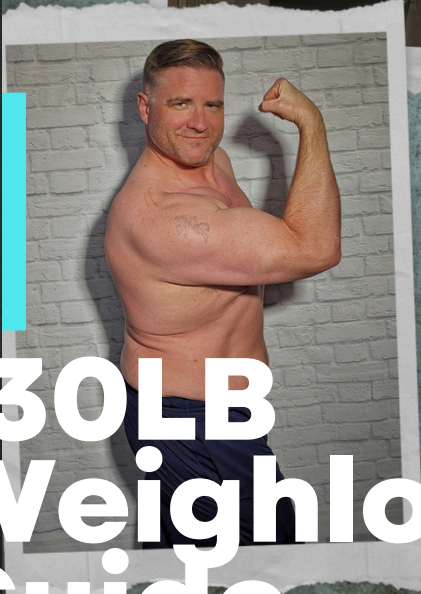


4 SECRETS I USED TO SHED
130LBS & KEEP IT OFF

4

SECRETS



130LB Weighloss Guide

HAPPY

WELL

WELL

HAPPY

**Tried a million ways to
lose weight like me ?**



**Learn the 4 Secrets to
Losing 130lbs and
Keeping it Off**

WELL HAPPY

Ever Wondered How to Break the Weightloss Cycle and Say Goodbye to Unwanted Body Fat?

1 - Strategic Lifestyle Transformation

2 - Continual Purposeful Movement

3 - Strength/Resistance Training Is Essential For Long Term Weight Loss

4 - Fueling Your Body - Mindful Eating

Free Bonus



Building A Winning Mindset

Get Started Now



LEARN MORE



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- Legal Advice
- Financial Advice
- Medical Advice

You should seek independent financial, legal and medical advice before using any of this information contained in this EBOOK

If we haven't crossed paths before my name is Eric Gallant founder of Well Happy Wellness. Over 24 months I lost 130lbs & was able to keep it off, drastically improved my health and wellness

For much of my life, I grappled with being a larger person, a "Big Guy" if you will. I was famous for yo-yoing up and down the scale, leaving me self conscious of how I looked and IT limited the things I could do.

This struggle led me into a realm of clinical depression, heightened anxiety, and endless panic attacks.



Finally in December 2021 I reached a breaking point.

I had enough of being a fat broken person and made the decision that it was time to prioritize my well-being. I worked my ASS off over the next 24 months and transformed my entire life.

Now I'm ready to share all of the secrets I wished I knew before stating my weightless journey all those months ago.

In this guide I will share my 4 cornerstones that I based my health and wellness journey on, and how you can use them to change any aspect of your own life.

See, once you begin to identify a goal it becomes so much easier to build steps to actually get there. Use this FREE guide as a way to jumpstart your health and wellness journey.

#1 - Strategic Lifestyle Transformation

Everyone has habits that they would like to improve but most people fail to follow through with making long term changes and have them stick.

See us humans are pretty comfortable in our ways and with the emergence of prepackaged food and delivery apps it's even easier to get exactly what you want without lifting more than a finger, and answering the front door.

World wide there are over 1 billion adults classified as overweight. Roughly two out of three US adults are overweight or obese (69%) and one out of three are obese (26%) according to Harvard School of Public Health. That trend has only gotten worse over the last decade and shows no signs of slowing down.



Define Goals - Setting Achievable Milestones

Defining a goal is step #1 in getting your lifestyle transformed. Like any goal it needs to be Specific, Measurable, Achievable, Relevant, and of course Timely

SMART



Define Goals - Setting Achievable Milestones



Imagine your goal is reaching a healthier and happier version of yourself, a bit like leveling up in a video game. But how can you level up without knowing what challenges you need to conquer?

That's where setting a goal comes in. It's like deciding how many levels you want to reach and what you'll look like when you get there. Once you have your goal, it's time to make a plan.

Think of yourself as the hero on a quest to defeat the "unwanted weight" boss. Break down your big goal into smaller quests, like eating healthier every day, exercising regularly each week, and maybe trying new recipes monthly.

By doing this, you're creating a game plan to conquer each level and eventually defeat the boss—shedding those extra pounds. Just like in a game, setting goals in weight loss helps you stay focused, motivated, and excited about becoming a healthier and happier you!

GOALS

Find Your Goal – Set The Date - Build The Plan By Working Backwards From The Goal To Today

What's Your Goal Weight ? When is the Finish Date ? Then Figure out what that is per Month and use those smaller targets as your yard markers.

100 lbs. - 10 Months = 10lbs a month. Month 1 did you hit your 10lb goal ? Month 2 did you hit your goal and so on.

Planning For Success Creating A Purposeful Routine



With your goal and plan in mind we need to build a routine that supports us every step of the way.

Will you Fail at times ? Yes

Will you want to Quit ? Absolutely

We NEVER Give Up, We Do All Of The Hard Things, Always !

Feeling uncomfortable at the beginning of a health journey is a totally normal part of the process so Lean Into It & Enjoy It !

Creating a purposeful routine is like making a schedule that includes fun activities and healthy choices. Imagine you have a daily routine, like eating colorful fruits and veggies, drinking lots of water, and being active by playing your favorite sports or going for a bike ride.

Each week, you can add challenges to keep it new and exciting, like trying a new healthy recipe or learning a new exercise. And every month, you can celebrate your progress and set new goals, like challenging yourself to run a bit farther or trying a new sport.



Remember, the key is to enjoy the journey and make it exciting.

Your goals and plan will act as your guide, and the routine is like the special steps you take each day to reach your destination—becoming the healthiest and happiest version of yourself.

So, let's gear up, embrace the adventure, and have fun on the way to success!

Adaptability & Flexibility - Navigating Challenges with Resilience

One thing I can promise you is that anyone making any sort of significant change in their life will have new challenges thrown at them.



It doesn't matter how meticulously you plan challenges come up and will try to derail your progress time and time again. Having resilience is what separates you from the people who quit.

If we flip the script on how we think about staying committed to our new goals, plans and routines. At this point how committed and consistent are you with eating unhealthy foods, not exercising, and staying unhappy? You're probably at a world class elite level at this, am I right ?

For me it was always procrastination that got me, ya ya ya I'll get to it once this show is over or once I'm done scrolling Tik Tok for the 20th hour this week. I was steadfast in my commitment to be lazy and put things off time and time again.

Challenges are going to happen and it's up to you to plan around all the ones you see coming and have the resilience to bounce back after a bad day.

The secret is to not have 2 bad days in a row! If you take one thing from this guide it's just that, Don't have 2 bad days in a row.

Commit to yourself that you are worth it and will show up for yourself, I believe in you and I know you can do it

You're Stronger Than You Think So Do All Of The Hard Things

#2 - Continual Purposeful Movement Train Like Your Life Depends On It, Because It Does



Some call it fitness while others call working out, I simply call it continual purposeful movement(CPM). There is no secret modality that works best despite what countless guru's online claim.

The one thing that is agreed on is daily movement is the key to keeping weight off in the long term.

You can lose a significant amount of weight just by moving more and dialing in your diet.

You don't need to attend 5 spin classes a week or pay a fortune for a personal trainer to get to your goals.

Do some of those things help? Yes

But are they essential ? Absolutely Not.

Physical Fitness As A Lifestyle Incorporating Regular Movement

Now, let's tackle the colossal task of incorporating regular exercise into your daily routine, but don't worry—we're not about to suggest you turn into a human-sized hamster.

We're not asking you to bench press your body weight on day one; we're just inviting you to make friends by moving your body and adding some sweat to your brow.

Having a step goal is a great first step, see what I did there!

Step goals are a buzz word in the fitness world these days but it does hold some weight in helping to lose weight and get to a healthier version of yourself.



Adding a few thousand steps a day to your regular daily life can make a massive impact. By walking 15 mins after each meal will add 3-5k steps a day to your daily activities.

By simply adding walking you can reach your fitness goals. Yes you read that right by simply moving more and adjusting your diet pounds will literally melt off your body.



I am not a big fan of the hamster wheel (treadmill) for getting those daily steps.

Moving in your day to day life can accomplish the same things as a treadmill but you get to enjoy the outdoors, company of friends, and set an example for everyone else in your life.

So fire up that epic playlist and lets get moving,
One Step at a Time!

Setting Fitness Goals Strength, Endurance, And Beyond



When crafting fitness goals we want to keep it simple, we're not training for the Olympics here.

Picture your fitness goals as a to-do list, but instead of mundane tasks, you're conquering challenges like a fearless warrior - competing in a 5K, mastering a yoga handstand, and maybe even doing a cartwheel just for the sheer joy of it!

Whatever your goals are we need a Starting Point!

Want to run a marathon? Start with a single lap around the track. Next time out try and improve your time. Time after that add a second lap, then try and lower that time.

Build that up and keep adding distance, then challenging the time until you reach your goal.



For most people running a marathon sounds like a punishment not a goal. For me the only running I ever did was for fast food before the restaurant closed.

The point is to find something you enjoy by trying a lot of different activities and then choosing your favorite.

Walking, Hiking, Strength Training, Tennis, Biking, Running are a few great activities to consider as you work on becoming a healthier you

Integration With Daily Life Active Living & Work-Life Balances

So how do you incorporate active living into your daily life without turning it into a boot camp you despise ?

You have to have some fun with it is the simple answer.

Enjoy Everything!



Finding joy in things is part of the fun of a healthy active life. Handling your tasks with excitement and a willingness to get it done so that you can enjoy the rest of your day.

For me, having those tasks completed and being able to “finally relax” is the part I look forward to the most because I know I did it. I accomplished what I wanted today, hitting my goals along the way creating a happier healthier life for my family.

Knowing I will be there to support them and be the leader that they need is one of the most fulfilling things a person can do.

I know you can do it but you just need to approach it a little differently knowing your plan is going to carry you toward your goals.

With me in your back pocket to support you along the way you can't fail, we won't let it happen as long as you don't give up!

Your BMR and What Increasing It Means



What is BMR - Basal Metabolic Rate
 It's the number of calories you burn as your body performs basic (basal) life-sustaining functions. So basically just existing and living a normal life. Everyone's BMR is different and will vary based on size, age, and gender.

Our bodies are incredible at adjusting to the stresses we do or don't put on it. When I was doing 6 days a week of cardio and cutting calories my body got very efficient with utilizing the calories I gave it which caused a plateau.

Without changing something I would stay the same or worse actually gain weight. So the natural question is how do I increase it ? Being active, building Muscle, Eating Enough Protein & Calories, Getting Enough Sleep, & Staying Hydrated are all ways to Increase Your BMR.

If you build muscle, eat right by adding protein to your diet, get proper hydration and rest you will increase your metabolism naturally. This was a break-thru discovery for me and it meant that I didn't need to continue crushing 6 days of week of cardio.

By adding muscle I was able to add 800 calories to my diet each day totaling 2500 and still maintain my current body weight.

What happened next surprised me more which was that the scale stayed relatively the same but what I saw in the mirror was jaw dropping. **More Calories = More Muscle**

My Body was Literally changing before my eyes, my clothes were hanging off of me, my belt didn't fit anymore. I had to dig into my old (XL) clothes I put away decades earlier saying I'll fit into these later. I ended up losing fat and starting packing on muscle by simply changing my BMR.

#3 - Strength & Resistance Training Is Essential For Long Term Weight Loss



This may be a controversial take but strength and resistance training are essential for long term weight loss.

When I started my wellness journey 24 months ago I did cut calories and only did cardio like you see all over the internet.

Did I lose weight? Yes.

Did I hit my goal, Absolutely Not.....

Maybe there was a lack of effort in my plan ? At 6 months in I was doing excessive cardio 6 days a week. Consuming 1800 calories when I actually started to gain weight.

I became frustrated and started to let my routine slip as I spiraled into a depressive episode. I was at a Cross Roads ? I could take the easy route and go back to the way I used to be or change my approach to weight loss.

This is when I rediscovered my passion for resistance training. See in my early 20s I had some amazing results lifting weights and thought why not try it again? I learned all over again that adding muscle to the body will increase metabolism and burn more calories .

Wanna Know The Best Part?

My Body Composition Would Change from Chubby Fat Guy to a Fit Guy.

Continual Purposeful Movement Never Miss 2 in A Row... Even!

The concept of never missing 2 in a row was something I heard on a podcast once.

We all have an off day, life deals us a curveball and we have to zig or zag and a lot of times we fail miserably.

Trust me when I say this I fell flat on my face a lot but I refused to do it 2 days in a row. It was a promise I made at the start of my journey and I am Still True to My Word



Missing a workout isn't a big deal but once you miss 2 it starts to snowball. One bad day of eating is easy to overcome when you approach your diet week over week. You can make up for a bad day but it's almost impossible to overcome multiple.

With us being habitual creatures once we start creeping into multiple days of doing the same thing the habit starts to form and boom we're off track. Having the discipline to say no I won't miss a second day and then taking the steps to ensure it happens that day.

So Make Yourself This Commitment

"Raises Right Hand"

**I Will Never Miss 2 In A Row Of Anything
On My Wellness Journey.**



You Can Thank Me Later When Some Healthy Habits Start
To Stick And You See Real Progress

Strength Vs Cardio Which Is Really Better ?



We have all heard that one is better than the other at different times but which one is truly best?

Let's be clear, anything you do that moves you forward in your wellness journey is a good thing.

Really Anything that you can stick to is what's important. If you hate what you're doing there is little chance you will commit to it long term.

My experience doing the hamster wheel of cardio for 12 months left me Short on gains Frustrated and Exhausted.

It was only when I rediscovered strength and resistance training and the science behind why it worked so well.

Muscle building, metabolism boosting, bone and joint health improvements, and functional fitness that aids in daily activities are all huge benefits of resistance and strength training.

When I started training with these modalities the results were immediate & very noticeable. Even though I had lost a significant amount of weight doing cardio, not a lot of people noticed. Cardio has a way of burning not only fat but muscle as well.

Our bodies are amazing at adapting to whatever stresses we throw at it & get super efficient with burning calories. If we keep crushing the cardio the body says "oh we need to preserve as much energy as we can so that we can keep the body ready for the endurance challenges that cardio provides".



Strength Vs Cardio Which Is Really Better ?



It isn't until you prioritize resistance and strength training that your body gets the signal to use the extra calories to build muscle with.

This is exactly why when you train resistance and strength training you can increase calories and still not gain fat. Your body is taking those calories and using them to add muscle.

The other big change you start to see when you prioritize protein with resistance and weight training is your body composition.

10lbs of fat vs 10lbs of muscle look a lot different on the body.

Muscle is 18-25% more dense than fat meaning that even if your body weight didn't change your body would look significantly different.

Then add in the fact that your metabolism boosts and you start to burn more calories at rest, which are all great steps towards a winning formula. I am proof that this concept works and there are dozens of peer reviewed studies to back it up.



That's Me

#4 - Fuel Your Body

The Importance of Nutrient-Rich Foods



Fueling your body is something we all need to do to stay alive but it's the choices we make in what we put in that makes the most impact. If we crush big macs, french fries, and ice cream all the time we are bound to increase in fat & body weight. Calorie dense foods like this may taste delicious all packed with their mouth watering sugar, salt, and fat.

But being a mindful person committed to our wellness journey we need to find a balance. I never advocate for eliminating things completely from the diet as we need to be able to sustain this for a lifetime. By removing some of your favorite foods and forbidding them from our diets we are creating a scenario where we are bound to fail. Can you stick to it for a few days, weeks, months, maybe even years ?

The answer is yes but life is about enjoying the things that we love and food is a huge part of that in a western diet. So we need to find that balance of enjoying our favorite foods in moderation while prioritizing whole foods that are packed with protein, vitamins, and nutrients.

Developing A Personalized Nutrition Plan Protein Is The Key

Crafting a personalized nutrition plan is different for everyone but it doesn't need to cause your taste buds to go awol. Prioritizing whole natural foods where protein, carbs, and good fats are at the center.


The other thing to consider is approaching your diet on a weekly basis rather than day by day. Yes there are things you need to hit daily like protein but having room to go higher one day and then lower the next is what makes it work and something you can stick to.



For me I would save a few hundred calories throughout the week so that I could go a bit higher on the weekends. This would enable me to enjoying some of my favorite foods with family and friends. I wouldn't miss out on the pizza or a trip to dairy queen with the kids.

I would get to enjoy my favorite foods with my favorite people, it was a match made in heaven. The one thing I would adjust is what I had during these special outings.

Rather than crushing a large pizza like I would in the past, I would have 3 pieces, which filled me up. Rather than crushing a large blizzard I would have a medium dipped cone and save the other 1000 calories to use in the week.



We can continue enjoying our favorite foods by simply emphasizing protein in our daily intake and strategizing to allocate some calories for our favorites.

The other big benefit you get from prioritizing protein is that it satiates our hunger better than any other food. It takes our body longer to break down a dense protein than it does a carb or fat.

This leaves us feeling fuller longer causing us to eat less, it's a win win. We feel fuller by eating less and we have all the building blocks to build muscle and increase our metabolism.

Choosing Beverage Wisely

H2O = Life



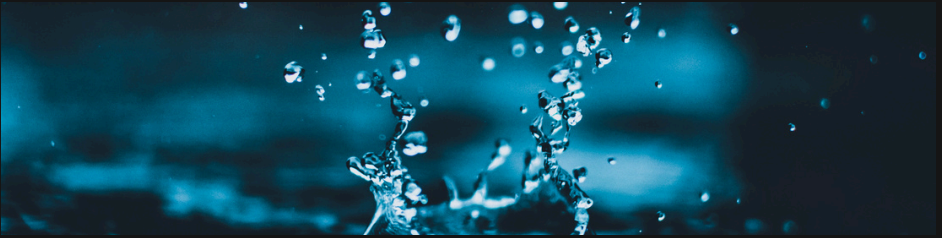
Beverages were my life for a long time, I lived and died by soda and sugary energy drinks.

In my early 20s I was deep in the hospitality industry where I would work 2-3 jobs leaving little time to workout, sleep, or eat well.

I would keep the energy up by pouring in thousands of calories worth of sugary drinks to keep me running.

Some run on Dunkin'. I ran on straight sugar for multiple decades.

I was a sugarholic through and through. The only water I would drink was carbonated and mixed with a truckload of sugar or alcohol.



When I substituted diet or non sugar beverages like sparkling waters it was a massive unlock for me. Not only was I removing the added sugar from my diet lowering my risk for type 2 diabetes, I was also removing the calories from my diet

This meant that I could actually eat more real food, a crazy concept I know. Eating and drinking more and losing weight was a huge epiphany for me in my health journey.

The benefits of increasing your water intake are vast and impactful for all parts of your wellness. Weight management, digestive health, hydration and cell function improvement, joint lubrication, improved kidney function, temperature regulation, skin health, improved nutrient transportation in the body, heart health, detoxification and of course exercise performance are all benefits.

So Grab Your Favorite Stanley Cup and Fill It Up & Keep Drinking All Day Everyday, Your Body Will Thank You!

Meal Planning & Prep

Balancing Nutrition For Sustainable Results



Meal prepping is a big buzzword these days in the health and wellness space and there are lots of reasons why it works. It takes the guesswork out of things for you each day. You know what you're having and that your protein and calories targets will be met.

Some of the other benefits are Time Efficiency, Cost Savings, Reduced Food Waste, Consistent Energy Levels, Variety and the ability to add some Creativity to your diet to share with family and friends .

The last one “family and friends” was a big one for My Family. We would sit down as a Family and build our menu for the week. Everyone got to plan a day or two and we would ensure that we were getting some variety and novelty into our weekly menu. Chicken and waffles was always a kids favorite while I would always pick some form of breakfast for dinner. We all had our nights and it had people thinking up new items to add to next week's list.

At times we would have a list for the following weeks done before the current week was up. Then we would take our weekly menu and build our grocery list and shop for those items. This saved thousands of dollars as we didn't aimlessly shop and add things we would never use to the cart. I can't tell you how many times I found a head of lettuce or a bag of broccoli in the back of the fridge from weeks earlier. We reduced our waste by thousands of pounds a year and were a lot more mindful of what we were putting in our bodies by balancing what landed on the menu.

To This Day We Still Menu Plan and Enjoy Trying New Dishes Each Month

How Many People ask the Question Everyday ,
What Do You Want For Dinner ?

Problem Solved, Money Saved!



MENU

Bonus

Mental Resilience Building A Winning Mindset



Cultivating a winning mindset involves a combination of self-awareness, positive thinking, and a commitment to continuous improvement.

It can lead to increased resilience, better problem-solving abilities, and a greater likelihood of achieving long-term success.

What would you expect to see in someone with a winning mindset?

Positive Attitude, Resilient, Strong Self Belief, Adaptability, focuses on solutions, goal orientated, continuous learner, optimism, positive approach, and embracing challenges head on.

We inherently possess certain characteristics, yet the beauty lies in our capacity to acquire additional ones through learning.

The adage "practice makes perfect" holds true in this pursuit.

Embracing challenges and persistently overcoming them contributes significantly to the expansion of your cognitive toolkit.

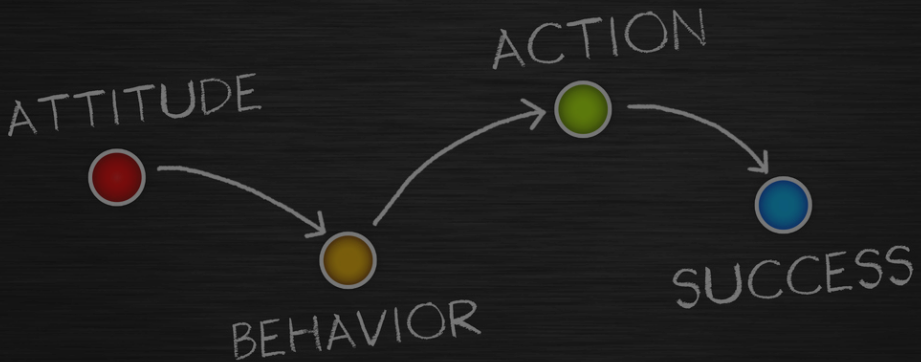
Each instance of overcoming adversity not only enhances your existing mental capacities but also enriches your intellectual arsenal. In essence, the continuous process of facing and conquering difficulties serves to refine and broaden your cognitive skills, steadily equipping you with a more comprehensive set of tools for navigating life's complexities

Cultivating Mental Toughness Building a Resilient Mindset

Building a resilient mindset is an essential aspect of personal growth and well-being. Resilience is not just a quality one possesses; it is a dynamic skill that can be cultivated over time.

Developing a resilient mindset involves embracing challenges as opportunities for growth, maintaining a positive perspective in the face of adversity, and bouncing back from setbacks with increased strength and wisdom. It requires a conscious effort to cultivate self-awareness, adaptability, and the ability to learn from experiences.

MINDSET



Building resilience also entails nurturing a supportive network of relationships, seeking help when needed, and fostering a belief in one's capacity to overcome obstacles.

By viewing life's challenges as valuable lessons and opportunities for personal development, people can build a resilient mindset that not only helps them navigate the inevitable ups and downs of life but also empowers them to thrive in the face of adversity.

Mindfulness & Stress Management Incorporating Relaxation Techniques



Incorporating relaxation techniques into our lives is a proactive and transformative approach to managing the demands of our fast-paced world.

By embracing practices such as deep breathing, meditation, and relaxation, people can find the space in their crazy lives for some peace and tranquility.

These techniques not only serve as powerful tools for immediate stress relief but also contribute to long-term well-being.



Regular practice of relaxation into daily routines enables a heightened sense of self-awareness and emotional resilience.

It empowers individuals to navigate challenges with a calmer demeanor, fostering mental clarity and improving overall quality of life.

By prioritizing moments of relaxation, we not only enhance our ability to cope with stress but also cultivate a sustainable foundation for enduring health and happiness in our daily lives.

WELL HAPPY

Always Be Growing Improving Your Life By Expanding Your Knowledge & Skills



Expanding and changing is not an easy ask for most people, especially as we age.

As the saying goes, you can't teach an old dog new tricks. I disagree with this as I believe we have the capability to learn until the day we die.

Learning keeps our mind growing and expanding with more science coming out daily to support these learnings. Study after study showing how mentally challenging tasks and activities challenge peoples brains as they age.

By regularly challenging them to learn new things they keep growing.

Armed with this knowledge we can now begin to conquer all of our challenges knowing we aren't limited by anything except our belief in ourselves

Build yourself up, challenge yourself and you become the best version of yourself.

**Well Well Well Look At You !
You Made It To The End
Time For Action..... Are You Up For It ?**

You made it ! Congratulations for riding the rollercoaster of strategic lifestyle transformations, continual purposeful movement, Strength/Resistance Training for fat loss, fueling your body, and the mental acrobatics of resilience and growth.

Now, as we raise the curtain on the grand finale, it's not just a conclusion; it's a standing ovation for your personal journey. Let's not call it a wrap; let's label it a "to be continued" with a kickstart to a new you because you're absolutely worth it!

It's about celebrating the small wins along the way to your bigger goals. Finding those yard markers to act as your progress check along the way will help to build momentum and ripple through your entire wellness journey.



WELL

HAPPY

Ready To Change ?



**You are capable of amazing things,
you simply need to identify your
goal, build a plan with celebration
points along the way, execute the
plan, make course corrections, and
keep growing by challenging all
points of your life.**

WELL

HAPPY



I will make you one promise, the momentum you build in your wellness journey will positively carry forward into all aspects of your life.

Building a happier healthier you so that you can be the best version of yourself.

I believe in you because you are absolutely worth it!

Remember.....

**You're Stronger Than You Think
So
Do All Of The Hard Things.**

Get Started Now



LEARN MORE



WELL

HAPPY

4 Secrets I Used to Shed 130LBS & Keep IT Off

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