

How to effectively “crash” diet and exercise

Notice: it’s not just a [crash diet](#), but a crash diet and exercise program. Since most of us liberally take pieces of diets and use them as we see fit, the below guide helps the user make easier, more flexible changes that, along with exercise will ensure results are gained in a healthier fashion than an aggressive (actual crash) diet alone. More than anything, the minimum three time a week resistance training will ensure that the muscle you add speeds up the metabolism to maintain all body fat losses.

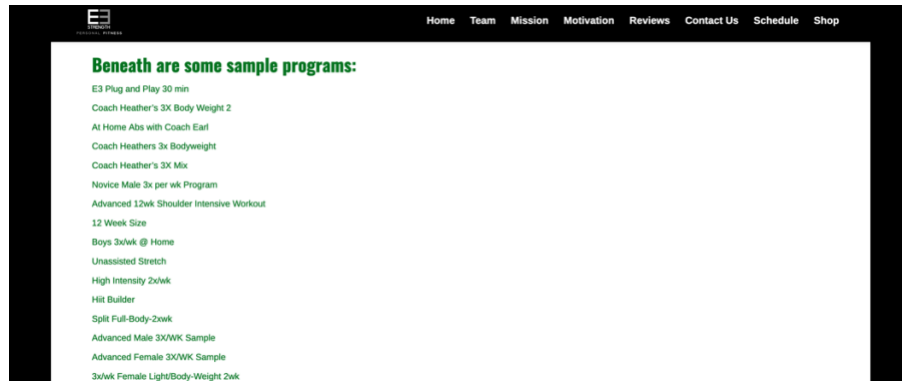
1. Find a calorie intake. Use an online [BMR calculator](#) to figure out your overall caloric intake. Then subtract 200 cal from the total and that is your new caloric intake per day. Use an app like [My Fitness Pal](#) to track your intake and ensure that you stay below the new total.



2. Reduce most/all processed foods and additional [sugar](#). Basically, if it’s not in the fresh produce or meat section of your grocery, don’t buy it. Replace starches like potatoes and pasta with green vegetables.



3. [Workout](#) at least three times a week for an hour. Anything more than the three times a week can be cardio centric [workouts](#). Otherwise, your minimum three should be resistance based (strength) workouts. Though it makes you hungrier, working out in the morning is ideal to promote a faster daily metabolism.



4. Time your intake. Set a time to start and end consumption. Whether intermittent fasting or not, setting parameters prevents overconsumption and increases chances for your body to get into metabolic homeostasis (when your body burns fat most effectively).

