



With so many websites, magazines, & infomercials trying to convince you to buy their product or follow their “plan”, we realize it’s extremely difficult to determine right from wrong, and myth from science. Unfortunately, that “magic pill”, that crash diet, that miracle food ... they just don’t exist.

What does exist and has worked for hundreds of years is ... are you ready for this ?

Science and hard work !!

What our numbers show us is that roughly 80 – 85% of the people who come through our doors are looking to lose weight. Unfortunately, this number has gone up in the past few years as our society becomes less and less active. This doesn’t happen overnight. It happens gradually. Before we know it, we’re not at that high school or college weight anymore. We look in the mirror and wonder “what happened ?”. This is when we typically look for that “quick fix”.

The Biggest Loser is not real world ... it’s a reality soap opera. Unfortunately, we can’t all have someone cook our food for us, watch our kids, and take 3-months off from work to get where we want to be. It does, however, teach us that limiting our caloric intake and increasing our movement **ACTUALLY WORKS!**

The purpose of this is to let you know that there is hope, but it doesn’t happen overnight. Weight loss happens by doing (2) things:

- 1) Moving More**
- 2) Eating Less**

The following will show you exactly how this works ... based on **SCIENCE**.



## 5 steps to weight loss/weight gain

- 1) A calorie is a unit of energy. 3500 calories = 1 lb. of body fat.
- 2) The Law of Thermodynamics = if the daily calories going into your body ARE EQUAL TO the daily calories being used by your body, your body will not change – at all.

Weight loss requires a caloric deficit. This simply means you're taking in fewer calories than you're using (or "burning" as it's often called). You get smaller.

Weight gain requires a caloric surplus. Just the opposite of the deficit, you're taking in more calories than you're burning. You get bigger.

Pretty simple so far, right ?

- 3) RMR (resting metabolic rate) = the number of calories you can eat daily at which you will neither lose nor gain weight.
- 4) RMR minus 500 calories = Daily Caloric Target (to lose weight)
- 5) 500 calorie daily deficit x 7 days per week = 3500 calories  
= 1 lb. of body fat lost per week.

Makes sense, doesn't it ?

And if you're looking to gain weight, just reverse the math !

Understanding these 5 Steps is the start of you taking a scientifically-based approach to either losing or gaining weight.



So to lose 10 pounds in 30-days, you would need to have a caloric deficit of just over 1,000 calories per day. To do this, you'll need to move more & eat less.

Diet alone will not do this, and neither will cardio alone. You need to do your cardio, eat smarter, and not neglect the strength training portion of your program. If you're in a caloric deficit, it's physically impossible for you to "get big" from strength training.

Unfortunately, most people looking to lose weight forget about all of the benefits of strength training. The most important benefit is that it increases the number of calories your body burns when you're at rest because it's rebuilding/repairing the muscles you broke down during your workout.

The question you should be asking yourself right now is:  
"How many calories should I be taking in per day?"

We have a computerized system and proven model that we can plug your body statistics into and get EXACTLY how many calories are right for you... based on SCIENCE !

If you'd like help with this, or with any other aspect of your workout program or meal plans, e-mail me at [scott\\_bigsky@yahoo.com](mailto:scott_bigsky@yahoo.com) . I'm happy to help !