

Forum:[Hack Forums](#)

Thread: [Want to lose weigh and become ripped.](#)

S?kid - August 22, 2014, 8:42 pm

Hey HF,

Im 16 years old 6'2 and about 260 Lbs. I checked and that considered obese. I cant have this shit. Ive been procrastinating(? Real word) about losing weight for a while. Now Im ready. The odd thing is I dont look 260 Lbs. Most people guess Im 180 - 200 most of the time but whatever. So Im writing this after I just ran 2 miles on my treadmill. All Ive got atm is a treadmill and 2 35 Lbs dumbbells. Im aware I need to eat better but,I dont know whats healthy to eat. So, Im asking you guys. What should I eat and what should I do to lose weight? Also I plan on losing weight then adding muscle. Any links on stuff I can buy to eat healthily. Its possible for me to take my lunch to school, so I wouldnt mind that. Thanks HF.

Not2EXceL - August 22, 2014, 8:52 pm

It's not even about eating healthy. It's about eating less than your caloric requirements. True eating certain foods will unbalance certain scales (vitamins, minerals, cholesterol, etc) but that's all irrelevant when it comes to losing weight. It's just easier to keep that intake level lower if you don't eat high caloric foods.

S?kid - August 22, 2014, 8:58 pm

(Aug 22, 2014 08:52 PM)Not2EXceL Wrote: [\[CITE\]](#) It's not even about eating healthy. It's about eating less than your caloric requirements. True eating certain foods will unbalance certain scales (vitamins, minerals, cholesterol, etc) but that's all irrelevant when it comes to losing weight. It's just easier to keep that intake level lower if you don't eat high caloric foods. So 1000 calories a day good? Or should I eat more or less than that?

tldr - August 22, 2014, 9:06 pm

if you just eat less your body will think bad times are coming, and after that when back to normal consume, you will gain fat. called yoyo effect.

trick is, stay at your kcal consume and workout more than you consume. got that? :) like eat 2,5k kcal and then burn 3k or even more.(dont know if much more is still healthy)

Not2EXceL - August 22, 2014, 9:10 pm

(Aug 22, 2014 08:58 PM)S?kid Wrote: [\[CITE\]](#) So 1000 calories a day good? Or should I eat more or less than that?

Either do what @Honeybowl said, just keep eating the same, and work off more than you consume.

Or you can calculate what your current body's caloric requirement is and just eat a couple hundred cals under that. I can't say exactly how much you need to drop it by, but when I cut, I eat ~300-400 under and I still maintain most of my mass, while dropping fat percentage.

UNDERWIRE - August 22, 2014, 9:50 pm

(Aug 22, 2014 08:58 PM)S?kid Wrote: [\[CITE\]](#) So 1000 calories a day good? Or should I eat more or less than that? Calculate your TDEE, and drop about 500 off that a day. Then use myfitnesspal to count calories, but be sure to include everything. You should be tracking calories because even with additional calorie expenditure, you could end up consuming more to compensate. You'll lose about 1lb of fat a week with this.

S?kid - August 22, 2014, 10:26 pm

(Aug 22, 2014 09:50 PM)UNDERWIRE Wrote: [\[CITE\]](#) Calculate your TDEE, and drop about 500 off that a day. Then use myfitnesspal to count calories, but be sure to include everything. You should be tracking calories because even with additional calorie expenditure, you could end up consuming more to compensate. You'll lose about 1lb of fat a week with this. 1 lb a week? That impressive. Ill get right on that. Thanks for the help guys.

Grohl - August 23, 2014, 4:50 am

How much soda and junk you consume? I've lost 30 pounds in the past two months. The first thing I tell people is to cut out the garbage. As the old saying goes: garbage in, garbage out.

jaisyxxx - August 23, 2014, 4:54 am

running 2 hours on a treadmill is not gonna do jack shit. Drop your calories, try to only eat vegetables and fruits. Try to do HIIT cardio everyday.

S?kid - August 23, 2014, 1:13 pm

(Aug 23, 2014 04:50 AM)YayItsJP Wrote: [\[CITE\]](#) How much soda and junk you consume? I've lost 30 pounds in the past two months. The first thing I tell people is to cut out the garbage. As the old saying goes: garbage in, garbage out. I havent had a soda in a while. Maybe one soda every 2 weeks.

labroca - August 23, 2014, 1:15 pm

Honestly if you stop eating (but not completely stop) you will drop that weight so fast.

An amazing drug you can easily get is called Adderall, who know you may actually find you need it. You will lose weight as it makes you no hungry, it also helps you focus.

I personally have ADD, I don't know about you.

Super Saiyan God - August 23, 2014, 2:24 pm

(Aug 22, 2014 08:58 PM)S?kid Wrote: [\[CITE\]](#) So 1000 calories a day good? Or should I eat more or less than that? what ? Were the fuck you come up with that . At 260lb your burning 2300 calories just from breathing . Cut with 1800 calories

S?kid - August 23, 2014, 3:50 pm

(Aug 23, 2014 02:24 PM)Super Saiyan God Wrote: [\[CITE\]](#) what ? Were the fuck you come up with that . At 260lb your burning 2300 calories just from breathing . Cut with 1800 calories So just eat 1800 calories a day an I'll lose weight?

Super Saiyan God - August 23, 2014, 4:46 pm

(Aug 23, 2014 03:50 PM)S?kid Wrote: [\[CITE\]](#) So just eat 1800 calories a day an I'll lose weight? yes sir. 1800 calories a day will make you lose weight at a healthy rate .

I'm 215lb and I eat 2000 calories a day to lose weight

Zotar - August 23, 2014, 5:17 pm

Check out "Shredz". They basically make you shredded. Haha. Nah but they help the body convert mass into a more leaner muscle. It also will help you not get hungry so often, therefore helping you lose weight. Lots of guys take this stuff and it cuts them up, giving them that "OMG" appearance.

S?kid - August 23, 2014, 5:39 pm

(Aug 23, 2014 05:17 PM)Zotar Wrote: [\[CITE\]](#) Check out "Shredz". They basically make you shredded. Haha. Nah but they help the body convert mass into a more leaner muscle. It also will help you not get hungry so often, therefore helping you lose weight. Lots of guys take this stuff and it cuts them up, giving them that "OMG" appearance. Ill try this for sure as well as the 1800 calories. I

might as well lose and cut at the same time. Im gonna go get a gym membership in the next few weeks.

Doge. - August 23, 2014, 5:52 pm

Skid can you PM me. I will give you tips to lose weight. I had the same problem as you :)

System.out.println - August 23, 2014, 6:00 pm

Here are some tips: Don't drink any soda anymore, only water. (First one to start with)

Calculate how much calories you need a day and eat below that. So everytime you eat something you will have to see how much calories it contains and make sure you are below the amount of calories you need each day. Example: if you need 3000 calories a day then you can have 2000-2500 calories each day.

Start doing cardio and weight lifting.

Weigh yourself each week so you can see how much progress you made so far so you can keep yourself motivated.

PS: if you start weight lifting then don't mind the weight because muscles weigh more then fat.