

# Secret of Losing **8kg** during MCO

4 stages of quarantine.



Winnie Leong

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# AGENDA

- 4 simple ways to lose weight
  - ❖ Cut back on carbs
  - ❖ Exercise regularly
  - ❖ Sufficient sleep
  - ❖ Drinks promote weight loss
- Intermittent Fasting
- Ask question

This is the best joke I've seen so far... 🤣🤣🤣🤣🤣🤣



**Finally Covid 19 is Gone  
Now How Do We Get Out?**



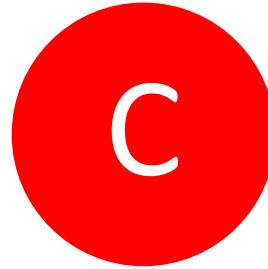
**Almost 60kgs**



# 4 Simple Ways to Lose Weight: **CESW**



Water



Carbs – Cut back on carbs



Exercise



Sleep



## Calorie Calculator

Use the calorie calculator to estimate the number of daily calories your body needs to maintain your current weight.

Age  years

Height  cm.

Weight  kg.

Sex  Male  Female

Next ▶

If you're pregnant or breast-feeding, are a competitive athlete, or have a metabolic disease, such as diabetes, the calorie calculator may overestimate or underestimate your actual calorie needs.



# Calculate Calorie

## Calorie Calculator

Use the calorie calculator to estimate the number of daily calories your body needs to maintain your current weight.

Select the statement that best describes your usual activity level: [Examples](#)

- Inactive:** Never or rarely include physical activity in your day.
- Somewhat active:** Include light activity or moderate activity about two to three times a week.
- Active:** Include at least 30 minutes of moderate activity most days of the week, or 20 minutes of vigorous activity at least three days a week.
- Very active:** Include large amounts of moderate or vigorous activity in your day.

◀ Back

Calculate



## Calorie Calculator

Your estimated daily calorie needs (rounded to the nearest 50 calories) are:

**1550 calories**

See how your daily calorie needs change if you alter your activity level:

<b>1550</b> calories <u>Inactive</u>	<b>1700</b> calories <u>Somewhat Active</u>	<b>1900</b> calories <u>Active</u>	<b>2200</b> calories <u>Very Active</u>
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People judge the intensity of their activities differently. And activity levels can change over time. So think of your calorie estimate as a starting point and adjust it up or down as you alter your activity level.

Recalculate



# Food to eat



**Meat**



**Fish**



**Egg**



**Fruits**



**Vegetables**



**High Fat Dairy**

# Food to

**AVOID**



**Sugar**

**Starch**



**Trans Fat**



**Processed Food**



# Drinks Promote Weight Loss



**Daily consume 2L to 3L**



**Ginger lemon drink early morning**



**Green tea**



**Black coffee**

# Your Meal

THE 80/20 RULE



80% what we eat  
20% Exercise

Control  
Consistency



Eat at same time daily



2 glass  
water  
before meal

# CHEW

Chew 25 to 30 time  
before you swallow



1/2 Vegetables  
1/4 Protein  
1/4 Starch

# Sufficient Sleep



**Consistent 7 to 8 Hours Sleep a day**



# Exercise Regularly



## 25-Minute At-Home **TABATA WORKOUT**

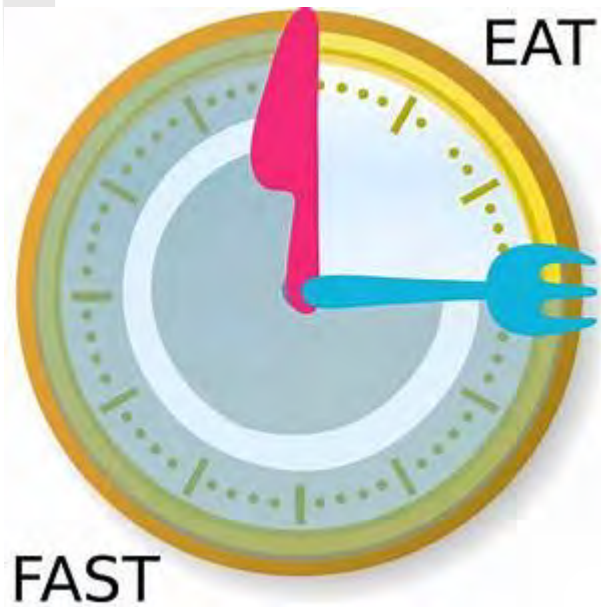
High Intensity  
Intervals for  
an amazing  
workout in  
a hurry!

Tone-and-Tighten.com



**EXCUSES**  
**DON'T BURN**  
**CALORIES**

# Intermittent Fasting



**DO SOMETHING  
TODAY THAT  
YOUR FUTURE  
SELF WILL  
THANK YOU FOR.**

**Before MCO**



**After MCO**





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