

## **Are You Ready?**

If you've been thinking of getting in shape and losing a few unwanted pounds, then what's stopping you? Do you think that you can't lose weight? Have you been told that you can't change your body because "that's your natural, genetic, blah, blah, and blah".

Don't believe it. Losing unwanted body fat is not difficult. It's just a matter of consistency.

It appears more difficult than it actually is simply because most people either expend too much energy doing the wrong things, or they just give up because they cannot make the necessary lifestyle changes needed. Well, if not now, then when?

The fact is more than 59% of the adult population can be classified as clinically obese. Men are considered obese if they have a body fat level that is over 25%. Women are classified as obese if their body fat level is over 30%.

This year, more than 300,000 men and women will be sent to an early grave because of the damaging effects of being overweight.

Being a victim of a chronic diseases like type 2 diabetes, hypertension, strokes, heart attacks, heart failure, prostate cancer, gall bladder disease, gout, sleep apnea and a host of other obesity related illnesses can be avoided, by adjusting your diet and adding a little exercise to your weekly routine.

### **The secret to getting a "six-pack" is DIETING!**

If you ever want to see your "six pack" of abs, DIETING is the only way! Many people will dispute this, but I'm sorry, it's the truth. No amount of crunches, abdominal gadgets or special hanging abdominal exercises will make your abs magically appear. You cannot spot reduce. In other words, you can't burn abdominal fat simply by doing abdominal exercises. Your body doesn't work that way.

If fat is covering your abs, implementing a consistent fat loss diet, coupled with moderate exercise is the only way to reveal your "six-pack".

### **Consistent Exercise (Aerobic and Resistance)**

To accelerate your fat loss and increase your muscle mass, you need to train with weights.

The benefits of weight training are so positive; one cannot understand why everyone is not doing it. For example, it helps to increase your muscle mass. This is essential because muscle burns more calories than fat, so the more muscle mass you have the faster your metabolism will be.

Weight training also tones up your existing muscle, giving you a more shapely looking body. With the right exercises, it can broaden your shoulders, trim your waist, tone your thighs and broaden your chest. As an added bonus, weight training also helps to strengthen your bones and tendons, which is essential for helping to prevent injury as we age.

## **DON'T OVER TRAIN**

Stop training so often. Some people still believe that the more training means the more muscle with increased fat loss. Not true. It doesn't work that way. Working out too often does not allow your muscles the necessary time to recuperate. Not only will you not gain any muscle, but you will be setting yourself up for chronic injuries from over training.

Improper diet and over training are two reasons why most people never get beyond an average physique. People who workout 5-6 days per week for 2 hours or more each day – always look the same.

## **PERFORM AEROBIC EXERCISE REGULARLY**

To shed the fat quickly, aerobic exercise is essential -- it is not an option. Many people will begin to see results just from this alone.

It not only helps to burn fat and calories during the actual time you are exercising, but it also elevates your metabolism for hours afterwards. This leads to greater calorie burning and fat loss throughout the day.

Any exercise that elevates your heart rate for about 30-45 minutes will do.

When choosing an exercise, make sure that it keeps your heart rate elevated consistently without breaks. Some "stop & go" sports like basketball or football, are not adequate candidates for our purposes. These games have too many pauses, breaks and periods of low activity. They will not keep your heart rate elevated long enough to burn much fat or elevate your metabolism.

If you are a beginner, start out slowly. Exercise at a moderate pace for about 15 minutes, no more than three times per week. Keep your heart rate around 130-140 beats per minute. Eventually your goal will be to work up to 30-45 minutes of moderate-high intensity cardio 3-4 times per week.

## **The best way to lose fat**

Honestly, if you are tired of being overweight and "soft," or if you desperately just want to develop your "six pack," then you must educate yourself and get serious about changing your body. It has to become a priority in your life (at least until you reach your

goal). There are no quick fixes, however if you use the right information, you will be able to make dramatic changes to your physical appearance in a very short period of time.

## **EAT MORE OFTEN**

To lose fat you have to eat! DO NOT starve yourself. Your body is designed for survival, and part of its survival mechanism involves storing and holding onto body fat to be used in times of food shortages. If you make it a habit of not eating, or eating only a small amount of calories each day, eventually your body will think that you are in a time of famine and begin to slow your metabolism. Your body is just trying to conserve energy (calories) because it is getting so little nourishment.

Your metabolism determines the rate at which your body burns calories, so if you have a fast metabolism, you will burn a lot of calories without much effort. If you have a slow metabolism, it will be very difficult to burn calories — especially fat calories. Your body will always slow your metabolism in response to low calorie dieting.

To avoid this, you simply must eat. Unfortunately, eating three meals per day will not cut it! It does not provide your body with the constant flow of nutrients and energy it needs to increase your metabolism and burn fat. Ideally, you should strive to eat 5-6 meals evenly spaced throughout the day.

## **USE NUTRITIONAL SUPPLEMENTS**

There is a lot of hype in this industry. Some supplements are a complete waste of money, but there are also a few great products out there that can really help you — if you have the correct diet and training program in place.

The key word here is "supplement". They supplement your existing diet and training program. If you are not training and eating correctly then they will not help you. You will be wasting your money! Supplements are not a substitute for proper nutrition and training.

## **The "not so good" way to lose fat**

### **First**

Studies have shown that the majority of people, who use these diets, will gain the weight back. Often times, they will gain back more than they lost. This is a consequence that most people do not consider. They drink a weight loss shake, or eat a special food for a few months and lose a large amount of weight, but what happens when it's time to go back to regular food? Most people usually start gaining weight again.

Fad diets will definitely help you lose weight quickly if you eat their foods, but what happens when you go back to the real world? You will most likely go back to your old eating habits. You cannot remain on that type of diet forever, and sooner or later you will have to face real food again. They do not prepare you for this. Most fad diets work. The question is only how long can you maintain the results.

Any successful weight loss will require a permanent change in eating habits. A good program should not only help you lose fat, it should also help you to develop the correct eating habits necessary to maintain your new body.

### **Second**

You will lose more muscle mass than body fat. Now, you may say, "It does not matter as long as I'm thin", but understand that muscle burns more calories than fat -- this helps to keep your metabolism elevated. Muscle also gives you a shapely, firm and more defined physique.

If you end up with less muscle than when you started, you can bet that your metabolism has been slowed a great deal, which, in the long run, means your body will be burning fewer calories and storing more fat.

Ultimately, you may get down to the weight that you desire, but you will have more body fat, less muscle mass and no muscle tone. This is why people who have a history of dieting off and on (yo-yo dieting) will lose weight and look thinner, but still remain very soft or "jiggly". You know them because of their waving triceps. This type of dieting is notorious for weakening the immune system.

## **EAT FEWER CALORIES**

Your diet should create a mild caloric deficit. In other words, your body should burn off more calories than you take in. After your body has used all the food calories for energy, it should (in theory) turn to using your fat cells for energy. However, as I stated earlier regarding fad diets, this is not always the case. Without resistance training to stimulate muscle growth, and diet manipulation to prevent muscle loss, your body will turn to using muscle cells for energy instead of fat cells!

Anyone interested in losing body fat, should begin by eating around 10-12x their bodyweight in calories.

Eating six meals each day, weight training and cardio will help to increase your metabolism. Because of this, everyone will have an initial loss of weight, and then the results will begin to taper off after a couple of months. What you must do is stick with the diet and be consistent. The fat will begin to come off again if you do not quit.

After about 6-8 weeks you will have to change your program since your body will have adjusted itself to the calorie levels and it will have also made the diet much less effective by slowing your metabolism. This is where cycling your diet will be beneficial.

## **Diet**

To lose body fat you must eat fewer calories than your body burns off, so EAT LESS -- but you must NOT starve yourself, otherwise you will lose more muscle than fat!

Start eating 5-6 meals per day (space them out to about one every 3 hours). You are eating more often, but not necessarily more.

Increase your protein intake. Without protein your body cannot build new muscle. Protein also helps to increase your metabolism -- which burns calories.

Increase your water intake. A good formula for this is to multiply your bodyweight by .66 to get the required number of ounces per day.