

Simple!

The 5-Minute Guide To
Managing Your Weight

Zimmer!

Manage Your Weight. Simple. Free.

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Introduction:

Despite a 40 billion dollar weight management industry, the obesity pandemic keeps getting worse. The fact is this: There are no magical solutions. There are no pills or belts that can help you lose weight.

On the contrary, successful weight management requires:

- A basic understanding of how your weight works
- Simplifying the weight management process as much as possible

We hope that this simple 3-page Zlimmer! guide can be your first step in doing so. It will help you understand how your weight works and how you can make weight management an easy part of your daily life.

How weight works:

Like a car, your body needs a certain amount of fuel (or energy) to run. You need this energy to live your daily life. However, instead of gasoline, the human machine requires food and beverages. For example, a **large apple** provides 110 calories in energy, a **can of Coke** about 150.

Eat less than your daily caloric requirements and you will lose weight, eat more and you will gain weight.

What are your daily requirements?

There's a simple formula that will tell you what your daily caloric requirements are:

1. Weigh yourself. Any bathroom scale will do.
2. If you've measured your weight in **pounds**, multiply it by:
 - a. 12 for men
 - b. 11 for women
3. If you've measured your weight in **kilograms**, multiply it by:

- a. 26.4 for men
- b. 24.2 for women

Here are a couple of examples using real people to help you understand how the formula works:

1. Meet Bob. He weighs 183 pounds. Using the formula above his daily requirements will be about (183×12) 2,200 calories a day.
2. Meet Jane. Her standard of measurement is metric. She weighs 70 kilograms. So her daily requirements will be about (70×24.2) 1,700 calories a day.

If you eat as much as your daily requirements, your weight will stay the same.

How can you lose weight?

1. Understand the basic philosophy behind weight loss. Simply put: Eat less than your daily requirements or burn more calories by exercising.
2. Set a clear goal. Figure out how much weight you would like to lose.
 - a. Let's say Bob wants to lose 10 pounds. Since **1 Pound = 3500 Calories**, Bob will be aiming for 35,000 calories.
 - b. If Jane decides that she wants to lose 2 kilograms, she would aim for about (7700×2) 15,000 calories. Since **1 Kilogram = 7700 Calories**.

Setting a clear goal allows you to have a clear picture of where you're headed. Then, chip away at your calories everyday (or as many days as you can) until you get to your goal.

But, how do I do this in my everyday life?

Eating less can be as simple as substituting a hamburger with a grilled chicken sandwich. They both fill you up just as much but one may "cost" 150 calories less. Continue to make such substitutions throughout your diet.

Don't sacrifice your taste buds, just look for better options.

For Example:

1 bowl (2 cups) of 2% instant chocolate pudding = 250 calories
(That's only if you measure exactly and don't lick the bowl.)

Substitute this with:

Jell-O Fat Free Pudding Snack = 100-125 calories
(Lick the cup all you want, its still 100 calories.)

That one smart choice saved you at least 125 calories.

You can also exercise to burn a few more calories as well. Exercising more can be as simple as playing with your kids or walking 15-20 minutes a day and increasing the time periodically. Don't worry about doing exercises in exact ways with exact timing. It will only frustrate you.

Ask your doctor if it's OK to exercise. Then get some exercise. Enjoy what you do and get more active from there on.

Most Importantly:

Don't worry if you overeat. Just write down the number. Maybe it will set you back one or two days. No matter what you ate or drank, move on.

Occasional "lapses in concentration" do not ruin anything. You did not "blow it".

Conclusion:

There are many myths and half-truths associated with weight loss. Some people think that you can't lose weight because of genetic reasons or you need to eat certain types of foods to lose weight. Absolutely not!

Make the weight management process as simple as possible and there is no reason why you won't reach your target weight.

About Zlimmer!

What is Zlimmer!?

Zlimmer! is a website that provides you with an easier way to manage your weight and meet others who share similar weight management goals. We aim to make the weight management process as simple as possible and keep it completely free.

What's Different About Zlimmer!?

Simplicity. We don't claim or aim to be a complete nutritional solution. In fact, If you have specific nutritional needs, definitely seek the assistance of a doctor, nutritionist or personal trainer. But if you are looking to lose weight and keep it off in a way that won't interfere with your life, Zlimmer! is the place for you.

Visit us at <http://www.zlimmer.com> to start reaching your weight management goals.