

MINDSET TO LOSE WEIGHT

Learn to Believe that:-



**FOOD IS FUEL / ENERGY (E)
IT IS MEASURED IN CALORIES**

Our weight gain / loss is described by this formula

The formula:-

If $(E_{in}) > (E_{out})$ then Plumping

If $(E_{in}) < (E_{out})$ then losing

If $(E_{in}) = (E_{out})$ then maintaining