whether someone stays long enough to see successful weight loss is if they **have an accountability partner** (think another individual) who works out with you.

We are all social creatures by nature as no man is an island. So we have our best friends we can hang out with – catch a movie, go on a staycation or people watch at the cafe.

Similarly, research show that having an exercise buddy is helpful to losing weight successfully as both of you will make it happen and feel guilty if something does not go according to plan.

It would be optimal to find someone who shares the same fitness goal.

There is no point finding a friend who is skinny as he or she will be motivated differently.

Always use a human and not an app tracker. The app tracker is not going to chide or nudge you forward in your weight loss journey.

## Method #2 – They watch what they eat.

They **do not diet**. That single word itself is enough to wreak havoc in your life.

A diet smacks of food deprivation. It means you have to starve. It means you cannot eat. That is NOT how naturally healthy people lose weight.

**Forget about dieting.** They don't work. You are only going to regain more than the weight you have lost once you return to the reality of real life.

There is the rebound effect. It is also commonly known as the yo-yo effect where your weight goes down quickly and back up just as quickly in the same way a yo-yo goes.

There is no better example to illustrate this point than Mr Ryan Benson, the winner of the inaugural season of NBC's *'The Biggest Loser'*.

An article in Time magazine checked in with some of the former *"Biggest Loser"* winners, including Benson who has gained back roughly 90 pounds after the show ended.

According to Benson, he "regained 32 pounds in 5 days simply by drinking water".

This sounds incredible and points to the fact that when any person

loses weight rapidly, normally the weight loss is mostly due to water loss.

**Forget about counting calories.** It is not a battle between the calculator and your stomach. You are not consuming numbers on a plate! You are eating actual food. Counting calories will only make you feel restricted and fail miserably.

Instead, all you have to do is to **make informed food choices.**

For example, choose chicken without the skin.

Or limit fried foods to once a week.

Or cut down your intake of carbohydrates for dinner.

Or add more greens to your plate.

It would be great if you could do all four. But if you were to implement only one of the above and it actually works, is it something too much to ask?

## Method #3 – They find a customized programme for their body type.

There is no one-size-fits-all. Most in the health industry ignore this, **but you and I know better**. We know this woman and that man have different fitness needs from other women and men.

Everyone has strengths and weaknesses – including your very own. If a programme is not fitted to your body, it can **turn your strengths against you**.

I too wish the day would come when we could all watch TV and lose weight with the help of the small device strapped to our tummy. Infomercials sell because of all the hype and the way they create urgency in our lives. The truth is – there is no such thing as ‘spot reduction’. Fats cannot be zapped away by the small device. Not in a million years.

The good news is you only need to get **your body moving correctly at most thrice a week for 45 minutes each time**. This is the minimum that is required.

The correct fitness programme for your body should be one geared

towards achieving your weight loss goal within a certain time frame, taking into consideration your past injuries (if any), current lifestyle and overall muscle involvement.

Wanting to lose a big tummy by doing endless sit-ups or crunches is not going to help. Instead, you may even end up aggravating the problem.

I recommend you adopt the Push-Pull-Legs workout combination as this groups all the muscles involved in pushing (chest, triceps, front and side delts), all the muscles involved in pulling (back, biceps, rear delts, and traps), and the lower body (quads, hamstrings, calves, and core) together in one workout.

Tiring as it sounds, it really is not.

By incorporating the various body parts, you're actually recruiting as many muscle fibers to co-operate and work together in unison for a common goal – to lose weight.

Here is your Push / Pull / Legs Training Combo:

- Workout # 1 - Push Workout x 5 sets
- Workout # 2 - Pull Workout x 5 sets
- Workout # 3 - Leg Workout x 5 sets
- Workout # 4 - Push Workout x 5 sets
- Workout # 5 - Pull Workout x 5 sets
- Workout # 6 - Leg Workout x 5 sets

- 30 minutes cardio activity

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You can do these workouts on Monday, Wednesday, and Saturday. Or you can simply workout every second day. I recommend a thrice weekly workout using weights (either light dumbbells or your bodyweight). And make sure that you take a day of rest after each workout to allow your body time to rest, recover, and grow.

So if you're interested to know more about losing weight and toning up, here's what you need to do right now.

Step 1) Email me at [contact@personaltrainingsingapore.com](mailto:contact@personaltrainingsingapore.com)

Step 2) Include your **name**, **email** and **mobile number**

Step 3) I'll be asking some questions about your current lifestyle and your fitness goals. If you're a good fit, I'll share more about what you need to do to get started and how other clients have benefited from it as well.

**Thanks for reading!**