

# 10 TIPS TO HELP YOUR WEIGHT LOSS

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1. A **calorie deficit** is the only way to lose weight. No fad diet, food, pill, tea, or waist slimmer can change that.



2. You can enjoy **any food in moderation** and still lose weight. Yes, even sugar.



3. There is **no exact amount** of protein, fat, or carbs you should be eating. That number depends on a ton of different unique factors.



4. Every day is **not going to be perfect**. You haven't failed if one day (or week or month) isn't perfect, and you can *always* get back on track.



5. Stop worrying about **meal timing**. Eat breakfast or skip it. Eat one big meal or ten tiny meals. It's up to you!



6. Reduce calories **slowly** and have **patience**. Real, lasting results take time. Drastically reducing your calories is only going to hurt you.



7. You don't have to do a ton of cardio to lose weight. **Focus on your diet** above all else.



8. **The scale is not the only measure of progress**. Don't get discouraged if the scale isn't moving as quickly as you'd like.



9. What worked for someone else **may not work for you**. There is no one-size-fits-all approach to dieting.



10. **Don't let your weight loss define your life**. There is so much more to you than your weight. Don't lose sight of what is truly important in your life during your weight loss journey.

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**Sebastian Brünink**



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