

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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JL Elias



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Benjamin Milwitzky, George E. Solomon, George E. Towe, Howard J. Curfman, Morris Morduchow, P. S. Klebanoff, Stanley Corrsin, William C. Triplett, United States. National Advisory Committee for Aeronautics, Alan L. Kistler, Dean C.

Lindquist, Henry J. Gomberg, Stuart C. Brown, Dexter M. Potter, G. Allan Smith, J. W. Freeman, 1955 **Board of Trade Journal**, 1951 **Psychology** Lawrence S. Wrightsman, Fillmore H. Sanford, 1975 **Aeronautical Engineering Index**

, 1952 *The Aeroplane*, 1952 *Daily Commercial Report and Market Review*, 1884 **Trauma Nursing** Karen A. McQuillan, 2002 Now with updated diagnostic and treatment methods this book offers more complete and detailed coverage

than any other trauma nursing text Chapters provide detailed instruction on the best ways to respond during all phases of the cycle of trauma from prevention and resuscitation through critical care and rehabilitation A team of expert contributors

guides readers through specific injuries and their treatments They identify and describe the nursing skills necessary to provide the best care for your clients Updated content reflects new research based findings includes expanded content on

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that report and interpret the results of original scientific research in basic and applied ecology *Veterinary and Human Toxicology*, 1995 **Aeroplane and Commercial Aviation News**, 1952 *World Wool Digest*, 1964 **Author Index to Psychological Index, 1894 to 1935, and Psychological Abstracts, 1927 to 1958** Columbia University. Psychology

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