

# 10 SECRETS TO LOSING 10 POUNDS FOR GOOD

You know how to lose those stubborn 10 pounds. After all, you've already done it -- many times. But the weight always seems to come back.

It's time to take control. It's time to lose the weight -- and keep it off -- once and for all.

But here's the thing. There are really no laws or rules. They are just as ineffective as fad diets. In fact, you don't need a "diet" at all. I'm Coach Mark McQuade here to say:

You just need to follow a few common-sense habits and principles consistently.

You'll be rewarded with the weight loss that lasts, as my client Ray Norris was. Ray says that I helped him lose 20 pounds because I was "very knowledgeable" and he "could not have achieved this result" without me. Here's how Ray succeeded, and how you can, too.

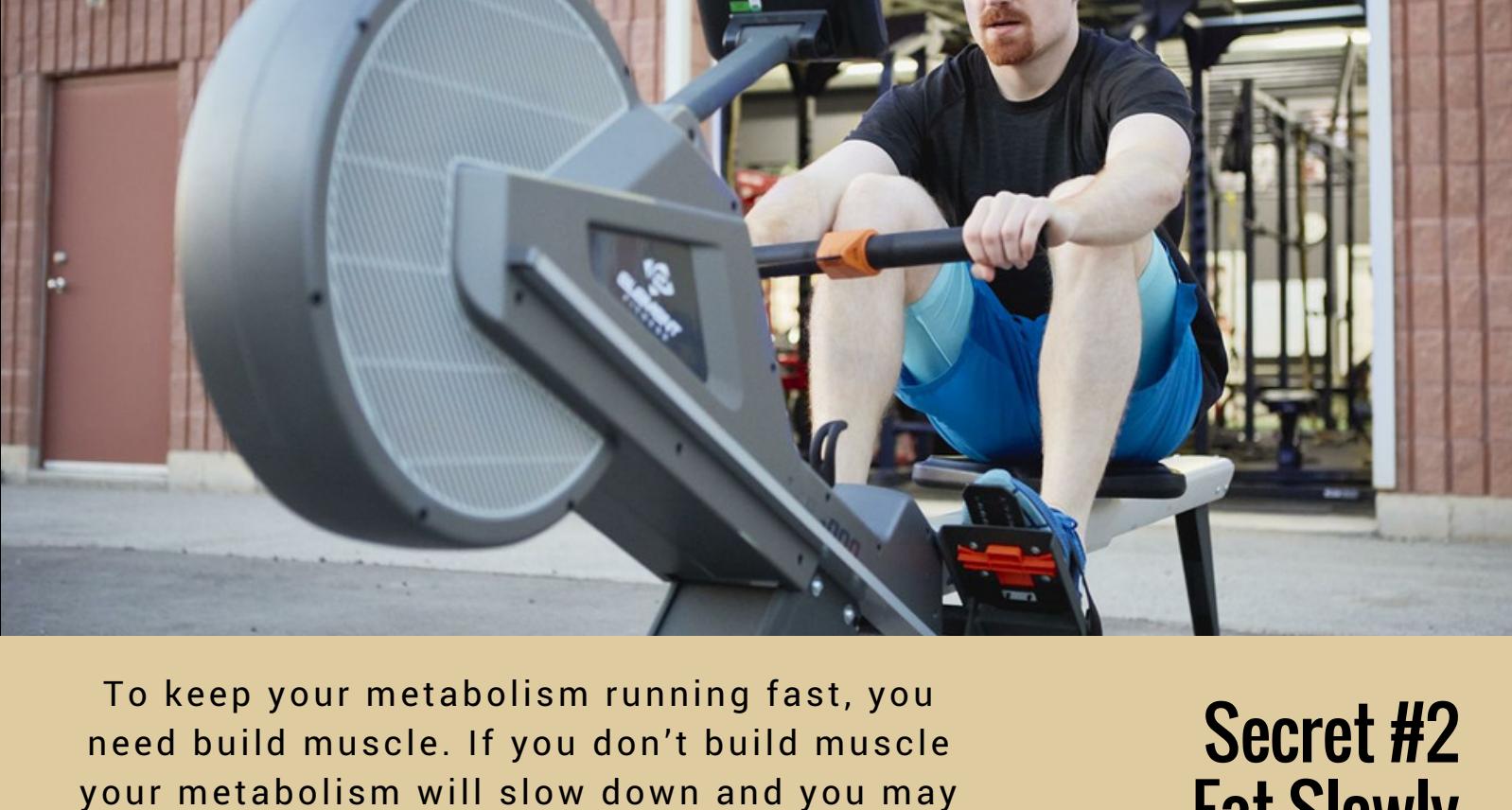
## Secret #1 Burn More

Calories

Than You  
Consume

To keep your metabolism running fast, you need build muscle. If you don't build muscle your metabolism will slow down and you may even start to gain weight.

Resistance training will lead to the fat loss and body composition changes you want.



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## Secret #2 Eat Slowly



## **Secret #3 Eat to 80% Full**

Practice becoming aware and mindful of when you're actually hungry. Avoid eating when you're not hungry. Eat to 80% full, not stuffed.

Feeling hungry? Try waiting 15-30 minutes before eating.



Performing endless amounts of cardio is not the most efficient method of burning fat. Doing too much cardio can lead to muscle loss and a slower metabolism. Metabolic Resistance Training is best. Your breathing rate is elevated after your workout, causing your body to continue burning up calories hours after you have finished.

## **Secret #4**

## **Beware of Cardio**



## **Secret #5 Eat Protein With Each Meal**

Without a constant intake of protein from food, your body will start to break down muscle, slowing down your metabolism. Eating protein with each meal helps maintain and repair muscles and keeps your metabolism elevated while melting fat.



Stop thinking of foods as good or bad and depriving yourself of foods you like.

Start with small adjustments to a single meal; slowly adding habits you gain momentum and confidence.

## **Secret #6**

## **There Are No “Bad” Foods**



## **Secret #7 Move More**

Constant sitting contributes to fat gain, muscle loss, and lifestyle-related disease. To maximize fat loss, combine a few hours of high intensity metabolic exercise each week with 10,000 steps each day. You'll begin to achieve your fat loss goals.



## **Secret #8**

### **Go Easy On The Starchy Carbs**

Refined carbohydrates enter the body at a rapid rate, elevating blood sugar. This means you'll have to "earn" high carb meals by exercising first. Minimally processed carbs are best.



Saying, "I can't believe I'm eating this piece of pizza" is reactive. It's better to be proactive by planning ahead. Take ownerships and own your choices. Notice when you're being reactive. Try changing your mindset to a proactive one.

## **Secret #9**

### **Be Proactive**



## **Secret #10**

### **Stay Positive**

Be resilient. Recognize there will be setbacks along the way. Don't give up. Keep going after your goals. You will be rewarded with success in the end.

## **THE TAKEAWAY**

You could try implementing all this on your own. But don't try to do everything at once. That's why things haven't worked out well in the past.

How about saying goodbye to information overload and failure forever?

How about getting results that last instead?

It's time to decide. You can either continue on the path you're on now. You can look in the mirror every day wondering, "Why aren't I changing?" Or, you can fill out the application below, right now, and change your future.

We'll hop on a short call to make sure we're a match. Then I'll create your custom workout program and meal plan so you can start seeing results in the mirror by next week!

**APPLY NOW**