

LEAN BODY FORMULA | Special Report

Little Known Actions That Support PERMANENT Weight Loss



MARY JAMES

Table of Contents

About the Author	2
Four Reasons A Woman Should Stay Fit	3
What Should You Aim For? Realistic Weight Loss Goals	5
How Many Calories Should You Be Eating?	6
The Difference Between Men's And Women's Weight Loss	8
Introducing Juicing: Benefits And Methods	10
3 Earth-Shattering Weight Loss Tips For Women	12
6 Easy, Fat-Trimming Workouts For Your Living Room	14
Weight Loss Mistakes Every Woman Makes	16
Female Hormones And Weight loss	18
Genetics And Weight Loss	20

About The Author

Dear reader,

My name is Mary and I sincerely thank you for downloading the LEAN BODY FORMULA Special Report!

I am passionate about fitness, healthy lifestyle, cooking, and well-being. This report is about some of my thoughts that are occupying my mind and spirit on a daily basis over the last 5 years and my great passion – *healthy lifestyle and healthy food, fitness, mindfulness and self-improvement.*

The aim of this report is to help you to live a healthy and active lifestyle by making better choices. You will find here non-biased helpful articles and practical ideas how to get rid of excessive body fat stress-free way, improve your strength, diet advises and recommendations, effective training programs for beginners and the great value tips.

By the end of this report, you will know why you should stay fit and active, what food to avoid, how to choose the diet correctly, how to look toned without bulking up, look younger, feel better, important genetic factors and much more... All of this could be applied immediately to transition to a healthy lifestyle.

Happy reading! Thanks again and have a beautiful day.

Truly yours,

Mary James | Blogger & Fitness Afficionado

Four Reasons A Woman Should Stay Fit

Being able to move around with ease and stay in good shape is important for any woman's health. The key to being able to accomplish this goal is as simple as knowing ways that can help you stay fit. The benefits of feeling your best and being able to avoid certain health conditions are by far reason enough to be your motivation. However, knowing more benefits of being in shape is sure to assist you in reaching and keeping your fitness goals.

Reason 1) Increased Energy

One of the best things about being in good shape is that you will have more energy. This is ideal to allow you to have a better life and be capable of being more active in the process. You're sure to use a lot of energy during the day to do the things you want to do and even some you may not enjoy as much.

The key to making the most out of everyday living is to keep your energy level high and take the time to do things you like. This is by far the best way for you to have the highest quality of life possible.

Reason 2) Improved Health

Feeling your best at all times is important for your well-being and peace of mind. There is nothing better than being healthy on a regular basis and being capable of being pain-free in the process.

When a woman stays fit, this is sure to help guarantee better health for many years. The benefits of staying in shape are numerous, and it's a great idea to do all you can to have the stay fit.

Reason 3) Stronger Heart

Keeping your heart strong will allow you to have a better quality of life and avoid some potential diseases at the same time. By staying fit, you will be capable of having a strong cardiovascular system that is sure to be helpful in completing any task you have to take on during life.

The benefits of a strong heart include having more stamina and potentially being able to exercise longer or remain active for extended amounts of time.

Reason 4) Lower Blood Pressure

Being able to keep your blood pressure low is important during any stage of life. This can help prevent some potential health issues from occurring and is sure to help you feel better at all times.

Some of the symptoms of high blood pressure include headaches, dizziness and not feeling as well as you normally do. If you begin to have any of these things, it's ideal to see a medical professional and have your blood pressure tested. This can help determine if you have hypertension or not and if you should consider taking medication.

Being able to stay fit is an ideal way to live your life independently and avoid any help from others in the process. The benefits of being healthy are sure to outweigh anything else that may tempt you not to do all you can to stay your healthiest at all times.

[Highest Quality Supplements From BAUER NUTRITION. Click To Learn More >](#)

What Should You Aim For? Realistic Weight Loss Goals

If you've come to the decision that you want to lose some weight, the next step is determining how much weight you should lose. Because so many people begin diets and lose hope quickly, you'll want to make sure your diet and goals are realistic. Every person is different, and while weighing 100 pounds might be ideal for your friend, it is probably not ideal for you. You don't want to lose too much weight, you should simply want to be at your ideal weight.

Ideal Weight

In order to determine your ideal weight, using the *Body Mass Index* (or BMI) is a good way to start. This looks at a person's weight in relation to their height. No matter your height, if you're under 18.5, then you're underweight. So no one should be aiming for a BMI under 18.5. A healthy weight is known between 18.5-24.9, so any of these is safe for a goal. The taller you are, the higher your BMI can be. But if your BMI is between 25-29.9, you're considered overweight. If it is 30 or more, then you're obese. Charts determining your ideal BMI in regards to your weight are available online and in health stores or gyms.

Similarly, you'll want to make sure you are aiming for a BMI that is realistic to your age. You may have had 18.5 BMI when you were 18, but if you're 40 and looking to have that again, you might be out of luck. Our metabolisms change as we get older, so you'll want to always take that into account when realizing weight loss goals. Don't aim for an 18.5 because that's what you were when you were a teen. Aim for a BMI that is realistic to your age, and will result in you feeling fit, healthy and slim, rather than stick thin.

[Highest Quality Weight Loss Supplements From BAUER NUTRITION. Learn More >](#)

How Many Calories Should You Be Eating?

People often think of weight loss as this mysterious, impossible thing. And, while weight loss (and willpower!) can be difficult, it's actually not that much of a mystery. Even though there are tonnes of diet plans out there, most of them touting "miracle results," the truth is and always has been that weight loss is as simple as a mathematical problem.

Let's break it down. Your body needs a certain number of calories to survive and to do all the things you do on a regular basis- like walking, blinking, and talking.

That number - the number of calories your body needs just to... well... live - is referred to as your *Basal Metabolic Rate* (BMR). This is the number of calories you'd burn even if you didn't move a muscle all day long.

If you eat above your BMR amount in a day, without burning the calories off through exercise, you can gain weight. If you eat below it, then you can't help but gain weight.

Plain and simple.

But How Much Should I Eat?

The short and simple answer is that to lose weight, you need to eat below your BMR amount each day, or, eat above it and burn off the excess if you want to lose weight.

However, a lot of factors are at play in the weight loss game. Factors such as your age, current weight, gender, and weight loss goals all determine how much you should eat per day.

Fortunately, you can figure out a good number for you by using an [online weight loss calculator](#)

What to Do Next?

Once you've figured out how many calories it will take for your specific body to lose weight, your next step is to start eating the right amount of calories.

While it is true that you could eat all of your weight loss calories in doughnuts or potato chips and still lose weight, that's not very healthy for your body. Plus, junk foods do not make you feel full for long.

In order to be both satiated and healthy, you want your calories to come from good,

filling sources, such as lean meats, lots of vegetables, and fruits.

You can create a healthy meal plan on your own, or you could consult a nutritionist to help you design a meal plan that fits within your caloric needs and weight loss goals.

Don't Forget to Exercise!

Finally, never underestimate the importance of exercise!

You can subtract calories burned through exercise from your daily caloric intake, allowing you to eat more or to lose more quickly.

You can join a gym or get a trainer, but also remember that all kinds of activities, from cleaning your house to dancing with your child, burn calories and count as exercise.

Use a helpful [exercise calculator](#) to help you determine how many calories you burn from specific exercises.

If you can just do your math right when it comes to calories in versus calories out, weight loss should be a breeze!

[Highest Quality General Health Supplements From BAUER NUTRITION. Learn More >](#)

The Difference Between Men's And Women's Weight Loss

A lot of weight loss articles, websites and even published books treat weight loss like it's the same for everyone across the board. These writers like to propagate the myth that there is one way to drop weight that is a one size fits all (no pun intended).

The truth is, there are many factors at play from person to person—a major one being gender.

Gender equality from a social standpoint is 100% real and should be treated as such. Gender equality from a physiological standpoint, on the other hand, just isn't real.

Men and women are fundamentally different on a physical level and their weight loss goals and techniques should reflect this.

Below are some of the difference between men and women that may be getting in the way of your weight loss and muscle development goals.

Testosterone

A huge component of muscle building and weight loss is testosterone. From a strictly genetic standpoint, men have higher levels of testosterone, which helps to contribute to men having more muscle and less fat.

This doesn't mean this can't be overcome, but it does mean that women looking to tone up more and lose weight may need to put in a little extra work with their strength training regimen.

Size Matters

As contradictory as it sounds, because men are bigger, they actually lose weight faster. This is less of a gender issue and more of a body size issue.

How it works is that someone who is larger needs more calories for their bodies to run properly. If they begin to work out harder, it increases their caloric deficit strongly, which widens the gap more than a smaller person.

On average, women are a lot smaller than men and their caloric intake needs are lower.

Social Standards

This one is a major issue but has a lot less to do with physiology and a lot more to do with culture. Men and women have different standards of beauty, which lead to different intentions in their weight loss goals.

Because of this, many women miss out on important parts of their workout regimen because of false beliefs that they'll "bulk up" or "look manly."

They may skip exercises, especially weight training, that would actually serve to boost their weight loss, while also keeping them tone.

This is unfortunate but very easy to overcome. Forget what people have told you about "bulking up" and "looking like a guy," and go with what is proven to work.

The important thing to consider here is that even though there is a difference, both men and women can hit their health goals. With the right mindset, persistence, and hard work, anyone can reach the peak of their health.

Don't let a skewed belief of your goals based on gender comparisons slow you down or stop you. Know that you have it in you, regardless of gender, to get into shape and feel great. Your path may differ than the man standing next to you, but you can both get there!

[Highest Quality Beauty Supplements From BAUER NUTRITION. Learn More Now >](#)

Introducing Juicing: Benefits And Methods

By now, you've probably heard of juicing. Maybe you've been in a fancy grocery store and they had a juicing bar, or possibly you've gone over to your friend's house, where they were blending fruits and veggies.

Juicing is becoming more popular because it is an absolutely fantastic way to get everything your body needs while avoiding all of the stuff that it doesn't.

I want to discuss juicing with you—both its benefits and some methods and ideas. Once you hear the benefits and how easy it is, I'm confident that's you'll want to introduce juicing into your diet!

Benefits of Juicing

When most people look at juicing, they see green liquid that people are probably going to drink with their meal. In reality, juicing can very easily be a full meal replacement.

Once you learn to get the right blend of fruits and veggies for your juice, you'll notice how easy it is to replace an entire meal's worth of nutrients by drinking juice!

The best part is that this is concentrated nutrients, without all of the filler, added sugar and preservatives. When you juice, all you get is what nature intended.

One juice can pack your entire days worth of various vitamins, minerals, and nutrients.

How to Juice

So, once you've made the decision to juice, there are a few things you'll want to consider.

First, is the juicer you choose to purchase. Not all juicers are created the same. Some juicers blend at a higher heat, that ends up cooking some of the nutrients out of your juice. Other blenders (usually the higher priced ones) are built to blend at a low enough temperature that the juice maintains the nutrients that you want.

Once you get the right juicer, you need to look up the right recipes. Some juicers are great to rehydrate, cool off and give you a boost of energy. Other juicers can be full meal replacements. The varying ingredients will have varying nutritional benefits and will fulfill different needs.

How often to juice is up to you. Some people transition to a juice only detox or even a

juice only diet, but you should ease yourself into these transitions and do plenty of research before you make any decisions. This may not be right for you, your health and your specific body.

Consult a nutritionist and possibly even your doctor before you make this switch.

I hope this article has helped you to better understand why juicing has become so popular and what the benefits of juicing are. Give it a try and see if juicing is right for you!

[Highest Quality Supplements From BAUER NUTRITION. Click To Learn More >](#)

3 Earth-Shattering Weight Loss Tips For Women

Let's face it, as a woman, you care about your looks. Now, thanks to these earth-shattering weight loss tips, you can lose weight without having to struggle. Your perfect body is attainable if you are ready to work for it.

Tip 1) Alter Your Diet

First and foremost, alter your diet. This is important because it helps you consume the right amount of calories per day in order to lose weight. Eat more green vegetables every day, such as broccoli, spinach leaves, and asparagus. All of these greens are full of vitamins and they are low in calories. You can eat them throughout the day without having to worry about packing on a lot of fat.

If you are going to eat meats, make sure they are lean such as chicken and salmon. At all costs, avoid eating snacks like chips, candy bars, and other junk food. To satisfy your cravings throughout the day, you can snack on some nuts. Not only are nuts high in protein, they will have you feeling full quick.

Tip 2) Stay Active

Throughout the day, you may remain in one spot, such as on the couch or in bed. Don't do this! This causes you to feel lethargic, which then makes getting out and about a little more challenging.

Try to remain as active as possible. If you are watching television or a movie, do so standing up. Do chores standing up, and get out of the house whenever you can. Even if you just walk around your neighborhood, this can get your heart rate up and help you burn off calories. This is a vital step in losing weight the proper way.

Tip 3) Get a Partner

Losing weight can be a challenge on your own, which is why you should always try to get a partner to do it with you. Whether it's your friend or family member, having someone with you along every step of the way can help you stay motivated.

Losing weight as a woman is attainable thanks to these tips, which are not difficult to complete.

[Highest Quality Weight Loss Supplements From BAUER NUTRITION. Learn More >](#)

6 Easy, Fat-Trimming Workouts For Your Living Room

Fitting a workout in can be difficult. Often times, people are in a rush to get to work, pick up their kids, make dinner...it can all feel very overwhelming. When you try to throw working out on top of that, it can feel near impossible.

Going to the gym is a chore in and of itself. Getting your bag packed, driving to the gym, working out, showering, driving home...how will you find the time?

Don't sweat (pun intended)! You can get an amazing workout from home, in the comfort of your very own living room.

Here are six fat-burning workouts that you can do from home, without any crazy weights or machines!

1. Shadowboxing

Cardio kickboxing can really get the blood pumping. There are so many different actions involved with cardio kickboxing that it hits most, if not all of your major muscle groups. In minutes, you'll be breathing heavy and getting your sweat on!

2. Plyometrics

Plyometrics sounds like some sort of math class, but actually, it's a very intelligent and challenging way to work out.

Plyometrics focuses on explosive movements such as jumping rope, leaping, doing explosive push-ups and more. This will push your body just as hard as anything that you'll be doing at the gym, if not harder.

3. Yoga

Yoga is amazing for relaxing, letting your mind roam free and getting your stretch on! Yoga not only works your muscles, but it also makes you more flexible, which will help with all of your other workout routines.

Yoga moves beyond a workout practice and into the realm of a spiritual practice. Many people use yoga just as much for meditation as they do for weight loss.

4. Gym Class Workout

I know you probably hated doing these exercises in gym class, but now that you are out of high school, you may be able to better see the benefit of them.

Do a round of push-ups, sit-ups, sit-ups while twisting back and forth to touch the ground, crunches and raising your knee to your chest from push-up position. This will wear you out and give you a great workout.

5. Calisthenics

Calisthenics will push your body and will get you sweating in no time! You may need a little extra room for explosive exercises, so clear out a nice area before you get started.

Throw in exercises like burpees , squats, lunges, bench dips, calf raises and chip ups (if you have a chin-up bar). This will get your blood pumping and your fat melting!

6. Pilates

Pilates is a lot tougher than it looks! It can push your body to new levels while giving you a good stretch and better control of your muscles. Best of all, you can do it from the comfort of your living room! There are plenty of videos available on Youtube and you can find the one that's right for your fitness level.

No more excuses! Get your workout on from home and burn those calories!

[Highest Quality General Health Supplements From BAUER NUTRITION. Learn More >](#)

Weight Loss Mistakes Every Woman Makes

Weight loss is something that is easier said than done. However, did you know that you could possibly be doing mistakes that women everywhere have been making on a daily basis? Do you know what these mistakes are or how to fix them? Here are some of the weight loss mistakes that every woman makes when it comes to losing weight.

Having too much protein

The right amount of protein can go a long way with the right amount of exercise and meals to go with it. However, if you are getting too much protein in your diet, or through supplements then this excess protein is being stored as fat in the body.

Cutting down on the veggies

You cannot have a plate of fries and say you've had your serving of veggies for the day. Eat carrots, leafy greens and an assortment of other foods that are great for your health so you can feel energized while getting enough vitamins throughout the day.

Having a glass of juice in the morning

This actually raises the blood sugar and makes you hungry later on in the day. Any sugary drinks in the morning can do this, and cause you to overeat when you're really not that hungry or perhaps don't need that second helping of pancakes.

Not getting enough sleep

This can mess with your metabolism, and make you hungry or even less hungry. Either way, the stress can get to you, the deprivation of sleep can cause you to not have energy or motivation to work out, and this causes the body to shut down and not burn fat any longer.

Exercising and then binge eating

This is not okay to do. Just because you ran off those extra calories doesn't mean you get a free pass to go out and eat a large meal. You want to work the weight off and keep it off. Try a light snack, such as a carrot stick after a workout, or eating eggs before a workout for that extra protein.

Thinking that you don't have enough time

This is a common story for those out there that are constantly on the run, busy and have so many things to do. Honestly, all you need is a solid ten minutes to get a good workout in, feel better and look better. That's it, just ten minutes!

Doing the same thing over and over

This is not going to provide you with any benefits, except for being on a routine. You need to intensify the workouts, up the frequency and change out the different things you do to work out.

Don't ignore the weights

You might not want to have body builder arms and pecs but you do want to make sure that you tone. The only way to tone is through weight lifting and working on building the muscle that you find in areas around your body.

There are many ways to get in shape, and many things that women think they are doing right, but actually are wrong. Don't be fooled by the hype or what your friend told you. Know the facts, and make sure to make the most of them the next time you go to diet or exercise.

[**Highest Quality Beauty Supplements From BAUER NUTRITION. Learn More Now >**](#)

Female Hormones And Weight loss

There are hundreds of hormones circulating through your body, and as a woman, your hormones fluctuate and change as you age. These changes in hormones can make it more difficult to lose weight, but there are some things you can do to help balance things out and drop those extra pounds.

Eat Healthy

What you eat can affect your hormones. Your diet should include a diet high in fibre, complex carbohydrates and unsaturated fats. Fresh fruits and vegetables are essential in keeping your hormones in check and helping you lose weight.

These foods take longer for your body to metabolise and help you stay fuller longer to stop food cravings. Eating several small meals throughout the day also helps.

You can enjoy dessert, but do so right after a high fibre meal.

Relieve Stress

When you're stressed, your body releases the stress hormone cortisol. This increases glucose which leads to blood sugar spikes and food cravings. You can learn relaxation techniques, like yoga and meditation, to help better handle stress and prevent the release of this hormone.

Raise Endorphins

Sometimes overeating is triggered by emotions. You can help prevent this by increasing the release of endorphins, a feel good chemical released by the brain.

One way to increase endorphins is exercise. Engaging in physical activity gives you a natural high. Other ways to feel good are by doing things you love, painting, laughing, watching a good movie, or any other thing that makes you feel good.

Strengthen Your Muscles

Strength training can help keep your hormones in balance. When you strengthen your muscles it stabilises your cortisol levels. Increasing lean muscle mass will also help you burn more calories, even while you are at rest.

Sleep

Studies show that adequate sleep helps regulate the hormones leptin and ghrelin. Leptin signals you when you're full, while ghrelin tells you when it's time to eat. Both of these play a role in our hunger signals and whether or not we overeat.

Even though hormone fluctuations can make it more difficult to lose weight, if you work at keeping your body healthy and reduce stress, you can keep them more balanced, and this increases your chance of successful weight loss at any age.

[Highest Quality Supplements From BAUER NUTRITION. Click To Learn More >](#)

Genetics And Weight Loss

When it comes to being overweight and/or not being able to lose weight, people have all kinds of excuses. One of the most common is that they are genetically predisposed to being overweight.

This "excuse" is kind of a hard one to unravel because there is, for sure, some truth in it. That does not mean, however, that you should use genetics as an excuse for why you are not losing weight.

In fact, instead, it means that you should be even more aware of your innate inclinations toward holding onto extra weight and that you should use that knowledge to better yourself and your efforts and to fight against these tendencies.

Nurture

Research shows that if your parents have poor eating habits, you are more likely to adopt those habits. That makes sense because children learn from what they see. If you see your parents eating junk food regularly and not being active, that does, for sure, make it more likely that, even into adulthood, you would adopt these habits.

However, you don't HAVE to. You can unlearn bad habits almost as easily as you learn them, so, if you were raised in an unhealthy family, focus on learning and applying better, healthier habits to lose weight.

Not only will you further your weight loss efforts if you do so, but you might just help your family in the process.

Nature

Research does show that some people are genetically predisposed toward being overweight. Thus, if one or both of your parents are overweight or obese, that does increase your chances of also being so.

However, with that said, you do not have to follow in your parents' or relatives' footsteps, even if you are genetically inclined to do so. Healthy habits can enable you to overcome genetics and to come out the other side stronger, better, and more powerful, both emotionally and physically.

As you can see, you have a lot of control over your weight and also your ability to lose

weight. While you can give in and believe that being overweight is all a matter of genetics and thus not your fault, that is not going to do you any good. It's much better to take control of your life, to believe that you can be better and healthier, and to take steps to make that dream a reality, no matter what might or might not be written in your genetic code.

[**Highest Quality Weight Loss Supplements From BAUER NUTRITION. Learn More >**](#)