

Forum:[Hack Forums](#)

Thread: [Any tips on losing weight?](#)

Purgatory - October 2, 2024, 4:53 pm

I am a big fucking boy man haha, and I don't know where to begin. I keep getting all sorts of recommendations and can't afford a trainer. Therefore, HF, train me.

Aeowulf - October 2, 2024, 7:28 pm

(Oct 2, 2024 04:53 PM)Purgatory Wrote: [\[CITE\]](#) I am a big fucking boy man haha, and I don't know where to begin. I keep getting all sorts of recommendations and can't afford a trainer. Therefore, HF, train me.

Eat less, do more. More calories burned than calories consumed.

It is hard AF though. I go the gym every day and still can't lose my fat.

Deany - October 2, 2024, 7:28 pm

No matter what I eat I can't gain or lose weight. I am fricked!

Purgatory - October 2, 2024, 7:34 pm

(Oct 2, 2024 07:28 PM)Deany Wrote: [\[CITE\]](#) No matter what I eat I can't gain or lose weight. I am fricked!

That is how I feel currently, I try but can't lose the fucking weight

Deany - October 2, 2024, 7:35 pm

(Oct 2, 2024 07:34 PM)Purgatory Wrote: [\[CITE\]](#) That is how I feel currently, I try but can't lose the fucking weight

Yeah we just built different I guess

Purgatory - October 2, 2024, 7:35 pm

(Oct 2, 2024 07:28 PM)Aeowulf Wrote: [\[CITE\]](#) Eat less, do more. More calories burned than calories consumed.

It is hard AF though. I go the gym every day and still can't lose my fat.

That is true. I have tried calorie counting and slowly decreasing the amount of calories I eat while increasing my productivity

Charlie Sheen - October 2, 2024, 9:26 pm

Low calorie diet and going to the gym. Omni is on Keto and he's lost a bit of weight already.

diablospartan - October 3, 2024, 4:12 am

Cut the bread completely you will thank me

Mooooookie - October 3, 2024, 6:59 am

Make sure to drink a good amount of water. It will keep you feeling full, and decrease the amount of time that you're hungry each day.

Purgatory - October 3, 2024, 7:42 am

(Oct 3, 2024 06:59 AM)Mooooookie Wrote: [\[CITE\]](#) Make sure to drink a good amount of water. It will keep you feeling full, and decrease the amount of time that you're hungry each day.

I try to drink water, but soda so goooood maneee