

# Achieving Weight Loss Through Thermogenesis

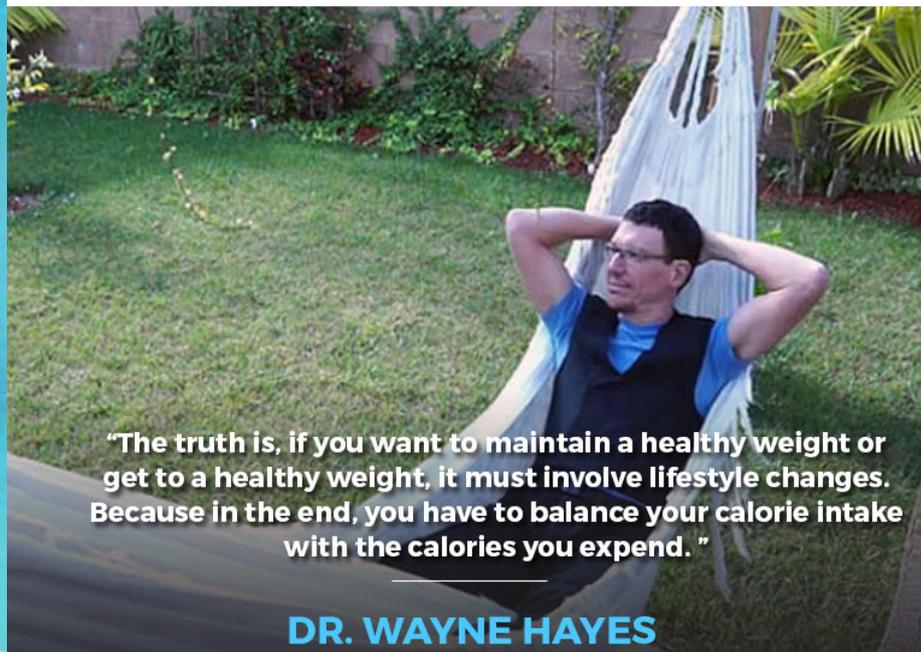
## 10 Point Checklist

### Dr. Wayne Hayes

Want to gain as much knowledge as possible out of The Optimized Geek?  
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.

*The* **OPTIMIZED GEEK** 

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 macronutrients and keep carbs low.