

**"7 Tips
to lose
7 Pounds
in
7 Days"**

by Billy Cowell



Ok everyone, here is your

FREE Copy of my 7 Tips to lose 7 Pounds in 7 Days

This is a list of 7 quick & easy to employ tricks that could have you drop as much as 7 pounds in the next 7 days. Too good to be true? Try them and see...

1. Eat

Do this right and your body will respond. Eat 4-5 small meals per day, this will boost your metabolism and reduce fat storage. Concentrate on lean proteins, fibrous vegetables and health fats. Limit fruits and any other sources of concentrated carbs. Breakfast is super important!

2. Eat at Home and Pack your Lunch

Studies show that people who eat out regularly consume over 30% more calories per meal. This adds up quickly. You have no control over how the food is prepared at restaurants, and when you make it yourself you do. The more control you have over what you eat the more control you have over what the scales says next week. This one is super tough and eating out is fun but eating out would be on my list of 7 things to help you GAIN 7 lbs in 7 days.

3. Write it Down

Whether eating out or at home, write down what you eat. I have mentioned this many times: in a study where 2 groups were assigned the same diet, the group that wrote down what they ate lost 50% more weight. Whether it be on paper or online this trick makes for unexplainable transformations (try www.dailyburn.com for a good FREE online food journal).

4. Drop the Carbs

This you should do anyway, but especially for the next few days. For every gram of carbs stored in your body, 3 grams of water are stored. By dropping the carbs you can easily lose 4-5 pounds of water weight within a few days. Lose that winter bloat - lose the carbs.

5. Liquid Limitations

Stick with only non-caloric drinks: tea, water, coffee, diet soda etc. The closer to plain water the better. And yes, that means no alcohol. No juice or milk either. Liquid calories add up quick and since they are mostly comprised of sugars (which store nicely as fat) so you are best off to leave them alone.

6. Fish It

Take your fish oil capsules. You are already? Great! (although you are probably not taking enough) If you are not taking any get your butt to Costco and get some. Get the "enteric coated" ones to avoid nasty fish burps. Fish oil (among the hundreds of other benefits) can increase your metabolism by 400 calories per day. Aim for 5-6g of EPA/DHA per day.

7. The 5 second secret

Do you drink enough water? In 5 seconds each night before bed, down a cold glass of water. You will burn over a 100 calories heating the water up to your body temperature. Try a whole year of just drinking 6 – 8 glasses a day. This is one of the secrets that those fitness people know about...., you know the people with the perfect stomach and tight everything else. It's not really a secret at all; it is just a thing that needs be done. With this alone, you will be 8 lbs lighter a year from now.

Bonus Tips: (These are extra tips to give you more for your money..., besides 7 is catchy)

- Don't eat 3 hours before bed - It has been proven that not eating three hours before bed reduces fat storage throughout the night.
- A great way to burn off excess fat is to walk or jog for as little as 15-20 minutes first thing in the morning. Performing a calorie burning activity right when you wake up is more effective since your body is depleted of calories, and is forced to pull energy from fat stores.
- Join a boot camp.

Put these tips to work and you will see results within a week guaranteed or your money back (wait, wasn't this free????)

Don't wait. These 7 tips alone can drop- inches and pounds from your body in as little as one week. It is time to take ACTION.

Billy Cowell, CPT
The Exercise Specialist
Essential Athlete
<http://www.essentialathlete.com>
646-462-3844

PS: Check out my blog for more workouts, nutrition advice, videos and overall awesome content all peppered with my dazzling sense of humor and wit designed to get you into shape in record time: <http://2xresults.net>

PPS: When you think about supercharging your workouts and integrating the exercises that are going to help you the most, check out Lara here using Kettle Bells for her marathon cross-training during one of our 6am boot camps.



“Billy is extremely focused to make certain that I am getting the maximum benefit from each movement while focusing on safety to assure no injury.”

“He has the personality and professionalism that any client would enjoy working with while guaranteeing the maximum results.”

-Lara

(she is amped up for the NYC Marathon and will be on the start line injury free)

And of course I have to include Michelle’s two pants size story. These are always fun.

“Working out with Billy has made me more conscious of my body and how I treat it. I have vastly improved my diet to help my progression.”

“Putting on pants that were two sizes smaller never felt so good.”

-Michelle



Check out the website for more of these and who knows, maybe you can be next.

Email me with any questions billy@essentialathlete.com