Cheatography

Weight Loss Cheat Sheet by Natalie Moore (NatalieMoore) via cheatography.com/19119/cs/2984/

Get good at saying no.

There is always crap to eat. You enjoy it for a millisecond and regret it for the rest of the day/week

Ramp up work outs

Use the stairs at the Uni for example

Rainy days

Check pinterest for workouts

Get going

Getting started on each workout is the hardest part

Once you are actually going you enjoy it

Do 20 min workouts

if you feel like doing nothing.

| Calories in | |
|------------------------------|-----|
| Glass of Milk (250ml) | 103 |
| Sugar (teaspoon) | 15 |
| Slice of cheese (thin 20g) | 80 |
| Slice of cheese (medium 30g) | 120 |
| Bread (2 slices) | 180 |
| Egg (large 50g) | 71 |
| Butter tablespoon | 102 |
| Chocolate (100g) | 535 |
| Marshmallow (100g) | 318 |
| Wine (glass) | 123 |
| Beer (can) | 154 |
| Pasta (cup plain cooked) | 182 |
| Frosty Fruit | 84 |
| Cream (cup) | 821 |
| Ice cream | 267 |
| Dried apple (4 pieces) | 64 |
| Apple cup | 50 |
| Bannana | 100 |
| Tea (sugar) | 15 |
| Tea (Milk and Sugar) | 40 |

Calories in... (cont)

| Smiths chips Cheese Onion (100g) | 511 |
|----------------------------------|-----|
| Dried apricot (8 pieces) | 64 |
| Avocardo (1 cup) | 234 |
| Sour Cream (table spoon) | 23 |
| Sour Cream (cup) | 445 |
| Rice (cup cooked) | 206 |
| Magnum Ice Cream Plain | 283 |
| Magnum Ice Cream Ego | 349 |
| Aldi Salted Caramel Pudding | 464 |

Nats BMR = 1450. Davids BMR = 2371. Consume more and gain weight, consume less and lose weight. Exercise to lose bonus weight.

AUDIOBOOKS

Jane Austen Terry Prattchett

Amy Pohlar Jennifer Cruise

Ride your bike to work

This is fun and easy and takes only a couple extra minutes each way!

Zumba

Us youtube to find Zumba workouts. Put on the air conditioning and ZUMBA!

Dietbet

Put a bet down on diet bet. This gives you instant motivation, especially if its a big bet, and it gives you a sense of competition.

By **Natalie Moore** (NatalieMoore) Published 19th March, 2017. Last updated 19th March, 2017. Page 1 of 1. Sponsored by CrosswordCheats.com Learn to solve cryptic crosswords! http://crosswordcheats.com

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