



# The Secrets of Weight Loss

By Stephen Smith BSc

Welcome to **The Secrets of Weight Loss** seminar. My name is Stephen Smith and I would like to thank you for listening.

In this session we are going to cover a range of principles that can help you lose all the weight you want and get in the best shape of your life in the next 90 days! Plus, if you are willing to incorporate some of these principles into your lifestyle you will be amazed at the impact they have on your energy levels as well. So much so that you will notice changes in your body in as little as 3 days!

Now, all the principles that we will be covering here are from my book, [Look Good Feel Great](#), which is a compilation of everything I have learnt from being in the health and fitness industry for the last 18 years.

If you would like to find out more about my book, please visit: [www.quick-weight-loss-principles.com](http://www.quick-weight-loss-principles.com) and click on the tab, '[Steve's Book](#)'.

My initial motivation for writing the book was a client I had about 12 years ago. She was an overweight lady who had tried losing weight by dieting and exercising but unfortunately hadn't got the results she wanted.

At the time I was working as a personal trainer and I guess she came to me as a last resort. I'm happy to say that over about an 8-month period she lost almost 40 kilos and there were a couple of things that she said to me which really struck me. She said, 'I can't believe how easy it's been' and 'why didn't I do this 5 years ago.'

I thought to myself that all the principles we used to get the weight off her are common knowledge in the fitness industry, and particularly in bodybuilding circles, but what I discovered was that they aren't that well known in the general population.

Plus, when I was working as a personal trainer I was working with people on a one-to-one basis or maybe in small groups. I wanted to be able to share this information with as many people as possible, particularly because I saw so much misinformation and confusion when it came to the area of weight loss.

As a result, I started writing [Look Good Feel Great](#) and after eight years I finally completed it.

Some people ask me what makes my book so different to other weight-loss or diet books on the market and I simply say this:

‘I’ve worked with hundreds of people over the years and one thing I’ve noticed is that everybody’s lifestyle is different. Everyone has different likes and dislikes, different time availability and different commitments with work and family and so on, so what I offer people is a ‘smorgasbord’ of health and weight-loss principles and it is their job to simply walk up to that smorgasbord and choose the principles that suit them and their lifestyle and then just ignore the rest!

And that’s exactly what I ask you to do as we’re going through this seminar. As we cover the various principles, see if it suits you and your lifestyle. If it does, great! Use it! If it doesn’t, that’s okay, simply choose something else; there are plenty of principles to choose from.

Some people have asked me, ‘Isn’t everyone’s body different; don’t you need a different plan for each person?’ My response is, ‘Yes you do need a different plan for each person but the principles themselves don’t change. The principles are fundamental laws that govern the human body. Just like the law of gravity; they work for everyone and they work 100% of the time!’

Now, there are 4 ‘Lifestyle Factors’ that we’re going to consider. They are:

- Nutrition
- Supplementation
- Resistance Exercise
- Aerobic Exercise

Each of the principles we're going to cover branch from one of these 'Lifestyle factors'.

## **Nutrition**

The first area we're going to cover is the area of nutrition. This is the area where I see the most misinformation and confusion when it comes to people losing weight and achieving their physical goals.

Now I'll say right upfront that my background isn't in nutrition. I've got a science degree with majors in human movement and human biology so I learnt about the human body and about exercise.

But while I was studying at uni I also worked part-time as a personal trainer and I knew that if I wanted to get my clients the best possible results I needed to learn about nutrition so I went to the university library and read all the books on nutrition. Then I would prepare nutritional plans for my clients based on what I had learned.

One thing I noticed though was that in about 2 or 3 months my clients would stop getting results; they would stop losing weight, stop toning up and stop changing shape. And I would ask my clients, 'Are you sticking to the nutritional plan?' and of course they would say, '100%!'

I would think to myself that maybe they were eating biscuits after the workout or having a few too many glasses of wine at night, but it wasn't just one or two clients, it was at least a half a dozen or more!

I thought that there must be something wrong with the nutritional plans.

At the time I was also heavily involved in bodybuilding and one thing I noticed was that the pre-contest diet recommendations that bodybuilders used to get ready for competitions were vastly different to standard, academic nutritional recommendations. I thought that there would have been more similarities between the two approaches; that they would be more closely correlated. But, in fact, they were vastly different.

Now, I knew that the bodybuilding approach to nutrition worked because I had seen countless numbers of people use the principles and then step on stage in unbelievable shape; they are literally the leanest people on the planet!

So I thought, 'Well, I've got nothing to lose' so I got the nutritional plans back from my clients, made some adjustments and voila! The clients are getting results again!

I then thought, 'Okay, what was it about the initial nutritional plans that didn't work?' So I started researching the area of nutrition in more detail. What I found out was very interesting...

**To get a copy of the seminar recording  
as well as the entire 15-page transcript,  
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