

Forum:[Hack Forums](#)

Thread: [Help me get into shape](#)

LindorPlug - October 8, 2018, 4:08 pm

I seen a similar thread and related alot and wanted to get some advice on diets/exercise plans to start following.

Most of my weight was gained within 4 months due to moving and eating out at buffets like 2 x a day and staying in a hotel. I went from 160 to 192 pounds. I'm 5'6 and believe me when I tell you I am feeling the repercussions because of it (chest pains etc)

Things about me:

Weight: 192 pounds

Height: 5'6

My goal is to just slim down the pounds, I already walk/hike a shit ton and do cardio to a certain degree..

Wanting to get around 155 ..

B4nWow~ - October 8, 2018, 6:13 pm

I might be able to help you out, send me a pm with more details ?

Ømen Xiii - October 8, 2018, 6:21 pm

Get into the gym and be more active man. I'm a personal trainer and I would help train you but I'm all booked up but you can pm me and I can try to help you get started with everything, it's all about moderation.

But my main piece of advice is just start hitting the gym and shock your body with productivity and stay on that train, at 5'6 it's going to be easy to lose that weight. I'd give it 3 months and a good 25-30 pounds will be down especially with the right diet.

yrnGarry - October 11, 2018, 11:53 am

Sounds like you have the right mindset. I am 5'8 and 123 and feel fat. Lol. Anyways, I was in your same position, except I weighed 175, not 192. Anyways, do NOT starve yourself, or else you will be skinny fat, and believe me it is no fun. Eat correctly, and calculate your calories with myfitnesspal. Calculate your BMR (google a BMR calculator) and eat a 500 calorie deficit, and make sure you are eating whole foods, not a bunch of processed bullshit. Mix this with cardio a few times a week, and you will shed the weight like nothing.

Summary:

Calculate BMR by googling a calculator,

Download myfitnesspal set your goal at a 500 calorie deficit.

Cardio 2-3 times a week

Enjoy the results.

I suggest you start saving money to buy new pants and stuff, because when I first lost all my weight

I spent >300 on new clothes because none of my old stuff would fit me.

LindorPlug - October 11, 2018, 1:15 pm

(Oct 11, 2018 11:53 AM)yrnGarry Wrote: [\[CITE\]](#) Sounds like you have the right mindset. I am 5'8 and 123 and feel fat. Lol. Anyways, I was in your same position, except I weighed 175, not 192. Anyways, do NOT starve yourself, or else you will be skinny fat, and believe me it is no fun. Eat correctly, and calculate your calories with myfitnesspal. Calculate your BMR (google a BMR calculator) and eat a 500 calorie deficit, and make sure you are eating whole foods, not a bunch of processed bullshit. Mix this with cardio a few times a week, and you will shed the weight like nothing.

Summary:

Calculate BMR by googling a calculator,

Download myfitnesspal set your goal at a 500 calorie deficit.

Cardio 2-3 times a week

Enjoy the results.

I suggest you start saving money to buy new pants and stuff, because when I first lost all my weight I spent >300 on new clothes because none of my old stuff would fit me. Thank you man, my uncle is getting his own place and offered me to move in with him so I don't have to do hotels anymore which was most reason I was gaining. I originally was going to become truck driver but I want to shed these pounds off and reevaluate what I'm doing.

Yin Yang - October 11, 2018, 1:24 pm

You need to diet. You expressed how you continued to eat like shit and that's the repercussion. Without a healthy diet, working out would be pointless.

I'd suggest getting into a 1800 calorie daily meal plan and then take it from there.

LindorPlug - October 11, 2018, 1:35 pm

(Oct 11, 2018 01:24 PM)Yin Yang Wrote: [\[CITE\]](#) You need to diet. You expressed how you continued to eat like shit and that's the repercussion. Without a healthy diet, working out would be pointless.

I'd suggest getting into a 1800 calorie daily meal plan and then take it from there. I used one of the sites that were stickied in this section and I think it said for extreme weight lose 1.5k but mod weight lose was like 1.7k. I'm aiming to take my time so I don't rush and look like Scarce with a shit load of body fat hanging. (Props to the guy, he lost a shit ton and looks good but he did that so unhealthy.. 6 months.. and lost 100's.)