

Forum:[Hack Forums](#)

Thread: [16yr Want to Start a Healthy Life Style](#)

BlackHoax - July 15, 2015, 5:56 pm

Well basically I'm a 6,4ft 16 year old but I have one issue, even though my height is a great thing to have I'm not satisfied with my body. I guess you could say I'm "Fat" or "chubby" whatever you want to call it. Anyways so I've been reading online on dudes that used to be around like 300+, my height but ended up being body builders or just really nice looking dudes. People always say when you start there has to be something to motivate you or you won't be able to reach your goals. Honestly my motivation is I don't want to have an UN-disciplined lifestyle and I'd love to be able to take of my shirt proudly and be happy with my self. Sure it brings girls and that sort of stuff which is great, but that isn't my main thing. Anyways point is I'd appreciate any help.

Oh, and I almost forgot one thing I don't have any gym experience, I know the basics of how to hold a bench, how to hold weights etc. Just the basics that most people know. I'm just looking for a work out plan, that doesn't necessarily involve going to the gym while I gain confidence/time to attend one. Any help or points to the right direction would be great!

ItsATumor - July 15, 2015, 6:58 pm

Check out my sig, Yous helped me lose 32 pounds of fat and gain muscle+ a 6 pack.

But to start, calculate your TDEE and subtract 500 calories from it. Using Myfitnesspal, eat at that number and you will lose 1 pound of fat per week. You can eat anything you want, because your body only cares about calories in vs out. I'd advise to eat more protein, or start using whey to help hold onto muscle mass.

JewishBotter - July 15, 2015, 7:16 pm

yeah, to lose weight eat 500 cals below your TDEE, over the summer i've been eating a bulk (500 cals over TDEE) while lifting 4 times a week, results are starting to come in now :)

custer - July 15, 2015, 7:16 pm

What's your body mass index?

BlackHoax - July 15, 2015, 7:39 pm

Thank you everyone and would dropping 1000 calories instead of 500 help? Or would that be over kill? I honestly want to lose quite a bit...

ItsATumor - July 15, 2015, 8:14 pm

(Jul 15, 2015 07:39 PM)MrDarkExplains Wrote: [\[CITE\]](#) Thank you everyone and would dropping 1000 calories instead of 500 help? Or would that be over kill? I honestly want to lose quite a bit...
nunu, do NOT do that. That would slow down your metabolism and make you hold onto fat, while also making you not get enough macronutrients, which is very bad. 500 is a safe amount.

BlackHoax - July 15, 2015, 8:30 pm

(Jul 15, 2015 08:14 PM)ItsATumor Wrote: [\[CITE\]](#) nunu, do NOT do that. That would slow down your metabolism and make you hold onto fat, while also making you not get enough macronutrients, which is very bad. 500 is a safe amount.Well great. Then I'm guessing adding on extra exercise would help? Instead of making my food way less?

ItsATumor - July 15, 2015, 8:40 pm

(Jul 15, 2015 08:30 PM)MrDarkExplains Wrote: [\[CITE\]](#) Well great. Then I'm guessing adding on extra exercise would help? Instead of making my food way less?

Either way, you should be at a 500 calorie deficit. If you burn 600 calories on a run, then you'd need to incorporate 600 more calories into your total intake for the day to maintain the deficit. You can not workout at all and still lose weight.

BlackHoax - July 15, 2015, 8:47 pm

(Jul 15, 2015 08:40 PM)ItsATumor Wrote: [\[CITE\]](#) Either way, you should be at a 500 calorie deficit. If you burn 600 calories on a run, then you'd need to incorporate 600 more calories into your total intake for the day to maintain the deficit. You can not workout at all and still lose weight.

I mean yeah it makes sense seen people do it but thanks a lot for the advice.

Jester Race - July 16, 2015, 12:29 am

(Jul 15, 2015 08:14 PM)ItsATumor Wrote: [\[CITE\]](#) nunu, do NOT do that. That would slow down your metabolism and make you hold onto fat, while also making you not get enough macronutrients, which is very bad. 500 is a safe amount. While it's true that 1000 deficit is too much it won't make him hold any fat, but burn it and muscle faster.

(Jul 15, 2015 07:16 PM)custer Wrote: [\[CITE\]](#) What's your body mass index? That's completely irrelevant, it's inaccurate as fuck.

BlackHoax - July 16, 2015, 1:05 pm

(Jul 16, 2015 12:29 AM)Darctan Wrote: [\[CITE\]](#) While it's true that 1000 deficit is too much it won't make him hold any fat, but burn it and muscle faster.

That's completely irrelevant, it's inaccurate as fuck.

Yeah I agree with the BMI why I didn't bother giving it. As for the 1000 deficit I mean I think could do it. Since the TDEE gives me 3.1k calories so yeah.

Jester Race - July 16, 2015, 1:09 pm

(Jul 16, 2015 01:05 PM)MrDarkExplains Wrote: [\[CITE\]](#) Yeah I agree with the BMI why I didn't bother giving it. As for the 1000 deficit I mean I think could do it. Since the TDEE gives me 3.1k calories so yeah. It's not that you can't do it, but you'll lose much more muscle than with 500 deficit.

BlackHoax - July 16, 2015, 2:13 pm

(Jul 16, 2015 01:09 PM)Darctan Wrote: [\[CITE\]](#) It's not that you can't do it, but you'll lose much more muscle than with 500 deficit.

That would be bad honestly, I'm just trying to lose Weight not muscle honestly. If possible I've heard at times you can replace your fat with muscle by losing weight while you gain muscle mass.

Jester Race - July 16, 2015, 2:17 pm

(Jul 16, 2015 02:13 PM)MrDarkExplains Wrote: [\[CITE\]](#) That would be bad honestly, I'm just trying to lose Weight not muscle honestly. If possible I've heard at times you can replace your fat with muscle by losing weight while you gain muscle mass. Impossible.

You either lose fat and muscle or gain fat and muscle.

To minimize the amount of muscle lost, you can lift heavy few times a week (and recalculate TDEE to ensure you don't end up in too high deficit) while in calorie deficit. But it isn't necessary.

BlackHoax - July 16, 2015, 2:20 pm

(Jul 16, 2015 02:17 PM)Darctan Wrote: [\[CITE\]](#) Impossible.

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Ah, it actually kinda makes sense. Is there any recommendations on what sort of stuff I should like more specific then just proteins and carbs?

Jester Race - July 16, 2015, 2:23 pm

(Jul 16, 2015 02:20 PM)MrDarkExplains Wrote: [\[CITE\]](#) Ah, it actually kinda makes sense. Is there any recommendations on what sort of stuff I should like more specific then just proteins and carbs? As long as you hit your macros you're fine, and don't cut out fats like some people say, you need the for hormone productions, even the saturated fats.

BlackHoax - July 16, 2015, 2:29 pm

(Jul 16, 2015 02:23 PM)Darctan Wrote: [\[CITE\]](#) As long as you hit your macros you're fine, and don't cut out fats like some people say, you need the for hormone productions, even the saturated fats. Yeah I know but I've read online that there's a certain percentage you have to go by?

Jester Race - July 16, 2015, 2:33 pm

(Jul 16, 2015 02:29 PM)MrDarkExplains Wrote: [\[CITE\]](#) Yeah I know but I've read online that there's a certain percentage you have to go by?Read through this: <http://liamrosen.com/fitness.html>

But it's not that important, but ~30% of calories from fats, ~.8 g protein/lb and so on.

BlackHoax - July 16, 2015, 2:36 pm

(Jul 16, 2015 02:33 PM)Darctan Wrote: [\[CITE\]](#) Read through this: <http://liamrosen.com/fitness.html>

But it's not that important, but ~30% of calories from fats, ~.8 g protein/lb and so on.

Okay thank you I'm grateful for your support.

Yous - July 16, 2015, 4:01 pm

These are the quickest and best tips I can think of to get you started.

1. Be very careful when reading internet articles and health and fitness. The health and fitness industry is a 21 billion dollar industry it's not a charity for helping people out. So if someone can come up with an article or video on how to "lose 10 pounds in 10 days" or "build 20 pounds of muscles in 3 months" they will simply to get you onto their website and get your money into their pockets. This is the sad truth but be very careful when doing your research/reading. Realize that this is not a destination you're after it's a journey you will be living for the rest of your life. If it's something you don't see yourself doing in 2 years time it's probably a bad diet/routine.

2. Download 'MyFitnessPal' its and app that allows you to track and log what you eat throughout the day. Almost everyone uses it. It has 5 million foods in the database making it super easy to search what you ate and log it. This alone even without any working out can get you to drop fat and look great, but once you incorporate the workout to it that's when you really build a great physique.

3. Don't fall victim into thinking you need to torture yourself with intense or long cardio. It's simple science that as long as you're eating less than your body burns per day you will lose fat, period. Don't think that burning 700 calories on the treadmill or bike will speed up the process, it won't! After around 350+ calories burned through cardio you start triggering hunger and you temporarily will have a slowed down metabolism to make sure you have energy to keep you going throughout the day. Keep the cardio simple. A 30 minute to one hour walk or a simple 1 mile jog is more than enough to help speed up the fat loss process while making you not miserable and feeling great.

Those are the quickest 3 tips I can give, hope that helps out! ?

BlackHoax - July 16, 2015, 10:07 pm

(Jul 16, 2015 04:01 PM)Yous Wrote: [\[CITE\]](#) These are the quickest and best tips I can think of to get you started.

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Thank You for your advice. It's just sometimes hard because like everyone I'd love to be able to lose it quick and from the guidance I get rushing it or doing more exercise doesn't help much.

cd_jpnes - July 25, 2015, 9:35 am

I dropped 108 pounds on cutting carbs to less than 80 carbs per day. No starches, bread, pasta, or sugar. Walked 1 mile a day. It took a year, but I got use to it and never went hungry because you can eat all the meat you want. It is not that hard after you get thru the first 30 days, because I craved carbs so bad for the first month I would have eaten a chocolate donut off the floor of a truck stop bathroom. But I go past it. Feel better that I have in 20 years. Can you contact me I would like some help setting up a RAT. Thanks

BlackHoax - July 26, 2015, 10:59 pm

(Jul 25, 2015 09:35 AM)cd_jpnes Wrote: [\[CITE\]](#) I dropped 108 pounds on cutting carbs to less than 80 carbs per day. No starches, bread, pasta, or sugar. Walked 1 mile a day. It took a year, but I got use to it and never went hungry because you can eat all the meat you want. It is not that hard after you get thru the first 30 days, because I craved carbs so bad for the first month I would have eaten a chocolate donut off the floor of a truck stop bathroom. But I go past it. Feel better that I have in 20 years. Can you contact me I would like some help setting up a RAT. Thanks

Thanks for the reply check your email and Personal Messages.