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Quick Start!

Perfect Body Plans

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This Free Report is based upon the Perfect Body Plan. 'Perfect Body Plan' is a brand new e-book that has been designed in a special way. It allows anybody who reads through its pages – regardless of what their specific, individual goal is – to achieve their perfect body.

"Perfect Body Plan" only uses tried-and-tested techniques that fuse diet advice, multiple fitness and weight training programs that anyone can perform, and psychological guidance that ensures you achieve your goals. Whether you want to lose weight or gain it, get fit or simply look good in the natural, 'Perfect Body Plan' has the answers...

[Review Perfect Body Plan - Here!](#)

Quick Plan - One

How To Easily Lose Weight By Controlling Your Food Intake!

- There are lots of ways to lose weight these days. You can have liposuction, as long as you don't mind paying thousands for it, being bruised for days afterwards and then seeing the weight pile back on in a matter of weeks.
- You can take weight loss pills, again, if you can afford it. The problem with pills, though, is that they don't work – which is a fairly big drawback.
- You can try one of the many fashionable fad diets that are floating around at the moment, if you don't mind eating foul-tasting food in tiny portions and feeling hungry and miserable all the time as a result.

Our recommendation? Simply alter your existing eating habits in a few special ways. It doesn't cost anything, it really works and there's definitely no bruising! It is, as you'll soon discover if you give it a try, the very best way to lose weight and keep it off over the long-term.

Combine the changes in your diet with regular - but not difficult or boring - exercise, and you'll see pounds of fat disappear from all over your body every week until you decide you're happy with your weight and body appearance.

If you're ready to learn what you need to change and the things you need to do to make it happen, read on!

You're going to lose weight by controlling the number of calories you consume on a daily and weekly basis. You see, lots of people know about the concept of calorie control, but very few seem to use it properly. Perhaps it seems too good to be true or maybe they're just lazy and easily discouraged. Whatever the reason, one fact cannot be denied: if you control your calorie intake properly, you WILL lose weight. It's a scientific, biological, physiological FACT.

Do what you're about to learn and the reading on your bathroom scales will drop each and every week. Here goes.....

A pound of fat contains approximately 3500 calories. If you consume 3500 calories, you WILL gain one pound. No ifs or buts. And, as you've no doubt guessed, if you eat 3500 calories LESS than usual, you'll LOSE one pound. But you can't just cut down your calorie intake by 3500 a day – if you do you'll mess up your body's natural balance.

What you need to do is lower your calorie intake by 500 calories a day, which will make a total deficit of 3500 calories over a seven day period. Before you do that, though, you'll need to know your BMR (Basal Metabolic Rate).

This number sums up how many calories your body needs per day to maintain its weight. Once you've calculated it, you can then go ahead and eat 500 calories less than that number per day. Click [this link to go straight to a free on line BMR Calculator](#). Working out your BMR takes literally 30 seconds - once you've done it, carry on reading this article.

Okay, so now you've got your BMR. Let's say it's 2100 calories. You now know that if you want to lose 1 lb of fat a week you need to eat 1600 calories a day and no more. If you do that, you WILL lose 1 lb a week – it's inevitable. To make sure you eat the correct number of calories, you need to look at the food labels on the things you eat. Of course, it's also recommended that you get your 1600 calories, or however many it is you personally need, through healthy foods containing healthy fats such as Omegas 3, 6 and 9 – and not by going to a fast food place and only eating a small burger meal. Stay away from saturated fats as much as possible.

So, you've lowered your calorie intake by 500 calories a day – that's a guaranteed loss of 1 lb a week. But what if you want to lose more than that? In that case, you can do one of three things.

You can either lower your calorie intake a little more (while ensuring you get all your required vitamins, minerals, fats, protein, fibre and carbohydrates from your food and drink), you can stick to eating 500 less and incorporate some extra exercise into your weekly schedule, or you can do both by lowering your calorie intake a little more (say, 700 less than your BMR) and doing exercise.

This final option is the one I recommend most. By doing regular exercise, you help make sure your body is always burning fat and not muscle, which is clearly a good thing. Exercise also gets and keeps your metabolism up, which helps your body burn up the fat you want to lose. So, what about losing 2.5 lbs a week? How could one go about doing that?

It would mean you'd lose 10 lbs a month, which is pretty impressive. In 6 months you'd be 60 lbs down! You might not even want to lose that much!

To lose 2.5 lbs a week, you could first cut your calorie intake to 700 lower than your BMR. So, if your BMR is 2100, you'd eat 1400 a day. That equals a fat loss of a pound and a half straight away. Next, you'd do enough exercise in the week to burn the remaining 3500 calories needed to make up a total weekly weight loss of 2.5 lbs. To burn 3500 calories a week through exercise isn't as hard as it might sound. The key is exercising often, intensely and using different kinds of exercise throughout the week. Here's an example.

Monday: Swimming, 1 hour. Calories Burned: 800.

Tuesday: Tennis, 1 hour. Calories Burned: 1000

Wednesday: House work (dusting, vacuum, ironing, etc.), 2 hours.
Calories Burned: 270

Thursday: Weight training, 1 hour. Jogging, 1 hour. Calories Burned: 900

Friday: Yoga, 1 hour. Calories Burned: 200

The remaining 200 or so calories would be made up by day-to-day activities, like walking, climbing the stairs, etc. Of course, you don't need to do as much exercise as just outlined. You'll simply increase your rate of weight loss if you do.

The key point is calorie control: get it right and you'll lose weight – it's as simple as that!

[Take a minute and check out the Perfect Body Plan - Here!](#)

Quick Plan - Two

7 Great Tips To Lose Weight Without Quickly Putting It Back On!

Every year millions of people attempt to lose weight. Some do it as part of a New Year's resolution, others for a special occasion like a wedding or school reunion, and some do it simply because they're unhappy with their weight – and have been for years - and want to change the way they look for the better.

Unfortunately, most people who attempt to shed some weight see only a small amount of success, that doesn't last for very long. Others see none at all. So what's going on? Why is losing weight so hard? Why do so many people fail? And, perhaps most importantly, what can you do to make sure you aren't just another person who ends up in the "tried and failed" category of dieters?

The answer lies in two special things: knowledge and application. First you need to know exactly what to do, then you've got to do it. No ifs, no buts and no cutting of corners.

Today is the perfect day to start expanding your knowledge. Once you have your plan in place, which contains every change you need to make and how you're going to make it, you'll be ready to begin losing weight.

We'll start by looking at 7 really powerful weight loss tips.

These facts accurately sum up fundamental rules of successful weight loss that every person who's serious about improving their body shape and size should know and remember:

1. Stop Searching For That Special Wonder-Method

If you're one of those people who has put off making a concerted, definite effort to lose weight using tried-and-tested methods, in the hope that you'll be able to find and use a simpler, easier approach, you aren't alone. It's easy to put things off and blindly wait for a miracle method to come along and do all the hard work for you – but you have to realize that it's never going to happen. The only way your body is going to be the way you want it to be is if **YOU** do what's needed to get it that way. Once you accept that fact, you're ready to really begin your journey.

2. Real, Long-Term Weight-Loss Is Only Accomplished Through Permanent Changes In Your Lifestyle, Not Through 'Diets'

Because 'diet's' are temporary, so are the results they bring about. Instead of saying to yourself, "Okay, today I'm going to start my diet!" say, "Today I'm going to change my lifestyle," and focus on doing just that.

3. Don't Let Your Initial Enthusiasm Overpower Common Sense

Making those first few changes in your lifestyle and getting the ball rolling is great – you're fired up and raring to go. But make sure you don't let your surge of enthusiasm overpower your ability to make good decisions. You need to pace yourself and take things one step at a time.

4. Become Calorie Aware

To lose weight consistently, at a significant but safe rate, you're going to need to control the number of calories you consume on a daily and weekly basis. That means becoming aware of foods that are very calorific and foods that aren't. You don't need to become a nutritionist to do this though. Just get used to looking at food labels and keeping a running total of how many calories you consume throughout the day.

5. Set 'Near' Goals and 'Far' Goals

It's okay to dream about your perfect body and how great it will be once you've got it – in fact, it's a really positive thing to do. It helps stay you motivated and working hard. However, it's important you break your big end goal down into smaller chunks in the form of short-term goals. For example, to lose 2 pounds a week for a month. Or to fit into a certain pair of jeans you used to be able to comfortably wear a few years ago.

6. Don't Starve Yourself Or Completely Avoid Eating Fats

To lose weight and keep it off for more than a few weeks, you need to avoid skipping meals or otherwise starving yourself. It's much better to eat little and often. Break up your three main healthy meals with equally healthy snacks to keep you from getting hungry and hankering after "bad" foods – a handful of nuts or a piece of fruit both do the trick nicely. Also DO NOT avoid all foods that contain fat. Your body needs fat to survive and stay healthy.

Just focus on eating healthy fats, such as those found in Omegas 3, 6 and 9 – include them in your balanced diet to ensure your weight goes down and STAYS down.

7. Use A Complete Plan That Covers Each Of The Vital Areas Of Body Improvement

If you want to lose weight and generally improve the overall health, fitness and appearance of your body, it's no good only making one or two changes to your lifestyle.

You need to use an approach that covers each of the necessary areas of improvement: psychology, motivation, goal setting, diet, fitness & exercise, etc.

This doesn't mean achieving your ideal physical form is going to be really hard or feel impossible, though. Just that, to do it, you need a complete approach that covers everything and misses out nothing.

**[Is it time to check out the Perfect Body Plan?
Go Here!](#)**

Quick Plan - Three

How To Lose Weight For Free – And Keep It Off For Good!

Most people have no idea how much money the diet industry rakes in each year. Think \$65 billion and you're in the right ballpark – and the figure's climbing exponentially.

The reason so much money is being by spent by men and women around the world is because only a tiny percentage of them ever achieve their goals of losing weight and getting fit. We're talking less than 5%, that means that out of every one hundred people who try to lose weight, less than five of them manage to do it AND keep it off for more than a few weeks or a month.

So what's the deal? Why are so many people trying and failing to lose weight? Is it really that hard? The answer is a resounding - No!

It doesn't have to be hard if you know what you're doing!

Forget the short-cuts, the fad diets and the fancy exercise machines. If you want to transform your current body shape, size and appearance into your perfect physical form, you need to go back to basics.

You need to return to the roots of natural, sustainable body improvement. That means diet and exercise in VERY specific types and quantities. If that sounds like hard work to you, like the long way round and something you can't deal with, you may as well forget about achieving that perfect body weight and shape you've dreamed about for so long – because you're not going to get it any other way.

If you're okay with that, however, then great! You're ready to begin learning what you need to, not do, and how you're going to use a special plan to transform your lifestyle and, as a result, your body's weight and appearance.

Let's start with a few of the basics.....

Forget, right away, about cutting all fat out of your diet – it's just not a good idea. Your body needs fat to work properly, without it you'll feel deprived.

What you should do instead is control the kinds of foods you eat that contain fats. Choose mono-unsaturated fats wherever possible. You'll find these in olive oil, rapeseed oil and nuts. Avoid saturated animal fats such those found in butter, cheese and meat.

You're going to be cutting out a big chunk of the calories you usually eat each week. It's this main change – combined with exercise – which is going to make you lose weight.

So you don't feel hungry or starved all the time, eat lots of multicolored vegetables and protein. Keeping your diet high in protein will help you feel full for much longer throughout the day.

It's okay to eat carbohydrates, but remember to balance your intake of high-carb foods.

As a general rule, cut right down on carbohydrates such as white bread and white rice.

Eat unrefined carbohydrates instead, such as whole-wheat pasta and brown rice.

I recommended eating no carbohydrates after 5 PM each day, especially if they're of the refined kind.

If you need more advice on how much of this and how much of that you should eat, remember these general guidelines:

Approximately 30 percent of your daily calorie intake should come from healthy fats, 25 percent should come from proteins and the remaining 45 percent should come from carbohydrates. Once you're within those guidelines, control the portion sizes you eat.

Eat three square meals a day, snacking in between them on healthy foods such as berries, nuts and cups of vegetable soup. It's okay to mix up the foods you're eating, just make a mental note of the number of calories you're consuming each day.

If you want to lose 2 lbs a week, every week, you need to eat 500 calories per day less than your BMR (Basal Metabolic Rate). Once you know this figure, which sums up how many calories a day your body needs to function and maintain its weight, you need to eat 500 calories less than it each day.

At the same time, you should be doing regular exercise.

Playing a high energy sport twice a week is a good way to start. Try hand ball or tennis – playing each of these sports for a total of two hours a week will burn approximately 2000 calories. Add that 2000 to the 3500 calories you'll be cutting from your new eating plan (500 less a day) and you'll lose almost 2 lbs of fat a week.

Combine those changes with extra daily exercise, such as walking and housework and you'll lose even more.

Just remember that to lose a lot of weight over the long-term, and keep it off, you need to make permanent changes to your lifestyle. They don't have to be boring changes, though.

A really well designed body improvement plan, like the Perfect Body Plan, can actually improve your diet and widen your culinary tastes as well as give you the fitness and exercise instruction you need WITHOUT it being a chore or impossible to maintain.

**[Take Positive Action Now](#)
[with The Perfect Body Plan!](#)
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Quick Plan - Four

Why Women Gain Weight And How You Can Lose It Starting Today!

Gaining weight as a woman is no fun, especially when you don't know what the cause is. You can be living your life and feeling relatively happy in your work and home life, but come every Saturday when you step up on those bathroom scales, you see your weight is up by two pounds. And because you can't tell why it's happening, it's impossible to know if and when it will stop. However, if you CAN somehow identify where things are going wrong, you CAN take control of your situation.

You can stop the weight gain and actually reverse it by losing all of the excess fat you don't want!

First things first. You need to do an analysis of your weekly schedule and identify which parts of your lifestyle are causing you to eat too much.

You see, that's the only true cause of weight gain: eating too much and not doing enough exercise to burn the surplus calories off. But instead of just saying, "Okay, I'll eat less," it's a better idea to identify exactly when and why you're eating too much. Here are the main indirect causes of weight gain in women:

- Having kids
- Stress & boredom
- Getting married
- Becoming less active

To stop the weight gain right away you're going to need to eat fewer calories per day and per week. Did you calculate your BMR yet?

By eating fewer calories a day than your BMR, you're guaranteed to lose weight. Once you've done that, read the tips that follow. Together they'll help you stop your weight gain, lose weight, get fitter and guarantee you don't gain weight in the future.

Tip #1: Identify Weak Areas of Your Lifestyle and Change Them!

Without realizing it, it's extremely easy to fall into bad habits when it comes to eating more than you need to.

- For one week, write down everything you eat along with the times you eat it. Make sure you note down the number of calories each of your meals and snacks contains. At the end of week, look for trends.

Many women eat during the evening while watching TV with their kids or pig out straight after work as a stress release mechanism. Once you've seen where your main weak points are, change them by either cutting out the excess eating, or changing what you eat to something much healthier and well-proportioned.

For example, if you often eat a sandwich when you get home that consists of white bread, butter and a highly calorific filling such as red meat with a condiment of some sort, change it to a whole meal bread (which, unlike white bread, is an unrefined carbohydrate) with low-fat or no butter and a lower fat meat such as tuna or chicken.

Straight away you could be cutting your weekly calorie intake by up to 2700 calories! Change another snack too and you'll be losing more than a pound a week instantly!

Tip #2: Mix Regular Aerobic Exercise with Lowering Your Calorie Intake!

To boost your metabolism and always ensure you're burning fat and not muscle, it's important you perform regular exercise. If you've never really exercised before, that's okay. It doesn't have to be hard or boring.

Playing a sport twice a week is a great way to start. Then on the weekends you can mix in a little jogging or, if you prefer a lower impact exercise, try swimming or brisk walking to burn some extra calories.

3 to 4 hours of exercise a week is enough to burn several thousand calories. Add that deficit to the reduction of your calorific intake from foods and the result is consistent, safe, long-term weight loss. It falls off and STAYS off.

Here's a quick example of how you could mix a lowering of your calorie intake with exercise.

- You eat 600 calories less per day than your BMR. That equals over a pound of weight loss per week already.
- You then do exercise three times a week, twice intense and once less intense. That equals about another 2500 calories, factoring in your other physical activities, such as walking, climbing stairs, etc. Both together, these calorie control methods will allow you to lose 2 lbs a week, EVERY week for as long as you keep up the changes.

Tip #3: Stay Motivated By Keeping Your Goals In Sight!

Even when they're losing 2 or more pounds of fat a week, some people fail to continue their body improvement program for more than a few weeks.

They get distracted, they slip back into their old habits.

Don't allow this to happen to you.

Make short term goals by breaking down your main, end goal.

Focus on setting yourself S.M.A.R.T goals. That means: **S**pecific, **M**easurable, **A**ttainable, **R**ealistic and **T**ime-framed. That way you massively boost your chances of keeping up your new lifestyle over the long term.

[Ready to Change Your Body?](#)
[Take a Look Now at The Perfect Body Plan!](#)
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Quick Plan - Five

The Best Foods To Gain Weight! Learn How To Easily Beef Up Simply By Changing Your Diet

There's plenty of information out there about how to lose weight. Shelves in bookshops heave with volumes and volumes on the subject and magazines dedicate thousands of column inches to the issue every single week. But if you're someone who wants to GAIN weight, you soon realize that there's a lot less information and advice out there for you to read and use.

I'm going to tell you a little bit about how you can gain weight safely and consistently without getting fat and without negatively affecting your health.

By following the tips and advice that follow, you'll be able to beef up as much as you like. The only limit is your own preference. So let's get started.

The only real way to gain weight is to increase the number of calories you consume on a daily and weekly basis. However, there are a few special rules to doing this that you should follow if you can.

Let's get the main calorie concept out of the way first.

A pound of weight consists of around 3500 calories.

To lose a pound a week, you'd need to eat 500 fewer calories a day ($7 \times 500 = 3500$) than usual. To gain a pound, which is what you're looking to do, you need to eat 500 MORE a day. So that's the first thing you need to do.

Over the course of one week, eat as you usually do and take note of how many calories you consume in a day on average.

After the week is over, total the day's up, then add 3500 to that number.

Divide that number by 7 and you're left with your new per-day calorie intake goal.

Here are a few quick tips to help you eat more calories in the best possible way:

- **Eat little snacks throughout the day, in-between your three main meals**
- **Pick foods with higher calorific contents whenever you can**
- **Increase the size of your portions whenever possible**

An important point you MUST bear in mind here is this:

Some foods are much better than others when it comes to which ones you choose to eat to increase your calorie intake.

Try to adhere to the following rules:

- **Include a lot of unrefined/unprocessed carbohydrates in your weekly diet, things like whole grains and fruits, plenty of vegetables and lean foods that are high in protein such as products made of skim milk, eggs, and low-fat cuts of red meat like beef and pork.**
- **Try to avoid eating lots of saturated fats. It might seem like a good idea to pack on some weight, but it's not when you think about it. All fats contain the same number of calories (45 in 1 teaspoon). Eating saturated fats more than any other kind will only raise your cholesterol, so stick to healthy fats like Omegas 3, 6 and 9.**

So, which specific foods can you eat to up your calorie intake without consuming too much bad fat? Here are some ideas:

- **Add powdered milk and/or margarine to mashed potatoes**
- **Add fruit, seeds and nuts to your cereal in the morning. Muesli and porridge are especially good morning meals.**
- **Feel free to eat dessert, but try to find desserts that contain low-fat milk and healthy oils.**
- **Snack regularly on things like crackers and cheese, yogurts, soup with croutons and added skim milk, and milkshakes containing frozen yogurt or low-fat ice cream.**
- **Finally...Drink plenty of water to keep yourself energized and hydrated.**

Overall, remember that your goal is this: to eat more calories per week by consuming foods that are high in protein but low in saturated fats.

Eat big to get big!

Doing too much aerobic exercise will hinder your weight gain, but exercise is still highly recommended. You want to keep your muscles lean and fit, so lift weights whenever you can. Stick to performing low reps with a lot of weight to bulk up.

Lastly, sleep as soundly and for as long as you can every night. 8 hours minimum if you can manage it. It helps your body process the things you're eating and keeps you feeling awake and vitalized during the day.

If, after a few weeks, you see your weight gain stop or severely slow down, up your calorie intake further – but still keep your diet healthy. Add 250 more calories to your daily intake and go from there to kick-start your weight gain again.

Simple!

There you have it. 5 Quick Plans to begin transforming your body based upon the Perfect Body Plan.

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