



# **WEIGHT LOSS Smart Workbook: How to lose weight by eating low carbs, calorie-controlled diet plan, exercises - walking, running, swimming, yoga & cycling: How To Lose Weight, Weight Loss Motivation**

*M. A. Kabir*

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**Did you spend \$10 just to lose weight yet?**

**And found NO result...**

Then this book is truly for you & no more regrets after purchasing books.

## **Are you one of this?**

- You want to discover the **tools and techniques** of losing weight practically
- You want to become **practically successful** in losing weight now and forever
- You want to **help others to lose weight**

## **You will learn...[The ultimate secrets of long term weight loss]**

### **To Control Calories**

- How to calculate & control your **daily intake of calories?**
- How to calculate your **daily calorie requirements, burn off calories, calories in everyday meals?**

### **Calorie-controlled Diet Plan**

- What is a calorie-controlled diet plan? Why?

### **Realistic & practical ways [Scientifically, medically & mathematically proven techniques]**

- How many calories to burn in order to shed 1 pound or 0.45 kg?
- How to assess your progress after exercising for a week?
- How to lose weight by walking, running, yoga & swimming, and cycling?

**11 power yoga poses with illustrated images**

## **Table of contents**

## **C1: Terms to calculate calories**

- Calories
- Calorie Counters
- Basal Metabolic Rate (BMR)?
- Body Mass Index (BMI)?
- Body Fat Percentage (BFP)?
- Lean Body Mass (LBM)?
- Thermic effect of food (TEF)?
- Physical Activity Level (PAL)?
- How to calculate BMR, BMI, BFP, LBM, TEF, and PAL?

## **C2: Calorie-controlled Diet Plan**

### **C3: Eating Low Carb**

- Low Carb Intakes
- Low Fat Intakes

## **C4: Walking to lose weight**

## **C5: Running to lose weight**

## **C6: Yoga to lose weight**

- Hover Pose (Push-up)
- Chair Pose (Utkatasana)
- Tree Pose (Vrksasana)
- Plank Pose (Kumbhakasana)
- Side Plank Pose (Vasishtasana)
- Half-moon Pose (Ardha Chandraasana)
- Bridge Pose (Setubandhasana)
- Forward Bending Pose (Uttanasana)
- Warrior Pose (Virabhadrasana)
- Plough Pose (Halasana)
- Sun Salutation (Surya namaskar)

## **C7: Swimming to lose weight**

## **C8: Cycling to lose weight**

## **C9: Weekly Calculation**

## **Conclusion**

**Finally...** Are you “**Kindle Unlimited**” member? Check the book for **FREE...** You will surely be interested to buy the **kindle version**.

**Tags:** Weight loss, weight loss motivation, weight loss for women, weight loss tips, weight loss smoothies, weight loss stories, weight loss books, weight loss for beginners, lose weight, lose weight now, lose weight here, lose weight fast, lose weight without dieting, lose weight without dieting or working out, how to lose weight, how to lose weight fast, how to lose weight without working out, how to lose weight in a week, how

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**From reader reviews:**

**Christina Rogers:**

This WEIGHT LOSS Smart Workbook: How to lose weight by eating low carbs, calorie-controlled diet plan, exercises - walking, running, swimming, yoga & cycling: How To Lose Weight, Weight Loss Motivation book is absolutely not ordinary book, you have after that it the world is in your hands. The benefit you get by reading this book is information inside this e-book incredible fresh, you will get info which is getting deeper anyone read a lot of information you will get. This WEIGHT LOSS Smart Workbook: How to lose weight by eating low carbs, calorie-controlled diet plan, exercises - walking, running, swimming, yoga & cycling: How To Lose Weight, Weight Loss Motivation without we recognize teach the one who studying it become critical in imagining and analyzing. Don't always be worry WEIGHT LOSS Smart Workbook: How to lose weight by eating low carbs, calorie-controlled diet plan, exercises - walking, running, swimming, yoga & cycling: How To Lose Weight, Weight Loss Motivation can bring whenever you are and not make your case space or bookshelves' grow to be full because you can have it inside your lovely laptop even telephone. This WEIGHT LOSS Smart Workbook: How to lose weight by eating low carbs, calorie-controlled diet plan, exercises - walking, running, swimming, yoga & cycling: How To Lose Weight, Weight Loss Motivation having fine arrangement in word and also layout, so you will not feel uninterested in reading.

**Betty Adkins:**

The feeling that you get from WEIGHT LOSS Smart Workbook: How to lose weight by eating low carbs, calorie-controlled diet plan, exercises - walking, running, swimming, yoga & cycling: How To Lose Weight, Weight Loss Motivation is a more deep you rooting the information that hide within the words the more you get considering reading it. It does not mean that this book is hard to comprehend but WEIGHT LOSS Smart Workbook: How to lose weight by eating low carbs, calorie-controlled diet plan, exercises - walking, running, swimming, yoga & cycling: How To Lose Weight, Weight Loss Motivation giving you excitement feeling of reading. The copy writer conveys their point in specific way that can be understood by means of anyone who read that because the author of this publication is well-known enough. This kind of book also makes your own vocabulary increase well. That makes it easy to understand then can go to you, both in printed or e-book style are available. We suggest you for having this specific WEIGHT LOSS Smart Workbook: How to lose weight by eating low carbs, calorie-controlled diet plan, exercises - walking, running, swimming, yoga & cycling: How To Lose Weight, Weight Loss Motivation instantly.

**Linda Cunningham:**

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can bring it everywhere you go and whenever your conditions in e-book and printed versions. Beside that this WEIGHT LOSS Smart Workbook: How to lose weight by eating low carbs, calorie-controlled diet plan, exercises - walking, running, swimming, yoga & cycling: How To Lose Weight, Weight Loss Motivation giving you an enormous of experience such as rich vocabulary, giving you trial run of critical thinking that we all know it useful in your day activity. So , let's have it and enjoy reading.

#### **Richard Williams:**

What is your hobby? Have you heard this question when you got pupils? We believe that that concern was given by teacher to their students. Many kinds of hobby, Everyone has different hobby. So you know that little person such as reading or as reading become their hobby. You should know that reading is very important and also book as to be the factor. Book is important thing to include you knowledge, except your own personal teacher or lecturer. You find good news or update regarding something by book. Numerous books that can you choose to use be your object. One of them is actually WEIGHT LOSS Smart Workbook: How to lose weight by eating low carbs, calorie-controlled diet plan, exercises - walking, running, swimming, yoga & cycling: How To Lose Weight, Weight Loss Motivation.

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