



Fat Loss Mania : Discover secrets to Boost your Fat Loss

**This E-Book Is Brought To You By:
Gino Zach.**

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INTRODUCTION

OK.....let me start of by saying that there is NO magic diet,or exercise programme or pill that will help you lose weight and keep it off.If you want to see a change, then it requires a combination of both diet and exercise.....simply put....it requires a LIFESTYLE CHANGE.
It may sound complicated but it need not be.

Fat storing is mainly stimulated by:

- 1) Excess carbohydrate consumption
- 2) Excess stress (physical and/or emotional)

Fat burning is stimulated by:

- 1) Good liver function (avoiding the overconsumption of fat, protein, alcohol, and drugs/medications)
- 2) Low carbohydrate consumption (extremely important)
- 3) Anaerobic exercise (any activity that basicly makes your heart beat harder and faster, short duration, high intensity activity)
- 4) Adequate sleep (at least 8 hours of sleep per night)

METABOLISM

According to wikipedia,
Metabolism is "the set of chemical reactions that occur in living organisms in order to maintain life."

Your metabolism rate is the rate at which your body breaks down large molecules and burns fat.

Therefore,the higher it is, the faster you burn calories, even when you sleep.

Want some great tips to increase your metabolism rate???

Visit this site : <http://getfit.99k.org>

DIETARY RECOMMENDATIONS

I would recommend the Fat-Loss-4-Idiots Guide.

The diet offers a solid variety of meals, so you're eating different foods every day, and with four meals daily, you won't get hungry.

Unlike other diet programs, fat loss 4 idiots does not not worry about calorie or carb counting, and no limit on portion size. The aim is to just eat short of being full.

Go here for more information on this:

<http://getfit.99k.org/4idiots/>

on to the tough part.... ;)

My dietary tips to boost fat loss are:

1) Remove or greatly reduce refined Carbs from your diet...

EG. bread, cereal, baked goods, pancakes, pizza, pasta, and anything else made with wheat, oats, or other grains – even whole grains.

2) Avoid all soda's, pepsi, coke!!

3) Alcohol intake should be kept to a minimum, but a small amount of alcohol is OK, if you feel you simply must have it.

4) As the saying says, "Eat breakfast like a King, lunch like a Queen, and eat dinner like a pauper."

5) NEVER SKIP MEALS

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Skipping meals simply slows down your metabolism rate which would be the total opposite of what you want.

6) Instead of eating 3 large meals a day, try eating 5-6 smaller meals with a 3 hour break in between.

This would give a massive boost to your metabolism. This is a technique used by bodybuilders to get their metabolism rates unbelievably high!!

7) Choose lean meats

Chicken and Fish are very low in fats certain fish like salmon, sardines, and fresh tuna are an excellent source of antioxidants, which are also beneficial to your health.

6) Get more fiber

Eat more raw vegetables and fruits. Fibre keeps the right amount of water in your intestines, making your digestive system work more efficiently. It also helps your body to burn fat.

7) DRINK PLENTY OF WATER (ATLEAST 8 - 10 glasses per day)

I cannot stress how important this is. Water is essential for health and helps flush toxins out of your body .

8) USE YOUR BODY THE WAY IT WAS MEANT TO BE USED

Go out with your friends.....cycling.....football.....basketball....Do something that gets your heart pumping.

9) Pump some iron

Resistance or weight training will help you burn fat faster as it leads to the development of new muscle which will feed on fat for energy.

10) EXERCISE - Running or jogging

It is best to start out at about 10 to 15 minutes per session and gradually increase over a period of a few weeks until you are doing 60 minutes per session.

11) SET REALISTIC GOALS

Setting goals which you cannot achieve will only lead to dissatisfaction and frustration.

So, what should you eat?

In addition to your normal diet you should eat plenty of fresh
(or frozen)
vegetables and fruits, nuts and seeds, and
unsweetened/unsalted
nuts and seed butters (peanut butter, tahini, etc.).

You can eat unlimited quantities of any kind of vegetables,
preferably raw (to preserve the nutrients), but lightly steamed
is also alright.

HERE ARE SOME GREAT TIPS IF YOU JUST CAN'T SEEM TO CONTROL YOUR
HUNGER..... :D

|>>If you feel yourself getting hungry before dinner, try drinking a glass of water or green tea. This should fill you up and stave off hunger pangs a little longer.

|>>If you start to crave something sweet and sugary, try chewing a piece of gum. Sugar-free is best. You can also try brushing your teeth. The minty flavor of the toothpaste will help curb the craving and get rid of that sweet tooth.

|>>You don't have to cut yourself off immediately from all that junk food, but enjoy it in moderation.

|>>Eat healthy snacks like apples or carrot sticks if you're dying to munch on something.

|>>Drink a glass of cold water, this will "shrink" your stomach and make you feel full faster.

CONCLUSION

Ultimately, the long-term success or failure in losing your weight simply comes down to making lifestyle change, as i had mentioned before. The diet and exercise tips in this E-book will only be effective if follow and stick to them.

I reccomend you combine the knowledge you gained in this e-book with that from a muscle building program like NO-NONSENSE MUSCLE BUILDING(it comes with 10 BONUS ebooks and even a free No Nonsense Muscle Building DVD),

THIS AMAZING OFFER WONT LAST FOR A LONG TIME!GET IT NOW WHILE ITS AVAILABLE!DONT MISS YOUR CHANCE!!

Visit : <http://getfit.99k.org/nonsense/>

It would provide you with a foolproof plan for skyrocketing your weight loss and will definitely help you reach your goals that much quicker.

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