IIFYM Partners With SEO Design Solutions And Launches New Macro Calculator

May 24, 2019

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IIFYM, which is based in Tempe, Arizona, has announced a marketing partnership with SEO Design Solutions to help with the launch of its newest macro calculator on its website. The IIFYM macro calculator is a comprehensive and easy to use diet calculator for people who are following the IIFYM (if it fits your macros) diet and flexible dieting for fat loss.

Meanwhile, the marketing partnership is intended to help build their brand, and increase traffic and sales to their website in order to increase membership.

Anthony Collova, founder of IIFYM, says, ?We are excited to announce our partnership with SEO Design Solutions and the launching of our newest macro calculator on our website. This unique diet calculator is designed to help people discover their exact macros in order for them to lose weight immediately. This is part of the unique weight solution that we offer. Imagine waking up 3 lbs leaner than last week, even though you ate pizza last night! Our 3 Step Solution will show you how.?

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The IIFYM website offers guidelines on flexible dieting and how to begin tracking macros and burn fat with IIFYM. According to Anthony Collova, the mission of IIFYM is to ?empower good people to lose weight while eating the food they enjoy...? It is also to help people love their body and develop a healthy relationship with food, while helping them break free from body shame and food guilt.

The 3 Step Solution is empowerment, optimization, and accountability. The empowerment step is to know one?s own unique macro blueprint, which results in less stress and weight loss with a clearly defined path.

The optimization step involves the use of a macro meals grocery planner. This is for a person to discovery delicious meals that combat hunger, decrease bloating, enhance energy, and increase brain power. The accountability step involves macro community coaching. This is where IIFYM membership is vital.

Members get to join macro coaches and other committed clients in two coaching calls each week until they have reached their goals.

In order to increase more traffic to the IIFYM website for people to learn about IIFYM and all the weight loss calculators, IIFYM has established a marketing partnership with the SEO marketing agency known as SEO Design Solutions.

This involves the use of search engine optimization (SEO), which targets consumers by optimizing the pages on the website to appear for certain keywords and key phrases. What this means is that the more relevant keywords and key phrases for the website appears for on the first page of the search results provided by a search engine, the more traffic the website can receive.

Increasing the number of visitors to the IIFYM website is vital because it allows more people to know more about the diet plan, purchase the blueprint products and learn how they can be guided by personal coaches to achieve their weight goals.

IIFYM has created a series of simple and easy macro blueprint products which have helped thousands of people already, and want to continue to grow the company and expand into the many areas of fitness, weight loss, keto, macros and feels that with the help of SEO Design Solutions they can achieve that goal by increasing SEO efforts, informational blog posts and continuing to develop high demand products that will help people feel better about themselves.

The IIFYM website offers a number of articles on its Weight Loss Blog page to enable people understand flexible dieting. IIFYM is a diet plan where people can lose weight by tracking their consumption of macronutrients or macros (protein, fat and carbohydrates) while not restricting their food choices. The basic concept for IIFYM is that if a person eats food with less calories than the amount of energy that is needed by the body, there will be weight loss at a steady and predictable rate.

IIFYM is also based on the observation that eating ?clean? or eating only foods with low calories results into a boring diet that causes many people to give up on their diet plan. With the IIFYM diet, people get to eat whatever they want as long they ensure that the calories consumed are less than the energy that they need.

IIFYM was established by Anthony Collova to promote a diet and nutrition plan that is not just easy to understand but also easy to implement. Those who require more information on weight loss calculators or flexible dieting can visit the IIFYM website or contact them by phone or via email.

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For more information about IIFYM, contact the company here:IIFYMKenneth Brickley(415) 968-5733support@iifym.com1887 Whitney Mesa Dr #6248, Henderson, NV 89014

IIFYM

IIFYM is the originator and founder of https://www.iifym.com which provides its members with valuable plans where they can monitor and calculate your macros, with their one-of-a-kind keto, tdee, bmr, bmi, pcos, as part of an easy and sustainable diet plan

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