

Obesity Book

FROM **134KG** for **To 75KG**
In 4Months

Weight Loss

The Obesity Book for An Easy Weight Loss



Syed Mohammad Ahmed

Preface

My Transformation Pictures

These are my transformation pictures from left to right, I went from 134 kilograms to 75 Kilograms in less than a year.



I have written this book for anyone who is obese or overweight and wants to get fit in the best healthiest way possible.

I have tried and experimented with everything that is written in this book and has written this book in the best way that

has worked for me and every method that has been a success for me.

The working principles and diet plan with exercise regimen included in this book will work for anyone or any age, regardless of gender.

The diet plan and exercises written in this book are very effective and easy, the overall difficulty and adaptability of the "Obesity Book for Weight Loss" is easy and is for any obese person except for very elderly people.

This book is the outcome of my 9 plus years of exercise experience in Gym and Park. Luckily I was an experienced Gym enthusiast before I got really out of shape and obese, but I worked my way out of it with very detailed researches and experimentation.

You do not have to go to the gym and you do not need gym for following this book for your fat loss transformation, you only need a room and a walking area or outdoor park, Although gym can work fine but it is not necessary to have a gym membership for following this book, but in case you like to go to gym then its perfectly fine and you can walk on treadmill instead of outdoor walk.

You also need a pair of 2 lightweight dumbbells (between 1 to 3lbs max pair of dumbbells) for both the men and women.

I hope in the best way that my book will transform and enlighten your life and help you achieve your dream physique.

Table of Contents		
Chapter	Title and Contents	Page
Book Title		Page 1
Preface		Page 2, 3
Author's Transformation		Page 2
Table of Contents		Page 4, 5, 6, 7
Health Introduction		
Chapter 1	Health Introduction	Page 8
	Fitness Benefits in Life	Page 9
	Definition of Fitness	Page 10
	An Idea of 7 Billion People	Page 11, 12, 13
Motivation		
Chapter 2	Success	Page 14
	What Time should I give myself to change my physical appearance	Page 14
	Failure	Page 15, 16
Chapter 3	Looks	Page 17
	Over Skinny	Page 17
	Over Weight	Page 17
	Normal Weight	Page 17, 18, 19

	Diet	
Chapter 4	Diet Introduction	Page 20, 21
	Eating and Eating Patterns	Page 22
	Normal Eating	Page 23
	Carbohydrates, Fats, Protein, High-Fiber Foods	Page 24, 25, 26
	Water Intake	Page 27
	When to Eat your Meal	Page 27, 28
	What should be the size of the plate	Page 28
	Portion size and plate illustration	Page 29
	Over Eating	Page 30, 31
	Important Rules	Page 32
	Caloric Diet Plan 6 Feet or Less	Page 33, 34
	Caloric Diet Plan 6 Feet or More	Page 35, 36, 37
	Exercise - Part 1	
Chapter 5	Overview	Page 38, 39, 40
	Dumbbells Weight	Page 40
	Walk	Page 41
	Muscle Conditioning	Page 41
	Running	Page 42
	How Should one start Running	Page 42, 43
	How Fast Should you Run	Page 44
	Weight Loss or Bodybuilding	Page 45

	Exercise - Part 2	Page 45
Chapter 6	About Aerobic Workout Routine	Page 45
	First Time Injury and Pains	Page 46
	Ignoring the bad gym instructors and friends	Page 46
	Exercise Routine - The Abs Workout + Illustration	Page 47, 48 , 49, 50, 51, 52, 53, 54, 55, 56, 57
	Exercise Routine - Shoulder & Deltoids Workout + Illustration	Page 58, 59, 60, 61, 62, 63, 64, 65, 66
	Exercise Routine - Chest Workout + Illustration	Page 67, 68, 69, 70, 71, 72
	Exercise Routine - Biceps & Triceps + Illustration	Page 73, 74, 75, 76, 77, 78, 79, 80
	Exercise Routine - Back Workout + Illustration	Page 81, 82, 83, 84, 85, 86, 87
	Exercise Routine - Legs Workout + Illustration	Page 88, 89, 90, 91, 92
	Dedication	
Chapter 7	Dedication Introduction	Page 93
	Natural Weight Loss is Better than Gastric Bypass Surgery	Page 94, 95
	Dedication to Diet Plan Burns All Fats Cells	Page 95, 96

	naturally and fast	
	Avoiding Extra Sugar is Helpful in Fat Loss	Page 95, 96
	The best way of maintaining weight after fat-loss	Page 96, 97, 98
Chapter 8		
	Taking Rest	Page 99, 100
	How to Manage Stress	Page 101, 102
	Workout Wisdom	Page 103, 104
	Enlightenment Tips	Page 105, 106
	Short Regimen Summary Exercise Regimen Summarized	Page 107
	Diet Regimen Summarized	Page 108
	Important Question and Answers	Page 109, 108, 109, 112
	Conclusion	Page 113
	Epilogue	Page 114
	Transformation pic	Page 115
	Note to Readers	Page 116
	Copyright notice	Page 117
	Good Luck, Last Page	Page 118
	Body Mass Index Chart	Page 119

Chapter 1

Health Introduction

“Journey of a thousand steps begins with a single step”

As you have heard before or your intuition told you many times when you were hurt or ill, that “Health is the real wealth” well said. As every wise man knows that health is the treasure without it you can't have a good life and every other thing in the world will seem not worth it. All pleasures of life will seem unpleasant because of bad health.

Imagine being a king with billions of dollars in the bank account but having a single illness will make all your being a king experiences to the level of zero satisfaction.

Very Lucky for all the obese people that being fat is the only so-called problem which can be reversed with proper dieting and exercise and is least costly compared to other illnesses human beings have.

If you are less than 60 years old then still you can do it and there is big hope, and if you are younger than 40 then it is going to be very easy.

Fitness Benefits in Life

Fitness has many benefits, especially being on a healthy weight according to the Body Mass Index(BMI) is best for Human Health.

Physical Fitness has many good effects on human mind and body, People with healthy BMI may enjoy more active lifestyle than an overweight person, such as playing favorite active sports, like football, tennis, swimming going for a run, or a daily brisk walk routine, wearing desirable clothing, etc.

As you have heard "Take care of your body, it is the only thing you live with" so everyone must take care of themselves and their health.

There is nothing in the world more precious to you than your health. All other monetary things are just for making you happy for a temporary period and nothing gives you permanent happiness except your health and well being.

Wealth is the creation of your health, and people take wealth over health as they ignore their health for wealth. Later realize that health is the most expensive and most valuable asset than any other thing in the world.

In our daily life, we tend to look good and wish to look fit in desirable clothes because everywhere you go, whether, in your school, college, office or even in your own home, your first impression is your physical appearance, so better the

fitness, better the health and appearance. Being on a healthy weight is much better than being overweight, especially when it comes to health and an active lifestyle.

DEFINITION OF FITNESS

Simply in this book, I am going to let you know what fitness means to me as an author. "Fitness is when you are on healthy weight according to your Body Mass Index(BMI). You are mentally and physically healthy and your body is not on extra weight stress and you are fit and strong for carrying your daily activities".- **Syed Mohammad Ahmed**

Obesity Book for Weight Loss

An Idea for 7 Billion People

As there are 7 billion (7000000000) people around the world and millions and millions out of those 7 billion are overweight or obese. Let's assume how many out of these figures will become certified trainers who can help others out. If those overweight people were educated in fitness, they might be willing to use their knowledge to reshape their lives.

Every overweight might not get a certification as a trainer or nutritionist but they can know enough to help themselves.

We are living in the age of communication and there is information about almost everything over the internet, the open internet phenomenon has led the internet overloaded with information and which source of information is reliable and trustworthy is hard to guess.

I remember that whenever I searched over the internet for some particular idea, I used to get dozens of contents which seemed very appealing but there was no information about the genuine source from which the online content was made and it seemed like that every information and content is made by random bloggers or random people who are making a living by blogging websites.

As the online evolution took place, so as the digital content and website blogs. There are literally more than a billion websites over the internet and each one of them is centralized for profit-making. Every fitness article on the web seems to be generated or curated by web bloggers and not by real experienced fitness experts.

There are countless sites that show only a few types of diets or recipes and claims that this is an antidote for weight loss, in reality, one can find thousands of books on weight loss and fitness and each one of them claims to be the only legit formula for weight management.

The internet is having so much content that it is confusing people on what to follow or what not to. There are so many fitness gurus on the internet world and every other person is inspired by some sort of fitness model over YouTube and movies.

The reality is that almost all the fitness experts on the internet and YouTube are bodybuilders or People who have never been 300 pounds. I had membership in various Gyms and the one thing I have learned is that nobody is really giving reliable advice on weight loss other than bodybuilding training. Whenever someone over-weight asks the gym

instructor for guidance they have always been taught to do the treadmill for one hour followed by a 1-hour bicycle and some hardcore body breaking Cross-fit session.

Every other gym has the same story and did a 3-hour workout does nothing, but breaking the body, mind, and spirit by extreme exhaustion caused by robotic or machining workout sessions

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