

HOW I LOST **12 LBS** IN 20 DAYS WITHOUT HITTING THE GYM

Get back your
CONFIDENCE!

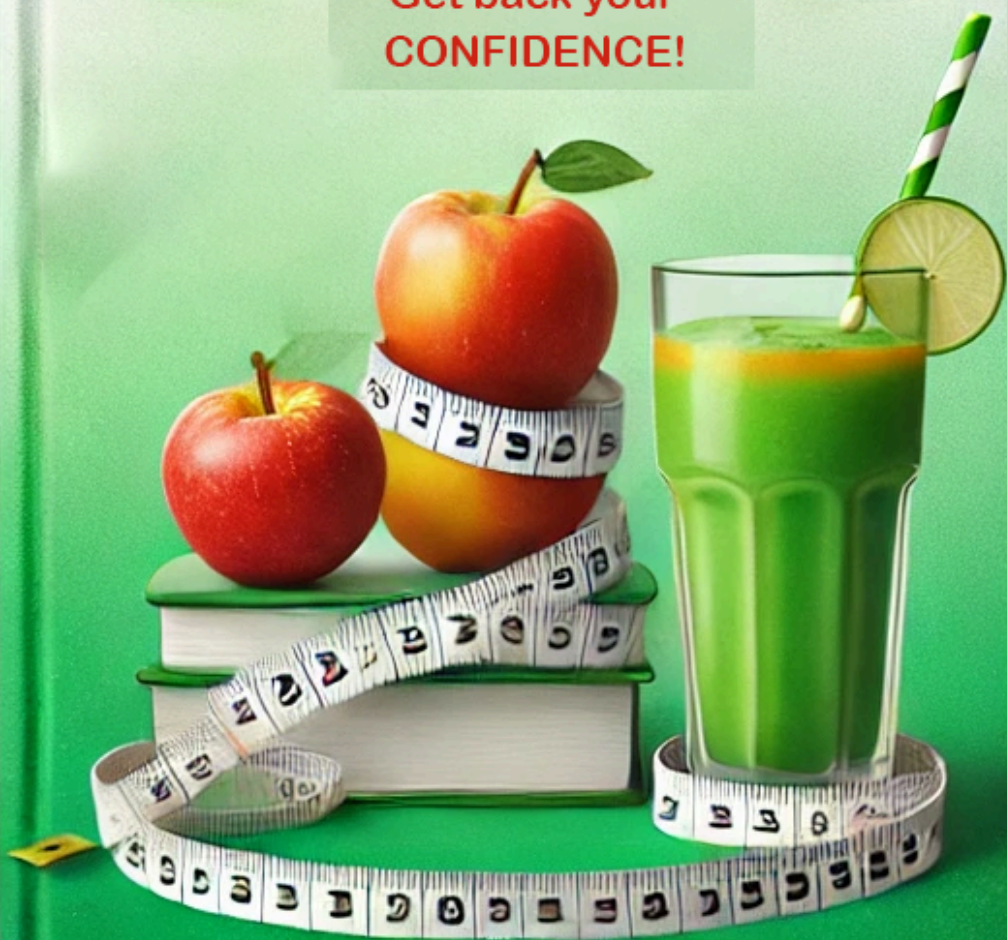


Table of contents

• A Word Of Caution!!	2
• Why it was important for me?	3
• Research!	4
• Why Gym was not an option for me?	5
• What all I can do?	6
• Cheers! Finding your Cocktail!	7
• Declutter! The Skip Ad button for most...	8
• Time to address the elephant in the room	10
• How do I stop these cravings?	16
• Your environment is your best cheerleader!	17
• Time for a Super Hack!	18
• My daily life for those 20 Days!	19
• Congratulations!	20

A word of



Hello ,

This book is a short story of my transformation. First of all, I don't recommend you to lose weight at this rate unless it's needed. In my case, it was.

According to CDC guidelines, the ideal way to lose weight is 1-2 pounds on a daily basis. To do that, you'll need to burn about 500 to 750 calories more than you take in each day. Losing 5% of your current weight may be a good goal to start with. If you weigh 180 pounds (82 kilograms), that's 9 pounds (4 kilograms).

Let's move ahead with my journey...

Why it was important for me?



I had prepared for an year to get through my MBA entrance exams and was not keeping good care of my body. My only aim was to crack the exam which involved hours of reading, practice etc.

As a result I had put on loads of fat and had gained more than 30lbs.

All my hard work paid off and I cleared the cutoffs for few of the top colleges. Now, I had to prepare for my interview. I went to the mirror and realised that I was not feeling confident coz of the way I was looking.

Rushed back to my mobile's photos from the last year and was shocked to see the transformation - Believe me it was not a transformation I wanted to see.

Every video on youtube was suggesting me to prepare by talking in front of mirror which gave me the true reflection of myself.

Research!

My research was simple what everyone would do, basically I browsed through articles, research papers, videos, scanned thorough ebooks and found out the points that were needed to be incorporated in my life basis on what I can and what I cannot.

I needed to focus on these points:

- Physical activity
- Mental health
- Diet
- Hygiene
- Time management
- Some hacks!

Time management was really crucial for me as carrying this mammoth goal which I had set my eyes on needed to be a side hustle while my main job was to be updated with the current affairs. Topics for group discussion, newspapers, economy and business magazines and what not.

The art is to combine everything happening in your life and take this side hustle too in a way it doesn't feel overwhelming.

If you look closely to these points, you will see that these points are intertwined and how the concoction can work wonders. It certainly did on me!

Why Gym was not an option for me?



I have been to gym many times. The only time when it did worked was when I was going it with my colleagues and my boss always suggested our team to go together after work.

Rest of the times, I couldn't maintain the discipline. It was due to a simple reason that when you start going to the gym and start lifting weights. The muscles sore and it pains a lot and you don't want to do other things.

If it happens again I won't be able to prepare for my interviews. So, going to gym was a complete no.

You can do it if you like to. I am just saying that it's not the silver bullet which is the only way to get to your goal.

In all these years, there is one very important lesson I have learned is that there are multiple paths to achieve your goal. Some paths maybe a little longer than the others but I always focus on the path I want to take. The weight loss journey path is nothing different.

You do what is best for you!

What all I can do?

Physical Activity

Everybody knows this. Is this what I purchased this book for ? Let me comfort you that it's not the regular stuff. The problem is that we do read the things which is needed but we don't tweak it according to ourselves. Like I earlier told you, that I can't hit the gym.

I had a big park with a lake nearby my house and had to make use of it. If you don't want to go to a park, then don't. You like swimming, go for it. If swimming freaks you out, go for zumba, yoga or what ever activity you like and it is easily accessible.

What we are doing here is to make the friction less. I like swimming as well as going to park. Since the swimming pool was quite far, I went for running/walking in the park.

Well, it sorted out two things, it helped me burn my calories as well as helped me calm down to help deal with the pressure of facing my interview.

The greenery in the park helped me calm my nerves. Sitting on the bench near the lake and reading my daily newspaper after an hour long of running and walking was quite relaxing.

You need to ensure that you are burning calories, whatever method of exercise you choose. If you choose an activity which you don't like it will become a task.

Your job is to choose an easily accessible fun activity.

Cheers!

Finding your Cocktail!

Mental Health

Finding an easily accessible fun activity is the necessity. But it would be way better if it can solve multiple problems at once.

This is what I call as “Finding your cocktail”.

Let’s talk about my cocktail. I was waking up before sunrise. Catching my daily newspaper and taking it along to the park where I did my physical activity.

Exercise in itself is a stress reliever and with the greenery around, people with happy faces all working for a better and healthier life makes you happy, isn’t it?

But that’s not all, I didn’t liked reading the boring newspaper. As you know by now, I had to do it. I used to sit on the bench nearby the lake with no one to disturb, little chirps from the birds. Now imagine this, won’t this environment make it much more easier.

Yes, that’s what it did. We make our environment works against us and that’s the problem. Making the best use of your surroundings and how the environment around you can help achieve your goal is an art.

Declutter!

The button for most...

The cocktail alone is not going to ease you out. You need to work out on things according to your lifestyle.

Take a step back and list out 5 most important things which you want to change or things which are giving you a scare. Now you might feel, how do I know what's more important for me. It's simple, listen to your subconscious mind. Just list out the 5 things which first come to your mind. One problem at a time.

Out of these, which are in your control and which are not. So my interview preparation is under my control, the result is not. So the only thing which I am going to do is prepare well and don't fret about the uncontrollable that's the result. Always focus your time and energy on the things which you can control.

Now, out of the listed controllable problems, you might not know how to solve them. This is by far the most simple thing which you know but you don't.

Talk about it but not with everyone. Open up with the person who you know can help you solve it or know people who can help you solve it.

A problem until solved will always remain a problem.
Connect - Speak Up - Solve

Tips to be a calmer you!



1
**RELAX WITH
MUSIC**



2
**HAVE FUN
WITH YOUR
FRIENDS!**

3
**USE
AROMAS
WHICH
LIFTS YOUR
MOOD**



4
**REFRESH YOUR
MIND WITH
TEA**

5
**GET
PROPER
SLEEP**



6
**AVOID JUNK
FOOD**

Time to address the in the room...



DIET

If you keep doing the same, you will end up getting the same results. Here, I wanted a drastic change, hence the same needed to reflect in my diet.

I was having prepackaged and restaurant foods since I didn't had time to cook. This needed to change. Being a foodie myself, this was the toughest part.

You need to burn more calories than you consume. It is needed so that the body starts burning the fat to get the extra calories.

So let's just say that you eat around 1000 calories but are burning 2000 calories, so the extra 1k calories will be burnt from the fat.

You might say I already know that I need to maintain a calories deficit diet to lose the extra pounds but it's not happening.

Well, you're right. Our body is too complex and adaptable. So let's just say that earlier you were needing 1000 calories a day and you reduced your intake. Your body is burning fat you are starting to lose weight but then you start feeling lazy, low on energy. Not in the right mood, even thinking of going to the park seems like a job.



You have started to gain weight again. If not gaining, atleast you are at the same place. You start to think this was also like the other ones, not working, scammed again, nothing works on me.

Let me help you understand what's happening. I was having a conversation with my friend, when she shared that she is facing some problem with her laptop. She told that when her laptop is charging it works flawlessly, but once it is unplugged, it starts lagging, working quite slow.

I asked her to change the power plan to high performance when on battery and her problem was solved. It started working the same way whether it was plugged in or not.

When you are giving less calories/food to the body it starts to go into the power saving mode trying to save it and work according to the intake, which starts making us sluggish. Now that it has adapted if you are giving it 500 calories it will adjust to that and you won't be losing those extra fats.

What's the solution then? You need to trick your mind into thinking that there is enough food, it's just a temporary situation, so that the body is burning the same calories the way it was.

How to do it? It's actually much simpler than you think.



The moment you start keeping low on energy start increasing your diet to give it the same calories needed for your body on a daily basis. You will notice you have the energy now to do those tasks not that lazy anymore.

You know what to do next. You're right. Decrease it again. You need to play this catchup game with your mind and trick it to lose it quickly.

I am not going to tell you that you what to eat specifically as it has never worked for me. I'll tell you just the principles with example and you can mold it according to your likes and dislikes.

You need to have protein rich, fibre rich, drinks and fruits which helps cut the fat.

Now that we are talking about fats, not all fats are bad. You need to avoid bad fats and adopt healthy fats. Healthy fats can come from nuts. Just google it and you'll get the list. Take what you like and avoid what you don't. Diet should be enjoyable else it'll fail.

Whenever I asked people they told me to have oats in my breakfast. It's good but I don't like it. So I know it won't work for me. I replaced it with a boiled egg and some nuts. You eat what you like.



Let's now dive into another popular concept which does work is Intermittent Fasting. It involves setting boundaries and eating within that time frame. My time frame was 7 hours, as I could do that. My eating zone was 12 pm to 7pm. I was having all my meals in that time frame only. After that not even a chocolate was allowed.

I went behind it to know why it does work. I don't want to bore you all with our body hormones and how it affects. So please set your boundaries and then don't have anything to eat further. Just have water after your set time.

Many don't see the effect as they overeat during their set boundaries. Don't forget other principles which I told you earlier. Everything is in conjunction and if you apply all of it. This cocktail will definitely hit you in all the right spots.

When you are having such small portions of food, you might feel the need of eating more. How to overcome this? Just eat very slowly. How does this solve the problem?

When you eat fast even though your stomach is full, the brain doesn't get the signals that it is full as this takes time. Till the time it reaches your brain you ate more than required. When you eat slowly the hormones kick in sending the signals of fullness in though you have eaten much less.

DIET

Key Points

**CALORIE
DEFICIT
DIET**



**NO SUGAR
OR LOW
SUGAR**



**NO
PREPROCESSED,
PACKAGED FOOD.**



**USE LESS OIL
AND USE
HEALTHY OILS.**



**NO FANCY
RESTAURANTS FOOD.
BEST TO COOK
YOURSELF**



**EAT WITHIN
THAT TIME
FRAME**



**NEVER OVEREAT
EAT SLOWLY**



**LOW ON ENERGY
INCREASE CALORIE
INTAKE AND TRICK
YOUR MIND**



For those who don't want to Google (some examples)

High-Protein Foods (Boost Metabolism & Keep You Full)

- Eggs
- Chicken Breast & Lean Meats
- Fish (Salmon, Tuna, Mackerel)
- Greek Yogurt
- Cottage Cheese
- Tofu

Fiber-Rich Foods (Aid Digestion & Reduce Appetite)

- Oats
- Chia Seeds and Flaxseeds
- Legumes (Lentils, Beans, Chickpeas)
- Leafy Greens (Spinach, Kale, Lettuce)

Healthy Fats (Boost Metabolism & Control Hunger)

- Avocados
- Nuts (Almonds, Walnuts, Pistachios)
- Olive Oil & Coconut Oil

Hydrating & Low-Calorie Foods

- Cucumber & Watermelon
- Berries (Strawberries, Blueberries, Raspberries)
- Soups (Broth-Based)

You can also take green tea or black coffee if you like them.

How do I stop these cravings?



Managing cravings and emotional eating can be difficult specially in the beginning. I have already told you these:

- Eat slowly
- Eat fiber rich
- Eat protein rich foods

These will keep you full for longer periods of time but if you are still feeling hungry try carrots. If you are craving chocolate go for dark chocolate. Want coffee, go for black. Apart from these there is another trick to get you away from your cravings. Don't think about food.

Easier said than done, huh?

Get involved in some activity. You can try finish some of your to-do lists. The to-do lists are boring and you don't have the motivation to work on those. Try something fun. Whatever you like. It's better if it's a physical activity. If nothing is coming up on your mind, catch up with old friends. Time will fly and you will forget about the hunger.

Last, but not the least. Fill that tummy with water. Drink at least 5 litres of water everyday. Drinking water regularly will not just keep you hydrated, get rid of the toxins, but also help you keep full and less hungry.



Your environment is your best cheerleader!

Environment plays a very important role in achieving our goals. You need to ensure that it is working as your cheerleader and aid you in achieving it.

Small changes matter a lot. Some of the first steps can be removing all the packaged food from your refrigerator and changing it with fruits, veggies, eggs and healthy meal options.

Another change can be changing the size of your plates or bowls. Using a small bowl will ensure that you don't overeat.

Getting people in your circle who adopt a healthy lifestyle also helps. They will be your constant motivation. Instead of hanging out with friends for snacking, conversing with the other group will help you accelerate your transformation. You can talk on what's working for them and borrow some of it and adopt in your lifestyle.

Stress also adds onto your weight. You know a simple thing you can do to get it a notch down. Clean your room and make it a place you would love to spend your time in. Living in a clean, hygienic and visually appealing place will surely lower down your stress.

Get your cheer-leading team ready!

Time for a Super Hack!

I am going to tell you a hack which has worked for me but in no way this alone will work. You need to combine it with everything that has been covered.

The hack is cold showers. What do you mean by cold showers? I already do cold showers. I am suggesting you to reduce the temperature of the water with which you take a bath to a level which you can handle. It certainly doesn't need to be ice cold.

Why it works?

- **Activates Brown Fat (Thermogenesis Effect):** Cold showers stimulate brown fat activation, which increases calorie burning to keep your body warm.
- **Reduces Inflammation & Aids Muscle Recovery:** cold showers reduce post-workout inflammation and muscle soreness, helping you recover faster.
- **Suppresses Appetite:** It reduces cravings and hunger by influencing the hormone *leptin* which controls appetite.
- **Improves Circulation & Energy Levels :** When the energy levels increases, it results to more calorie burn.

I used to do it after I came to my place doing any physical activity twice daily for anything between 2-5 minutes.

My daily life for those 20 Days!

Finally, it has come to this. Now that the base is sorted and you know where I come from, you will better understand what I am doing.

I used to wake up at 5 AM. I don't know of all the health benefits of waking up at 5. The best thing about waking at 5 was you suddenly had a longer day and felt like you had so much time, although it was the same 24 hours. By 5:30 I was at park sitting on the lake bench reading my newspaper as well as enjoying the sunrise. In half an hour I was done with my newspaper and start my jogging. After an hour of jogging it was time for me to head back to my place.

I used to be back home by 7. Rest a bit and then take my cold bath. By 8, I would start my interview prep which lasted for 3 hours taking casual breaks in between. Took an hour break to relax which included talking to my parents or freinds.

At 12, I would have my breakfast which used to change according to my mood. Then I head for my spanish classes, had fun there and came back by 2:30 PM. By 3, I had taken a cold bath again. While coming back I always got a watermelon which I used to have after an hour of having my lunch.

By 7, I used to have my chicken soup and then revise my notes for the spanish lesson for the next day.

Congratulations!

Thanks and Many congratulations to you!

You have just finished “How I Lost 12lbs in 20 Days” and that too in 20 pages.

Jokes apart, while many just daydream about things, you have already taken the first steps and I hope this guide will prove to be helpful to you in your weight loss journey.

If this condensed guide has helped you in any way, I'd love to hear about your progress. Remember, this is just the beginning—keep pushing forward, setting new goals, and embracing a healthier, happier you.

Wishing you strength, confidence, and success in your journey!

With gratitude,
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