

LOSING TO WIN

RESOURCE CHEAT SHEET



Losing to Win Resource Sheet

All of us wish that we could lose some weight. None of us are perfect, and we all strive to try and improve our bodies and to look more attractive.

Most of us will at some point in our lives try a workout program, a fad diet or a weight loss supplement.

Unfortunately, within the fitness industry we see a huge amount of scams and useless products. This resource sheet is here to try and show you some of the tools which actually do work!

Read on and let's take a look at some of the tricks, tools and techniques that can open up doors and help you lose the weight that you've always wanted to!

Losing to Win is all about using the right tools and techniques to get where you want to be with your weight loss and diet goals. A good tool can be an invaluable asset that will help you to lose weight more easily and more quickly while at the same time making it more enjoyable to do so.

Many of these tools can be found online and are available entirely for free. Others can be bought online through Amazon, or have useful resources on the web that you can use to learn more about them. This sheet then will provide you with a simple way to find all those resources in one place. This is your portal that will take you to the tools that can drastically enhance your fitness and your weight loss...

Fitness Tracker

As we've seen, the right fitness tracker can not only be a directly useful aid in weight loss but it can also serve as a means through which to measure the effectiveness of the *other* tools you'll be trying to use.

There are a ton out there, so here are some of the best ones to look into...

The Microsoft Band

<http://www.microsoft.com/microsoft-band>

The Microsoft Band includes a continuous heart rate monitor, sleep tracking, third party apps and more.

Apple Watch

<http://www.apple.com/uk/watch/>

If you like your fitness trackers with tons of other communication and entertainment features, then the slick and stylish Apple Watch is for you.

Fitbit Charge

<https://www.fitbit.com/us/charge>

Another of the absolute best fitness trackers on the market is the FitBit Charge.

Jawbone UP3

<https://jawbone.com/store/buy/up3>

One more of the latest and most advanced trackers is the UP3. This one uses a different type of sensor technology for reading heartrate.

Apps

Don't want to splash out on a fitness tracker? That's fine, there are plenty of apps out there that do similar things assuming you have a decent smartphone. And many of them are free! Some of the best are listed here, just search for them in your relevant app store to find the official app.

MyFitnessPal

This is one of the best apps for tracking calories taken in. You can easily add your most regular meals to the list and that way keep tabs on exactly how many kcal you need to burn each day!

Sleep Cycle Alarm Clock

This measures movement through the bed and combines that with clever timing in order to wake you when you've finished your sleep cycle.

Endomondo

A great running app that does most of the things that the fitness trackers and running watches do. Tracks routes, shows calories burned and counts steps among other things.

S-Health

Samsung devices normally come with this packaged in. It tracks your steps throughout the day and even lets you take your heartrate at intervals throughout the day.

Microsoft Health

Microsoft Health works well with the Band but can also be used with a host of other devices.

Web Tools

For measuring and calculating all that fat loss, there are some handy tools on the web that you can use as well...

Resting Metabolic Rate Calculator

<http://www.bodybuilding.com/fun/calrmr.htm>

This tells you how many calories you burn when you're at rest, very useful for working out how many you need to burn extra through your workouts.

1 Rep Max Calculator

<http://www.bodybuilding.com/fun/other7.htm>

Just a little fun for those who are burning fat by lifting weights; this one will work out your maximum rep so you can show off in front of your friends and colleagues.

Can You Bench Press a Dinosaur?

<http://www.thebioneer.com/can-you-bench-press-a-dinosaur/>

Again, this one is just a little fun for those who enjoy showing off. This calculator compares your bench press to the weights of various different animals and even dinosaurs...

Interval Timers

<https://www.youtube.com/user/Kpatient/playlists>

The playlists of YouTuber Kai Patient include lots of handy interval timers. And folk music...

Running

We discussed in the full text how certain tools could make running more enjoyable and more rewarding. Read on and we'll look at some of those tools to help you finally get 'into' running.

Finding the right running shoes:

<http://www.asics.co.uk/sports/running/preparation/running-shoes-guide-finding-the-right-fit>

Run with perfect form: <http://www.runnersworld.com/newswire/study-running-form-of-the-tarahumara-indians>

Running essentials kit: <http://www.runnersworld.co.uk/kit/running-essentials/491.html>

Communities

R/Fitness

<http://reddit.com/r/fitness>

The Fitness community on Reddit is a great place to get tips and advice, as well as encouragement!

WeightLossBuddy

<http://www.weightlossbuddy.com/>

Studies suggest that finding a weight loss buddy can help a lot in your efforts to diet and lose weight!

Bodyspace

<http://bodyspace.bodybuilding.com/>

Bodyspace is a social network that's also part of bodybuilding.com. It's not just bodybuilding though – here you find people with all manner of training goals. Share pictures, ask for tips and motivate other users.

Tools and Devices

Nutribullet

<http://www.buynutribullet.com/>

Currently all the rage, this device makes it super easy to make fruit or vegetable smoothies and take them with you on the go. No washing up required!

Slow Cookers

<http://www.bbcgoodfood.com/howto/guide/slow-cookers-and-how-use-them>

A bit on slow cookers and how you use them!

Choosing a Food Dehydrator

<http://www.motherearthnews.com/real-food/choosing-a-food-dehydrator-zmaz03jjzgoe.aspx>

How to choose a food dehydrator. Anyone can benefit from being able to dry out their fruits and vegetables to keep them for longer!

Diets and Supplements

A Guide to Protein Powder

<http://www.bodybuilding.com/fun/vinced7.htm>

This is a guide to protein shakes from the guys who know how to use them!

Reviews of 12 Popular Weight Loss Pills

<http://authoritynutrition.com/12-weight-loss-pills-reviewed/>

BodyChef

<http://www.bodychef.com/>

This is just one example of a diet where the food gets delivered to you.

Informational Resources

BBC Goodfood

<http://www.bbcgoodfood.com/>

Looking for some healthy meals you can make easily? BBC Goodfood has a huge library of meals which includes a number of healthy low calorie and low carb options. It also has lots of cake – this is the home of The Great British Bakeoff after all!

Calorie Counter

<http://www.nutracheck.co.uk/CaloriesIn/?jsessionid=41A9652905C359FC4A8E09A08A9F332E>

This website provides a database filled with thousands of foods and their calorie count!

Top Diets

<http://www.nhs.uk/Livewell/loseweight/Pages/top-10-most-popular-diets-review.aspx>

An objective overview of most of the current popular diets, from the NHS.

There you go, a ton of resources to get started with. But don't use all this reading as an excuse to put off exercising and dieting. The best way to learn is to try this stuff out!