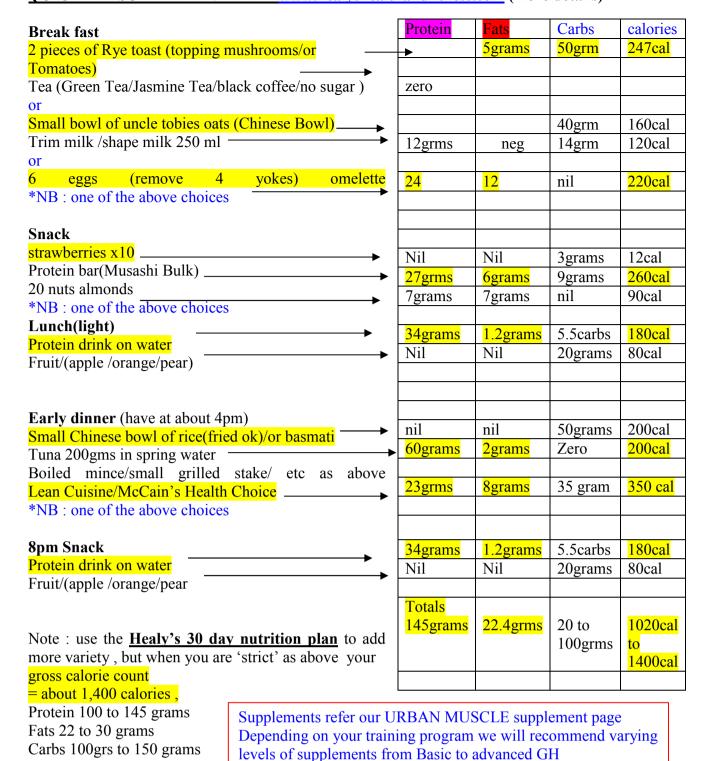
QUICK FIX SUPPLEMENT DIET www.healyshealthandfitness.com (more details)



If you keep the intake in to about this range, then any exercise calorie burn is deducted (for example 45 min @ 7 cal per min = 315 cal)

So 1,400 - 315 cal exercise = 1,085 calories net (basil metabolism = about 1,800 calories for heart and lungs to function)

Therefore 1,085 calories intake net less 1,800 cal (basil metabolism) = 800 cal deficit To burn 1 kg of fat per week you need to be in a overall calorie deficit. If you tried to burn off 1kg of body fat =7,700 calories !!! by working out? 7,700-: 315 calories (a workout) = 24.44 hours :-7 = 3.49 hours per day to burn it off

Or you can reduce your calorie intake as advised above, and use your workouts to reduce your calorie intake marginally, but more importantly increase your metabolism (where 98% of body fat is burned) (read Healy's info for details and science behind this)