

WEIGHT LOSS

Person 1 - 500 + calorie deficit. By crash dieting and excessive cardio.



- ✗ Does excessive bouts of cardio
- ✗ Extreme calorie restrictive diets (**KETO, LOW CARB**)
- ✗ Does little to no **weight/resistance** training
- ✗ Thinks carbohydrates are the enemy avoiding **essential whole carbs**
- ✗ **Decreased** energy, decreased strength, decreased stamina, early aging and reduced immunity

VS

FAT LOSS

Person 2 - 400 - 500 calorie deficit. Correct nutrition & training.



- ✓ Focuses on building lean muscle through resistance training
- ✓ Eats 90% - 95% **whole foods**, naturally bringing the body into a **calorie deficit**
- ✓ Does short 30 - 45 min max, **high intensity** sessions vs 60+ mins lower intensity sessions
- ✓ Drinks plenty of water, **prioritises sleep**, maintains low stress levels
- ✓ **Improved** fitness, increased strength, reduced risk of disease and delayed aging

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C Cleary



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Congressional Record United States. Congress,1963 **The Northwestern Miller** ,1900 *Railroad Gazette* ,1882
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Press ,1902 *Engineering* ,1919 *The Cultivator & Country Gentleman* ,1877 *Horseless Age* ,1909 **Merchant**
and Banker ... ,1875 *The Country Gentleman* ,1902 The Economist ,1913 **Daily Commercial Report and**
Market Review ,1885 *Harper's Weekly* John Bonner,George William Curtis,Henry Mills Alden,Samuel Stillman
Conant,Montgomery Schuyler,John Foord,Richard Harding Davis,Carl Schurz,Henry Loomis Nelson,John Kendrick
Bangs,George Brinton McClellan Harvey,Norman Hapgood,1870 Bazaar Exchange and Mart, and Journal of the
Household ,1893 *Bradstreet's Weekly* ,1892 **Lancaster Livestock Reporter** ,1994 Traffic World and Traffic
Bulletin ,1914 **Railway and Engineering Review** ,1895

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In an electronic digital era where connections and knowledge reign supreme, the enchanting power of language has become apparent than ever. Its capability to stir emotions, provoke thought, and instigate transformation is actually remarkable. This extraordinary book, aptly titled "**Comparison For Small Business 40 697 Weight Loss Examples America**," written by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound impact on our existence. Throughout this critique, we shall delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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