

028: Achieving Weight Loss Through Thermogenesis

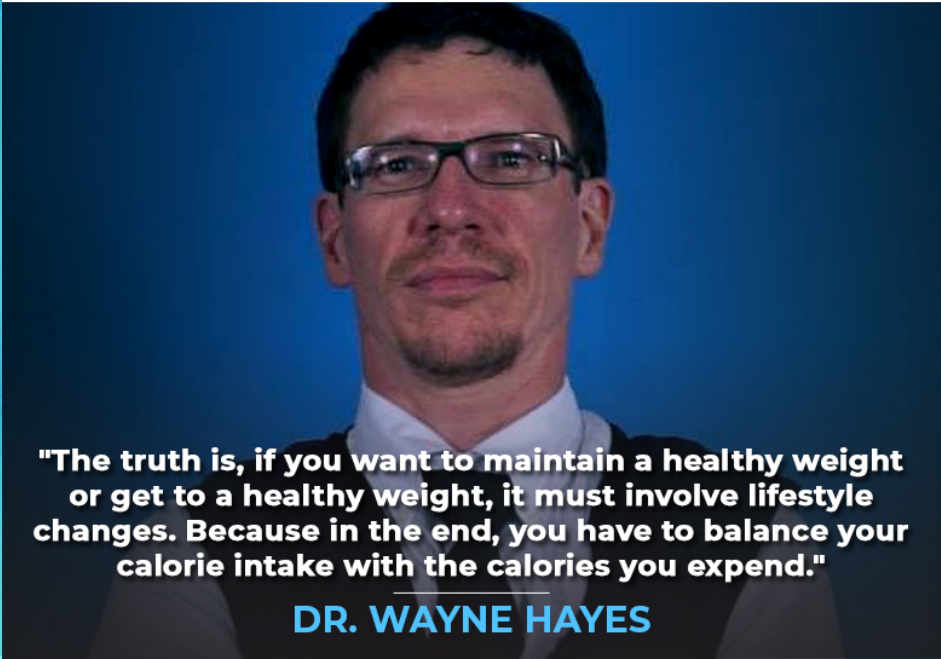
10 Point Checklist

Dr. Wayne Hayes

Want to gain as much knowledge as possible out of Get Yourself Optimized? Read on below for a **10 point checklist** that gives the next, real steps you can take for introducing these insights and optimizing your life.

Get **YOURSELF OPTIMIZED**

HOSTED BY **STEPHAN SPENCER**



"The truth is, if you want to maintain a healthy weight or get to a healthy weight, it must involve lifestyle changes. Because in the end, you have to balance your calorie intake with the calories you expend."

DR. WAYNE HAYES

10 STEPS YOU CAN TAKE TODAY

**Want to take charge of your health, wellness, and success?
Here are 10 steps that can move you closer to your goals – today.**

- Start grocery shopping on the outside perimeter of the store-that is generally where whole foods will be, like fresh fruits, veggies, and meats.
- Read labels! If a pre-packaged food item has more than three ingredients or ingredients that you can't pronounce, skip it.
- Try the Cold Shoulder to start burning more calories today.
- Keep your insulin low by avoiding sugars, white bread, and only eating white potatoes in moderation.
- Start taking a good multivitamin, but getting most of your vitamins from fresh foods. Avoid fortified vitamins.
- To create a good nutritional starting point, try the Paleo diet for 30 days. Remember that you can add additional healthy options to your diet, as long as they are whole foods.
- Read *The Cold War on Fat* to get more information on your diet, where to start, and the benefits of cold exposure.
- Try a juice cleanse, but with mostly veggies. It's okay to add a fruit for flavor, but don't overdo it, you don't need to eat 16 oranges in one sitting.
- Weight loss truly comes down to calories in vs. calories out. Get a device like GoBe that measures your caloric intake.
- You will feel more full when your diet consists mostly of protein and healthy fats, start tracking your macro-nutrients, and keep carbs low.

To view the transcript, resource links and listen to the podcast, visit:

<https://www.getyourselfoptimized.com/achieving-weight-loss-through-thermogenesis-wayne-hayes/>