

Who am I writing to? - fat nerd who lives at home their main dream is to get girls they have low self confidence and want a body that impresses people

Where are they right now - they are currently depressed and lost on how to lose weight they have tried all the fad diets but can't seem to keep themselves accountable

Where do I want them to be - I want them to gain confidence by losing weight as a result this will help them with their self image

What are the steps they need to go through - they need to weigh themselves and then find out how many calories they need per day for maintenance and subtract 500 then eat within this region .

The number one hack to lose weight and no it's not lemon water !

You're probably reading this hoping and praying that this time you will do it , you will lose the weight for good . Are you tired of not getting the attention you deserve and feeling unhappy with your appearance? Firstly I do need to set the record straight this isn't going to be some overnight weight loss hack that you will wake up and look like arnold schwarzenegger because that would be lying. This will take dedication, if that sounds like too much I would urge you to turn away now and continue eating your doritos.

If your still here then you have made the promise to yourself that you will become unrecognisable in the next 6 weeks

Let me guess your currently sat unhappy with with the way you look tired with not getting the attention from girls and watching them always choose chad over you, well today's the day my friend, the day it all begins to the new and improved you

Lets jump straight into it, i'm not going to sell you on any weight loss pills what I am going to show you is the number 1 way backed by science that will help you lose weight and keep it off for good which in turn will skyrocket confidence and allow you to bag your dream girl or multiple if that's your style this hack will allow you to walk into any room and command the attention of anyone you see fit. They will be falling at your feet and dreaming over your body

You don't know me but let me give you a brief overview. I was 20 stone at 18 years of age fat and low self esteem desperately trying to lose weight. I tried all the fad diets only to be disappointed when I came to weigh myself and nothing had changed. Fast forward to today I have built muscle and walk around with 6 pack abs that you could grate cheese on, now you're probably asking how do I get like that simple

Step 1 - weigh yourself first thing in the morning to get an accurate weight, this needs to be without food or water

Step 2 - you need to work out your maintenance calories quite simply how many calories you would eat to stay at the weight you are now you do this by using a typical daily energy expenditure calculator which can be found on google input the details it asks and hey presto you've found your maintenance

Step 3 - now here's where the hack comes in you subtract 500 calories from this to create something called a calorie deficit once you have this number your goal is to eat enough food that hits this number and before you know it the weight begins to drop

It's really that simple when your weight begins to stall drop some more calories and watch the weight loss resume now you don't have to lower food at all you can up the amount of calories burned instead and you will get the same result whilst eating more food

now with the information provided today you could go away and lose the weight yourself however without proper accountability and structure this will take you longer to achieve that chiselled beach body and lets be honest you have tried to lose weight before on your own and failed so what makes you think you can stick to this

Here's where I come in. I will hold you accountable and take out all of the guess work for you and provide a custom meal plan that will still incorporate your favourite foods because who doesn't love burgers and Ice cream I know i do. I ask you not to judge me on my winners but to judge me on my losers as there are so few. Click the link below, fill out the questionnaire, and book in a preferred time slot today and let's discuss the new and improved you

There are two options you can take from reading this today: you can continue your life as you are now with bulging man boobs and a thickening waistline or you can become a winner, take back control of your body and exceed the expectations you never believed were possible. I was once like you depressed couldn't even look myself in the mirror ashamed of the way i look pulling on my shirts to loosen it around my belly, but today i'm a happier healthier and fitter me

Take action today and become unrecognisable in 6 weeks time and allow me to get you there on hand 24/7 if I can do it anyone can