

**10 Weight Loss Tips-** This was a 10 part series that drove the prospects that had opted on to a list to a sale.

The squeeze page I wrote for it converted at more than 55% off email, SERP's and PPV traffic. The tips strategy converted a TOTAL of over 19% of the opt ins into buyers. Tips were sent out one per day. They were also used as a web page on a membership site that you had to BUY before you had access.

The Top 10 truly Legitimate Weight Loss Tips.

Truly effective weight loss doesn't have to be a struggle. In fact it can be rather easy when you know it's secrets. 1st why would you want to take tips from a fitness & bodybuilding coach? Well, when a Miss Fitness Competitor or a Body Builder walk on stage to compete do they look fat to you? Of course not, they are some of the leanest people on the planet! So their coach, the guy who got them into that kind of shape might just be the person to get some weight loss tips from.

Now before we begin with the top 5 tips let's dispel one common misunderstanding. Many people believe they can't use my tips and tactics because they don't want to look like one of those people. They just want to look fit and trim.

That would be like saying you're a Golf enthusiast but you wouldn't want to take free Golf tips from Tiger Woods because you have no desire to play in the PGA. Trust me you have absolutely nothing to worry about. You will never look like a professional Body Builder without years of unrelenting dedication, lot's of steroids and way too many protein shakes. Whether you want to be a professional at something or not, always learn from the best. Now after getting that off my chest, without further adieu here are the Top 5 weight loss Tips as promised.

1. Never go on a diet! When you hear a body builder or fitness competitor say "I'm on my diet" they're not using the word the same way you are. The ones who are successful at their sport eat very clean year round. They very rarely if ever eat any junk. Then when they are "on their diet" they make a few simple weight loss adjustments and the fat begins to melt off.

You see, a diet is something you go "on" and get "off" of. This won't create long term success and it usually only leads to failure. Instead, focus on eating clean all year long. Then use only little tiny, painless adjustments to keep making progress month by month.

2. Yes at the close of the 1st tip I said "month by month". And guess what, I meant every word. Chances are you didn't put on the extra weight you now want to lose in 30 days or less, am I right? So why would you expect that you could safely take it off in just 30 days despite what all diet pill pushers say. Think of

it this way, if it took you 5 or 10 years to put it on, it may take 6 months or a year to safely take it off again.

3. You must eat more not less. The meaning of this is that you must consume more volume, but fewer calories overall. The simplest way to do this is each time you eat make 1/2 of your meal vegetables. So, if you look at your plate 50% are vegetables. 30% of what you see is a high quality protein source such as chicken, fish or beef. Then the remaining 20% is complex carbohydrates like brown rice or yams not pasta and bread.

4. You need to eat all the time. This is to say that you need to eat a minimum of 5 or 6 small meals per day. This will help satisfy your hunger, control insulin and supply your body with a constant steady flow of nutrients.

5. Follow the hydration equation. You absolutely need to drink enough water to stay properly hydrated and flush out all the bad toxins you need to get rid of each day. Personally I drink a gallon a day. But the one easy rule is; if you're thirsty your body just told you that you are already dehydrated. The trick is to continually sip water all day and never actually become thirsty.

#### One extra bonus tip.

If you're driving down the road and get a flat tire, don't get out of the car and shoot the other 3 tires. In other words, if you're doing really well with your weight loss plan and have a piece of cake at a birthday party don't throw up your hands and say the heck with it and go eat 2 pints of ice cream. Admit you splurged, even enjoy the fact that you splurged, but for Heaven's sake get back in the car and get back on the road to success.

Disclaimer: please seek the advice of a licensed Physician prior to engaging in any diet or exercise plan. This article is for informational purposes only and is in no way intended as medical advice or as replacement for a proven therapy.

7. Consistency is Key! the truth behind this is much more profound than first meets the eye.

Remember the movie named Escape from Alcatraz, where the convicts chipped away at the walls of the prison for a long, long time and were finally able to break free. The thing to take away from this is they were consistent. They took small calculated actions every day and in the end were rewarded with a big payday. Well your weight loss goals are much the same. You take small consistent actions, every day chipping away at the walls of fat that imprison the real you inside yearning to be free. Then one day, when you have put together enough small daily actions in a row, you break free and the feeling of liberation will be one of the biggest natural high's you will ever experience.

The Key to achieving results is of course action. But positive action one day with negative action the next day is a virtual guarantee of going nowhere fast. You must string together as many positive days in a

row as you can. Because its only when the positive days vastly outnumber the negative days that you will see any truly lasting success in your weight loss goals or in life.

8. The Plateau Breaker. Once you have been successfully losing weight for a while it is virtually guaranteed that one day your results will begin to slow to a crawl. This is because your body has hit a plateau. You have reached a point where your body wont react to your efforts anymore because it has seen them all before. Your metabolism has become complacent, you're not showing it anything new so it sees no reason why it should continue to change. One easy way to overcome this is with the old coin trick. What's that you say, you want me to base my success on the flip of a coin? What do you think I am a Casino? Bear with me for a moment and let me show you how it works. You wake up in the morning and first thing (and I do mean 1st thing) you flip a coin. If the coin is heads you eat 200 to 500 calories less than your basal metabolism (Basal is the amount you need to stay the same and not change up or down). If the coin is tails however you flip it again. This time if the coin is heads you eat 100 to 200 calories more than your basal metabolism Whoo Hooo! and if the coin is tails you eat as close as possible to right on the mark of your basal metabolism. With this method your body never thinks it's in a famine and tries to hold on to your body fat. And your body never gets used to a pattern and so you never again plateau. This may sound simple, but when you use it, it's simply brilliant.

9. Sweet tooth = big bottom. The facts of the matter are in literally hundreds of books, magazines and newspapers, sugar makes you fat! Trust me on this one, if you continue to consume sugar and or super sweet artificial sweeteners you will have about as much weight loss success as a dog has at making a full moon go away just because he barks at it all night. Well, come to think of it, it does go away in the morning. Ok, ok but you get the point. The reasons why this is true could literally fill a 10 volume Encyclopedia set, so we won't discuss them here. Just think of it this way. Insulin stores fat on your body. If you want to control body fat, you must control insulin. If you want to control insulin you must control your sugar intake. Personally I consume virtually no sugar or artificial sweeteners. And you should look at doing the same thing.

10. You gotta get the great 8! You must get enough sleep, period. You mean sleep affects my ability to lose weight? You betcha it does, and in a very big way. When your body is sleep deprived it's focus is on survival not weight loss. You need at least 8 hours of sleep every night to ensure that you hormonal system is working properly and this includes your fat burning hormonal system too. And yes, men you have a hormonal system as well, ever heard of testosterone? If you want them to function properly and become a major helper in your battle of the bulge then listen up. Get your great 8 starting tonight.

There you have it. The top ten weight loss tips that will truly help you see the success you so strongly desire. I find that people do so much better when they have a simple, easy system they can just follow.

That is why I strongly recommend you use the bullet proof program that I have shared with thousands of people. It's easy and it works! You can find it at =>

