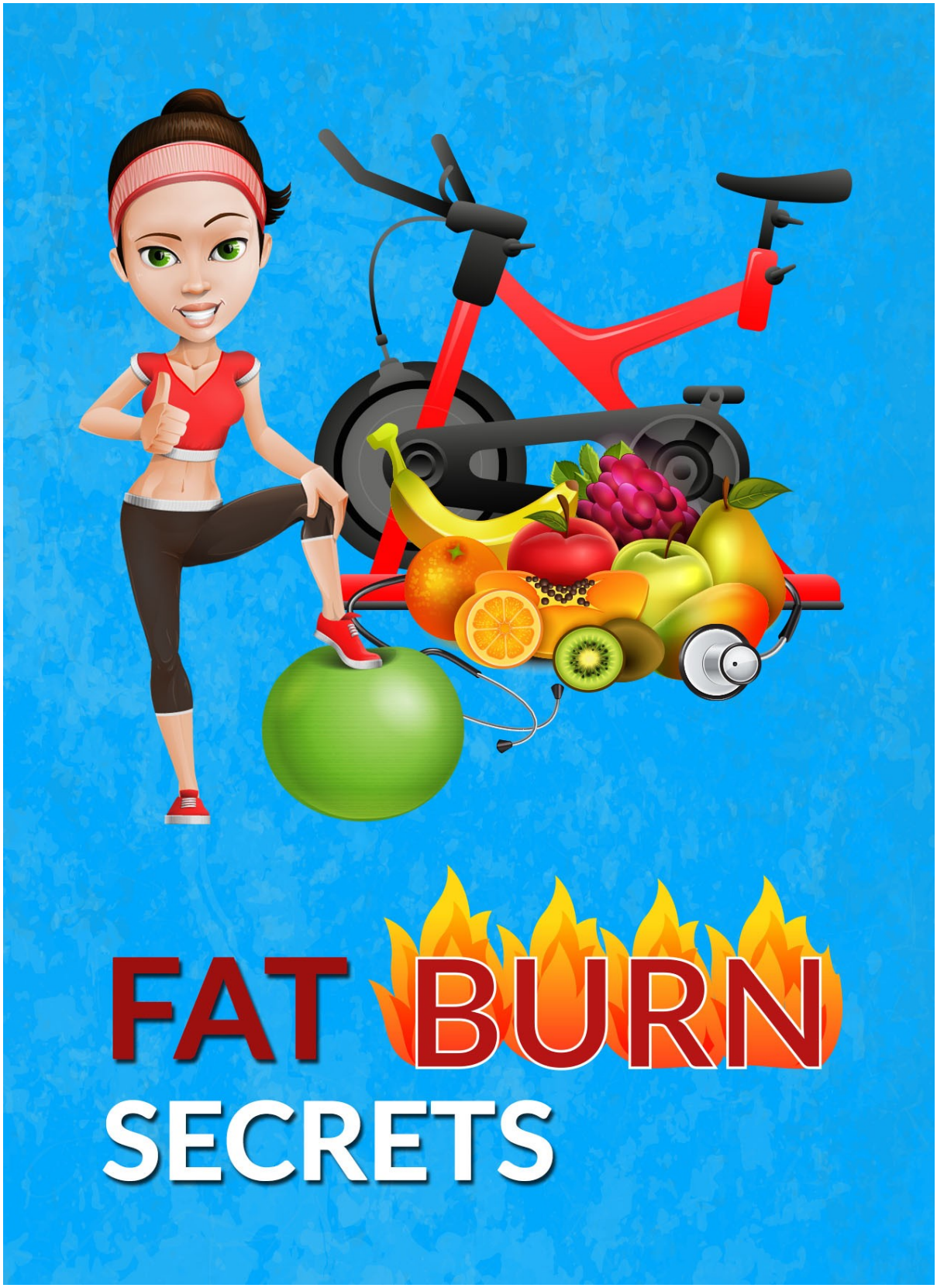

FAT BURN
SECRETS

Legal Notice

The Publisher has strived to be as accurate and complete as possible in the creation of this report, notwithstanding the fact that he does not warrant or represent at any time that the contents within are accurate due to the rapidly changing nature of the Internet.

While all attempts have been made to verify information provided in this publication, the Publisher assumes no responsibility for errors, omissions, or contrary interpretation of the subject matter herein. Any perceived slights of specific persons, peoples, or organizations are unintentional.

Readers are cautioned to reply on their own judgment about their individual circumstances to act accordingly.

All information, content and material in this book are provided for general information purposes only. You should exercise your own judgment with respect to your use of book and you should carefully evaluate the accuracy, currency, completeness and relevance of the content in the book to make sure that it is suitable for your own individual purposes.

Content is provided for educational purposes. This book also asserts that no warranties or representations are given in respect of the medical information, and that the publisher should not be held liable if a user suffers any injury or loss after relying upon the provided information. You are advised to seek professional advice if you are concerned about whether the information contained on this course is suitable for you.

Table Of Contents

Introduction: Why Are You Fat?....4

Fat Burn Secrets 1: Fat-shedding Diet Secret....5

- Fat Facts....5
- Good Fats VS Bad Fats....5
- Strategizing Your Diet....11
- The Elusive "Secret" To Feeling Fuller, Longer....14

Fat Burn Secrets 2: Fat Burn Mantra & How To Eat Like A Celebrity (And Not Get Fat!)
....17

- If Your Body Is A Car, Your Mind Is The Engine....17
- To Successfully Shed Fat, First Shed Your Negative Thinking!....19
- How To Eat Like A Celebrity (And Not Get Fat!)....21
- Tips From Celebrity Trainers....21
- 3 Famous Celebrity Diet Plans....23

Fat Burn Secrets 3: Easy Fat Killer Technique....28

- Cardio Workout....28
- Low-Intensity (LI) or High-Intensity (HI)?....29
- Best Of Both Worlds....29
- The Advantages....30
- The Killer Cardio Plan....33

Fat Burn Secrets 4: Yo-Yo Effect - The Silent Murderer of Diet Success....36

- What's Yo-Yo Effect?....36
- The Causes....37
- Yo-Yo Effect Is Dangerous....38
- Fight Yo-Yo Effect!....39

Fat Burn Secret 5: Easy Yoga Practice....42

- The Benefits....42
- Tips For Yoga Practice....45

Fat Burn Secrets 6: List Of Fat-Pumping Food To Avoid....57

Fat Burn Secret 7: Fat Burn Supplements & Detox Plan....73

- Dietary Supplement....73
- Detoxification....84

Fat Burn Secrets 8: How To Get Rid Of "Love Handles"....95

- Women....95
- Men....101

CHAPTER 1 WHY ARE YOU FAT?



Introduction: Why Are You Fat?

Every time you look into the mirror, you might be wondering why people out there are having a nice summer body with full confidence while you are still struggling with your recent-up-sized t-shirt. You might even be wondering, are you going to be like them one day? Is there any chance for you to change? Of course there is. However, summer body doesn't come with ease. Many work their butt off to attain their dream body. But, what is important is, you are healthy from the inside out.

When I say fat burn, the first thing that comes into your mind is exercise. Yes, of course you need to exercise to have a nice summer body. But, do you know that our eating habit affects our body the most? Have you ever heard that weight loss is 80% Diet, 20% Exercise? I beg to differ… Diet can actually make up as much as 90-99% of your weight loss journey. The MAIN reason why you're fat is because of your lifestyle! Having an unhealthy lifestyle not only slows down your metabolism but also brings you chronic diseases. With a slow metabolic system, you can even gain weight by only drinking water! This is also the reason why some people slim down at a very slow rate but gain all the weight back in one night.

Slimming down is good, but slimming down healthily is the key point here. We want you to look into your health first instead of focusing on all the crazy diet plans and exercise regimes.

Fat Burn Secrets 1: Fat-shedding Diet Secret

Fat Facts

So what exactly is fat? Fat is made up of building blocks called fatty acids and these are classified as saturated, monounsaturated or polyunsaturated depending on their chemical structure. Fat is essential to human life, we all need fat in our diets.

For years, nutritionists and doctors have preached that a low-fat diet is the key to losing weight and preventing health problems. However, not all fat is the same.

Our body requires small amounts of 'good fat' to function and help prevent disease. However, most of the ‘modern’ food contains a lot more fat than the body needs. Too much fat, especially too much of the wrong type of fat could be detrimental to our health causing serious health problems such as higher blood pressure and cholesterol levels, obesity, which in turn lead to a greater risk of heart disease.

So, it is significant to know what types of fat should we be cutting back on.

Good Fats VS Bad Fats

We are constantly being told that “Fats are bad”, and many will spend lots of time and money to completely rid their diet of fat. The truth is, we need fats. Fats help in nerve transmission, nutrient absorption, maintaining cell

membrane integrity etc. Simply said, fat is actually necessary for you to lose weight. However, when consumed in excess amount, it can increase your risk for a number of health threats. The key is to replace bad fats with good fats in our diet.



Good fats

Good fat is sometimes called unsaturated fat. The types of potentially helpful dietary fat are mostly unsaturated. Unsaturated fat comes in two forms: **monounsaturated** and **polyunsaturated**.

Monounsaturated fats

This is a type of fat found in a variety of food and oils. You can get it from:

- Nuts including almonds, peanuts, cashew, macadamia, walnuts and pistachios
- Avocado
- Canola
- Olive oil

The most well-documented benefit of consuming monounsaturated fats is the potential for keeping your heart healthy. It improves blood cholesterol levels, which can decrease your risk of heart disease. Research also shows that these fatty acids may benefit insulin levels and blood sugar control, which can be especially helpful if you have type-2 diabetes.

Not just that, studies have also found that switching to monounsaturated fat from diets rich with trans fats and polyunsaturated fats results in significant weight loss. Yes, both consume SAME amount of fats in their diet, but end up with DIFFERENT results! The key here is the type of fats you're consuming on daily basis.

Polyunsaturated fats

There are two types of **polyunsaturated fat**: **omega-3** and **omega-6**. These are also known as essential fatty acids. Our body can't produce essential fatty acids on it's own, so we need to get them from food.

(i) Omega- 3

Omega-3 is a type of polyunsaturated fat. You can get it from:

- Legumes
- Soy food
- Tuna, salmon and mackerel
- Green leafy vegetables
- Walnuts, other nuts and flaxseed

Babies can also get omega-3 from breastmilk.

It promotes brain health during pregnancy and early life. Omega-3 helps a baby's brain and eye development in the womb and during the first six months of life. It has a great impact on children's learning and behavior.

As for adults, omega-3 can be good for rheumatoid arthritis, pain relief, morning stiffness and inflammation. It can also protect adults from heart disease.

(ii) Omega-6

Omega-6 is a type of polyunsaturated fat. You can get it from:

- Vegetable oils like sunflower
- Evening primrose oil
- Peanut
- Canola
- Cereals.

Omega 6 plays an important role in cell growth, and is thus essential for brain and muscle development. The omega-6 arachidonic acid (AA) is for this very reason added to most infant formulas.

Both brain development and muscle development are critical for infants. The growth benefits of omega 6 also explain the great interest that body builders and top athletes have in omega 6 consumption.

Omega-6, particularly gamma-linolenic acid (GLA), is linked to increased bone density and reduced bone loss and it helps to promote hair growth and supports skin health. Omega-6 has an anti-inflammatory affect on our skin, soothing irritated skin.



Bad fats

There are two main types of potentially harmful dietary fat: **Saturated Fat** and **Trans Fat**

(i) Saturated fat

You get saturated fat from:

- Animal products such as meat fat
- Full-fat dairy products such as butter and cream
- Palm and coconut oil in processed food such as biscuits, chips & slices

Saturated fat has no known health benefits. A high intake of disadvantageous saturated and trans fats can lead to elevated low-density lipoprotein, or LDL, cholesterol levels, which may increase your risk of developing heart disease. These fats may also contribute to obesity, diabetes and cancer.

(ii) Trans fat

Trans fat is sometimes used in:

- Commercially-made cakes and biscuits
- Takeaway food
- Energy bars
- Ready-made meals
- Snack food like chips

Trans fats can increase harmful low-density-lipoprotein cholesterol, while decreasing good high-density-lipoprotein cholesterol. In turn, this can increase your risk of cardiovascular disease. Furthermore, it has been associated with the development of type-2 diabetes.

Strategizing Your Diet

Now that you have learned the basics about fats, it's time to learn how to design your own diet to shed those extra pounds. Creating a weight loss diet that caters your own preferences is the golden rule to a successful diet plan.

Don't go for an extreme diet plan just because you're desperate for a drastic change in your weight - it's unrealistic and you rarely get to your goal. Ideally, small changes in a healthy direction over time can work magic to your body.

Winning Rule: Slow & Steady wins the race in long-term fat loss!

Follow these simple magical steps to creating your own fat-shedding diet!

• Identify your current diet

Keep a careful diary log of your normal food intake for 7 days. Eat as per normal but keep record of what you have consumed each day, how much at each meal or snack. For example how many bowls of cereal? One or two? How much milk? What type of milk?

TIP: There are so many amazing Calories-Tracking Apps today! Simply download one and start tracking – The more convenient it is, the more likely you'll track your food intake!

Make sure you calculate the amount of calories intake for every meal, add all seven days' total calories intake and divide by seven. This will give you a good idea of the calories intake you're currently consuming at your current body weight.

• Design a new diet

Dream big but start small. Be realistic and take small steps towards big success! A safe weight loss is one that will most likely be permanently consistent, is one pound a week. **GOAL = Lose 1lb / Week**

Do your math. One pound equals to 3500 calories. 3500 divided by seven days a week equals to 500 calories each day. Identify your daily average calorie count and subtract 500 calories.

My personal favourite formula to calculate my Average daily intake is to take my own body weight, multiply by 14 (Of course, there are other formula out there…more complex ones that is)

But remember: Keep things simple! That's the key to easy weight loss

So let's say I'm a 180lb man. So **180X14=2520kcal**

Then, **2520-500=2020kcal.** *So, I need to consume around 2000kcal per day to lose 1lb/ week.*

If my weight loss progress is slow / hit a plateau, I'll lower down my daily calorie intake to 1700-1800kcal. Simple.

However, keep in mind that you should not lower your calorie intake to less than 1500 without advice from a professional registered dietician.

• Play of substitution

Don't quit food, don't go into hunger mode! Think about zombies… what they do? They binge! So if you starve yourself for too long, you'll BINGE!

Learn to substitute healthier food that you like and reduce portions of high calorie food that you like so you can achieve the new lowered daily calorie count.

Let's just say you love burger and almost can't live without it, its okay, eat it. But instead of eating the whole thing as it is, lower its calorie count by cutting the portion size or substituting certain ingredient. Eat half of it rather than the whole; opt for lean chicken meat rather than fattening beef patty, a sprinkle of chilli flakes instead of oozing chilli sauce.

The easiest and most possible way to achieve huge calorie savings is by changing the way your favourite food are prepared. Avoid frying and rich or thick sauces. Opt for steam, bake, broil, roast, or even better - just eat it fresh.

The Elusive "Secret" To Feeling Fuller, Longer

Eat More Low Density Food

Calorie density refers to the number of calories per gram of food. It is the simplest approach to healthful eating and lifelong weight management. Food that are HIGH in calorie density contain a high number of calories per gram; food that are LOW in calorie density contain a low number of calories per gram. Calorie density is the key to feel full without overeating.

You'll end up consuming a lot of calories to fill your belly when you eat too much calorie dense food. On the other hand, if you focus on low calorie density food, you can fill up on fewer calories because low density food contain a lot more water, which adds weight and volume to the food, but no calories.

In a study published in the American Journal of Clinical Nutrition, researchers found that some high-calorie food - like bakery treats - not only such food won't fill you up, but instead trigger your appetite to make you crave for more!

In the research experiment, participants who were fed a meal of such food actually ended up eating twice as much over the rest of the day (3000 calories in all) as compared to those participants fed a low-fat and low-calorie meal!

Now, here's the deal, find fitter fast food. Look for low-fat, low-calorie, and fulfilling options. Brown rice, grilled skinless lean meat, whole-wheat bread, salads (they're extremely filling actually!), soup, and best yet, plain water - goes along with any meal and you'll feel full for sure!

So this is it! The ultimate secret to fat-shedding diet! Learn about your food,

eat smart, and you'll be shedding those fats away with not just a healthy body, but also a happy tummy!

CHAPTER 2

FAT BURN MANTRA & HOW TO EAT LIKE A CELEBRITY



Fat Burn Secrets 2: Fat Burn Mantra & How To Eat Like A Celebrity (And Not Get Fat!)

If Your Body Is A Car, Your Mind Is The Engine

Your mindset drives your body, it fuels your will and determination to work towards your goal. It can be difficult to achieve and maintain your ideal body shape and weight. It takes more than just healthy eating and regular exercise.

A positive and motivated mindset is essential to keep you going. If you tell yourself negative things - “This is so hard, I can’t do this.” - You’re not going to make it far.

But if you encourage yourself with thoughts like “I can do this. Nothing can stop me. I’m going to lose 5 pounds by the end of the week” - you’re motivated to achieve your diet goals.

Mindsets are assumptions or beliefs you establish to govern your behaviour and choices. There are two types of mindset: fixed and growth-oriented.

People with a fixed mindset think of the absolutes and allow little to no room for possibilities. They are fixated to their definite opinion and would not budge from that framed mindset. When faced with challenges, they tend to take the easy way out to avoid failure and embarrassment. This is a psychological principle known as self-handicapping.

People with a growth mindset strongly believe in possibilities. They’re open minded, willing to adopt new ideas and learn to improve. They take on challenges even at the risk of failing. They are open to embrace failure because they know they can learn from it.

Below are some common mantras (a.k.a slogan or motto) that distinctly describe the two mindsets:

Fixed Mindset	**Growth Mindset**
• When I fail, I'm no good • I'm either good at it, or I'm not • When I'm frustrated, I give up • My abilities determine everything	• When I fail, I learn • I can learn anything I want to • When I'm frustrated, I persevere • My effort and attitude determine everything

Start cultivating a growth mindset and practice these mantras and your diet plan will work much easier with more satisfying results.



To Successfully Shed Fat, First Shed Your Negative Thinking!

Research shows that one of the many important factors that influence weight loss is your attitude - whether or not you believe you can do it and if it is worth doing. It's a simple theory - what you think will affect how you feel, and in turn the actions you take.

Similar to how conventional medications often treat symptoms of disease without addressing the cause, weight loss diets often address your weight without addressing what has led you to be overweight.

Being overweight is not as simple as eating too much or moving too less - there's an underlying combination of subconscious conditioning, self-worth issues, emotional difficulties and more.

You might be able to lose a couple of pounds with solely changing your diet and doing exercises, but it won't last long as symptom-specific diets will only be temporarily effective.

By addressing the underlying psychological cause that led you to being overweight while applying balanced diet and exercise will ensure you a long-lasting weight loss.

Follow these life-changing mantras that could help you eliminate any sort of destructive thoughts that sabotage your body weight.

1. Other's opinions don't matter as long as I love my body.

Eliminate the fear of other's opinions. When we despise how we look and how we feel, our bodies reflect and adopt to these ideas. Due to the environmental

conditions, many want to impress and live up to other people's expectations - it's all because of other's opinions. But loving yourself must come first if weight loss efforts are to be effective. Shed your fears. Learn to love your own body and each small change that occurs to it through your dieting effort.

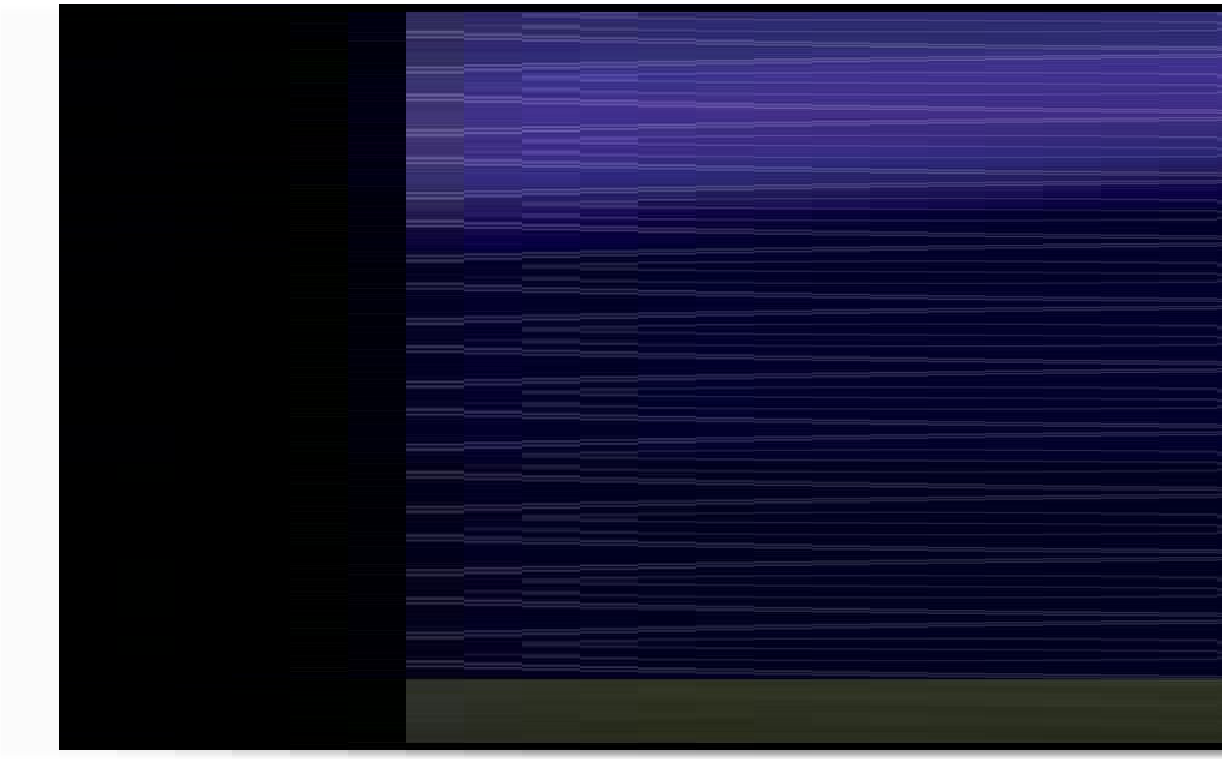
2. Steady and slow, learn as you go. Lose too fast, it may not last.

A little goes a long way. Focus on progress over perfection because no perfections come along without long-term progression. Be patient and work with a well-planned diet for a long run. Your body takes time to adjust to all the changes. Diet done in a right way will ensure your body to be accustomed to the changes and the effects are definitely more lasting.

3. I may not be where I want to be, but I'm better than where I was.

"I don't have enough time, 15 minutes of workout won't make a difference" - sounds familiar? This is the kind of statement that gives yourself permission to veer from the healthy habits that help you lose weight. Don't find excuses, a tiny effort done is always better than none. 15 minutes each day rather than none at all will still make a change to your body regardless of how significant it is. Always remember that each small step taken is a step nearer to your goal. Never underestimate yourself.

How To Eat Like A Celebrity (And Not Get Fat!)



When you see photos of Rihanna's slim but glamorous silhouette or Jessica alba's flat post-pregnancy tummy, you probably wondered how celebrities stay so lean or how do they always manage to snap back into shape in a blink of eye.

Truth is some celebrities go to strange and outrageous lengths to get or stay thin even though most of them swear their perfect body comes from exercising and eating clean. It's risky to just follow blindly with those alleged diet plans of celebrities.

But fret not! Because here are some legit useful and healthy tips quoted directly from A-list celebrity trainers that you could steal and not be wary of the risk!

Tips From Celebrity Trainers

1. Celebrities eat breakfast.

Celebrity trainer Gunnar Peterson (trainer to Jennifer Lopez, Penelope Cruz, Leah Remini) introduced the idea of eating within 30 minutes of waking up in the morning. “You want to send your body a signal that you’re not starving so it starts burning fat,” says Peterson. Try oatmeal, scrambled egg whites, fruits. These ingredients provide filling fibre, protein and vitamins. Research shows breakfast eaters are more successful at long-term weight loss as it helps jump-start your metabolism and prevents overeating throughout the day.

2. They pick their veggies.

They’re taught by their trainers to be picky in what veggies they eat. Here’s a tip to slimming down a few inches for a be-seen event, Nutritionist Carrie Wiatt made famous singer Fergie stock up on watery veggies and fruits (lettuce, celery, cucumbers, watermelon, grapes) to help get rid of bloating as those veggies work by flushing out your system. Cauliflower, broccoli, cabbage, and pears lead to gas and bloating so if you’d like to be seen lean for the night, remember to avoid these right before an event.

3. They snack.

Healthy snacks of course! Trainer Valerie Waters had her clients (Jennifer Garner, Elizabeth Berkley) carry 150-calorie snacks where they go. A few all-time favourite snack combos include apple slices with low-fat string cheese, a

couple of crackers topped with chicken salad, or a few slices of turkey ham with fruits. According to Valerie Waters, it's important to eat something every three to four hours. Because you can go from feeling kind of hungry to thinking you're starving badly as your blood sugar can drop quickly. Healthy snacking helps curb with your cravings and gives you instant energy boost to keep you satiated.

4. They don't stop drinking.

I hope you're not thinking about alcohol.. Drink water! Of course it's water. They never stop drinking water. Celebrity trainer and nutritionist Harley Pasternak (whose clients include Lady Gaga, Rihanna, Megan Fox, Robert Downey Jr.) urges the importance of hydration. According to Pasternak, thirst can often be mistaken for hunger, so regularly sipping water through the day can keep excess calories off your plate - and your mouth.

3 Famous Celebrity Diet Plans

The 5-Factor Diet

Created by nutritionist and celebrity fitness guru Harley Pasternak, the five factors consist of the element each meal should include - protein, complex carbs, fats, fiber, and fluids. This diet plan requires you to eat five meals a day with recipes no more than five ingredients. And guess what, you get one cheat day per week - where you're allowed to eat anything you like. Celebrities like Eva Mendes, Alicia Keys, Megan Fox and Katy Perry are the followers of this

diet.

The Zone Diet

Developed by former scientist Dr. Barry Sears, this diet involves obtaining 40% of your daily total caloric intake from carbohydrates, 30% from fats and 30% from carbs. Sears created this diet based on balancing the correct amount of amino acids with carbs, because it helps to control your appetite and prevent overeating. You are to eat three portion-controlled meals and two snacks a day. Famous Hollywood celebrity Jennifer Aniston was such a big fan of this diet, some even called it the “Jennifer Aniston Diet”.

Pressed Juicery

Pressed Juicery is a California-based company where its products are in general dense in nutrition, low in sugar, yet high in fibre and are proven to be a sensible way of consuming calories. It has been widely popular among celebrities to follow this six-juices-a-day, 1200-calorie intense cleanse. This Pressed Juicery diet is said to be a major bloat beater. Every morning you will receive a daily supply of juices delivered to your doorstep. Each fresh, nutrient-packed drink is specially designed to replace meals and snacks. And you’re highly advised to avoid alcohol, caffeine, and nicotine in order to achieve a complete cleansing. Hollywood celebrity - and also a busy mom, Nicole Richie sips on these juices. “I drink these between meals to be sure I’m getting everything I need, I don’t go a day without a Greens Juice - kale, spinach, cucumber, celery and romaine. It’s actually really good!” says Richie.

Star Diet Mantras And Tricks

Don't you agree that having the dream body you have always desired can help you feel stronger and more in control? It helps to boost your confidence, self-esteem and mood.

So if you're looking for inspiration to start eating healthy, why not follow your favorite celebrity's diet regimes, since they often serve as an example for everything else?

These Hollywood stars have got a few neat tricks up their sleeves, which could easily be incorporated in your lifestyle.

You don't have to resort to the harsh menus or strict diet fads for skin that defies your age.

• Nicki Minaj - No Sugar or Starch

She lost 10 pounds by giving up Snickers and sides of potatoes. Three days before a big shoot, she says: "I just cut out sugar and starch."

• Hilary Duff - Treat Yourself

She does boxing drills and runs a lot. She eats a lot of chicken but she rewards herself too - "I love wine."

• Kaley Cuoco - No Alcohol

She skips alcohol for a lean body. “Alcohol bloats us... I’ve become a little bit more aware of what goes in my body.” She also works out four to five times a week, yoga, horseback riding, etc.

• Jennifer Lopez - Cardio All The Time

She lost 8 pounds by eating lean meat, broccoli and carrots. “You realize how much you don’t need the butter and bread to be healthy. You need the greens! When i eat better, I feel better.”

• Jessica Simpson - Oatmeal and Small Portions

She eats small portions of chicken and oatmeal. She also does strength training sessions three times a week.

• Miranda Lambert - Everything in Moderation

She plans her daily intake. If her breakfast is high in calories, she picks a low-calorie dinner like grilled chicken and sweet potatoes. She still snacks on her must-have-snacks, Cheetos, by doing daily hour-long cardio drills.

• Ashey Tisdale - Breakfast

She always starts her day with fresh fruit, an egg white omelette, and whole-wheat toast.

CHAPTER 3 EASY FAT KILLER TECHNIQUE



Fat Burn Secrets 3: Easy Fat Killer Technique

Cardio Workout

The word “cardio” is short for “cardiovascular”. Cardio workout is endurance exercise that strengthens the circulatory system consisting of the heart and blood vessels in your body. People “do cardio” over long stretches of time as it makes the heart beat faster and pumps more blood through your system, bringing nutrients and oxygen to every cell.

Cardio workout can be simply explained as physical exercise of low to high intensity that depends on the aerobic energy-generating process of the exercise you do. It’s any activity that gets your heart rate raised to 50 - 75% of your maximum heart rate. Calculate your maximum with the formula 220 minus your age. For example, if you’re 25 years old, 220 - 25 = 195.

Cardio workout burns calories in your body. Most people do cardio training to lose weight, gain body mass, train stamina, etc. There’re different intensities cardio exercises.

Low or moderate-intensity exercise normally leaves you feeling slightly breathless but still able to comfortably talk to someone. Low-intensity exercises include walking, swimming, or cycling.

On the other hand, high-intensity exercises will leave you speaking in short sentences as you sweat and breathe rapidly. High-intensity exercises include running, sprinting, aerobic classes like zumba, or circuit training.

It is commonly believed that long, slow, and low-intensity cardio is best for fat loss as it utilizes aerobic exercises that burn fat during exercise. While some finds high-intensity cardio more effective for fat loss as it burns higher amount of overall fat.

So the question is, how to know which is better?

Low-Intensity (LI) or High-Intensity (HI)?

The short answer is that the best type of cardio, whether low or high intensity, is the one you will do consistently over time.

The optimal plan is to start at lower intensity if you are new to cardio and slowly work your way to higher intensities as your endurance and cardio respiratory work capacity improve.

Reason is because beginners doing HI training are highly prone to body burnout due to continuous hardcore training that causes strains towards your body especially your muscles and joints. Burnout will leave you feeling extremely tired, cranky, exhausted, and too worn out to stick with your routine.

Best Of Both Worlds

If you are a beginner, try interval training. Warm-up at a low intensity, and alternate one minute of high intensity with a one minute low (or you can call it recovery) intensity.

As you progress, you can then start to either increase the intensity and duration of the high intensity part or decrease the duration of the low intensity part.

By doing so, you will be able to burn more calories during the workout at higher intensity. Remember that losing fat is about burning more calories that we consume over time.

Combining both LI and HI will contribute to hitting your weight loss goals faster.

Remember to progress slowly with baby steps though. Doing too much too soon can lead to injury or burn out, which can take you out of the game.

The Advantages

Low Intensity Cardio	High Intensity Interval Cardio
• Good for beginners to develop a base • Good for injured & rehab • Good for recovery from intense training or over training • Good for stress reduction, & de-cluttering the mind • Easy to do with little training or coaching	• Time efficient (two or three 45 minute sessions per week is all that is needed) • Makes heart & lungs bigger & more powerful • Less risk of heart problems • Builds functional & real strength that allow you to be powerful in real world situations • Changes the way your body stores food • Burns more fat

Advanced Tips: Try HIIT! Doing short bursts of Maximum intensity exercise, followed by a minute of low intensity intervals. Example: Sprint 20 seconds as fast as you possibly can, then jog for 40-60seconds. Repeat for 8-10 sets.

Studies show that HIIT is optimal for fat loss and avoid muscle wastage from

long duration of cardio workout. Plus, HIIT can be done less than 15 minutes! Talk about save time and fat blasting… HIIT is the BEST in every aspect.

Types Of Exercises

➢ Low-Intensity:

• Brisk walk

• Stretching routine

• Yoga

• Swimming

• Simple household chores: vacuuming, mopping, yard work, washing the car

➢ Moderate-Intensity:

• Speed walking

• Cycling

• Basically up-levelling any low-intensity exercise by a notch will simply work as a moderate - intensity workout

➢ High-Intensity:

• Aerobic exercises

• Jump rope

• High speed running/jogging

• Push up

• Jumping Jack

Here's a little tip of a beginner HI Cardio Workout for you!

10-mins Beginner High-Intensity Workout

Three sets: 20 seconds workout , 10 seconds rest.

1. Jab , cross, front (right side)

Stand with the right foot in front of the left, hips facing to your left side. Bring your arms up into a boxing position. Jab (punch) forward with the right arm, then throw a "cross" punch with the left arm, letting your body rotate as your left arm crosses over your body to the right. Your bodyweight should be over your right foot, with your back heel picking up off the floor slightly. Bring both arms back into the body, shifting your weight back to the starting position and facing front. (This is the "front" move.) Repeat on the left side.

2. Jab, cross, front (left side)

3. Jumping jacks

Start by standing upright with your feet hip-width apart and your arms at your sides. Jump your feet out while raising your arms. Repeat as fast as possible. If a regular jumping jack is too difficult, step side to side while raising your arms instead.

4. Sumo squats

Position your feet a little more than hip-width apart and point your toes out at a 45-degree angle. Keeping your weight in your heels, back flat and chest upright, lower yourself until your thighs are parallel to the floor. Engage your glutes and quads and push back to the start position. Repeat.

Cool down with an overhead stretch, reverse lunge and forward fold.

The Killer Cardio Plan

Using the below workout schedule as a framework, you can easily add in any cardio exercise that falls into the corresponding workout style.

Monday	HIIT + Low Intensity
Tuesday	Low – Moderate Intensity
Wednesday	HIIT + Low Intensity
Thursday	Low – Moderate Intensity
Friday	HIIT + Low Intensity

Saturday or Sunday (One or both days off)	HIIT or Low - Moderate Intensity

CHAPTER 4 YO-YO EFFECT



Fat Burn Secrets 4: Yo-Yo Effect - The Silent Murderer of Diet Success

Have you seen some weight loss TV programme where some contestants lose a big amount of weight only to gain it back almost right away? Ever wondered how and why did that happen?

What's Yo-Yo Effect?

Yo-Yo effect (also known as weight cycling) is the cyclical loss and gain of weight, resembling the up-down motion of a Yo-Yo. It is the repeated loss and regain of weight. A weight cycle can range from small weight losses and gains (5-10 lbs. per cycle) to large changes in weight (50 lbs. or more per cycle).

The Yo-Yo effect is usually caused by weight loss plans that involve missing meals, fasting and crash diets that drastically lower your daily caloric intake. Some research links weight cycling with certain health risks. Most experts recommend that obese adults should adopt healthy eating and regular physical activity habits to achieve and maintain a healthier weight for life. As for non-obese adults, they should try to maintain their weight through healthy eating and regular physical activity to avoid potential risks.

The Causes

1. Too difficult diets

- too restrictive to follow over a long period of time

2. Over-exertive exercises

- cause burnout and difficulty to keep up in a long run

3. Unbalanced diet

- same nutritional mistakes will be reproduced a few weeks/months later

4. Extreme dieting

- causes depression and fatigue resulting in difficulty to sustain willpower to continue

If you don't want to be among the many victims of Yo-Yo dieting, then one of the things you need to do is give your metabolism a boost instead of slowing it down. You can do this by increasing your amount of physical activities. Focus on high-intensity interval training (HIIT) instead of slow and steady workout. It is one of the best ways to jumpstart metabolism and keep the burning calories long after the workout is over.

Besides, you should also look for ways to lose weight gradually and safely, because this produces a more effective and longer-lasting weight loss.



Yo-Yo Effect Is Dangerous

- **The regained weight is increasingly difficult to lose**

Your body remembers the effects of deprivation caused by diet succession over a long period of time, therefore resulting to store more fats in reserve to prepare for future diets.

- **It is a progressive development of obesity**

Your weight will bounce back in an extreme manner and the recovering process is twice as difficult as previous diet process. You will feel out of control and lose grasp on the long run. Thus resulting in a rocketing weight gain, leading to obesity.

- **Emotional distress leading to depressive disorders**

The suppression from previous extreme diets is bound to happen due to depressive disorders like insomnia, depression, dysthymia, bipolar. Such disorders will interfere with your daily life, affecting your normal functioning and cause pain to you and your loved ones.

- **Possibility of high blood pressure, high cholesterol, gall bladder disease, or cardiovascular disease (arteritis, infarction, etc)**

Inconsistent food intake, unbalanced nutrition, on and off extreme exercise workouts, and emotional instability will eventually drive your body haywire. Your body won't be able to familiarize itself towards all the changes done within an inconsistent timeframe and manner.

- **A shortened life expectancy**

All the above dangers will eventually lead to possibility of a shortened life span.

Fight Yo-Yo Effect!

There's nothing wrong with being ambitious and eager to achieve your ideal weight. Having the desire and the drive to meet your goal is half the battle in getting there.

Be flexible and learn from your mistakes. If you try an exercise regimen or a new food plan that you don't enjoy or find hard to sustain, then try something else.

Bear in mind that your goal should not be to lose as much weight as you can or

as quickly as you can – you need to establish healthy patterns of eating and exercise that will help you lose weight while at the same time has long sustainability.

You need to realize that trying to do too much, too quickly could be your undoing. Be realistic on the amount of changes you are able to do at once. Keep track on your progress and find sources of support as it'll be helpful for you to overcome difficulties. Exercise buddies are great, and some people find a lot of value in the support they get through online communities.

The most crucially essential factor in solving the Yo-Yo dilemma has to do with changing your behavior. Practice eatting smaller, more frequent meals. Plan your food intake, include hunger-fighting protein at each meal and snack.

Plan ahead, keep track, enlist help!

A quick sprint might get you to the finish line - if you're lucky - but chances are you're going to be left exhausted and out of the game. When it comes to successful weight loss, slow and steady definitely wins the race!

CHAPTER 5

EASY YOGA PRACTICE



Fat Burn Secret 5: Easy Yoga Practice

Yoga is an ancient Indian philosophy that dates back thousands of years. It was designed as a path to spiritual enlightenment, but in modern times, the physical aspects of Hatha yoga have found huge popularity as a gentle form of exercise and stress management. There are many different varieties of yoga, but each one essentially relies on structured poses (asanas) practiced with breath awareness.

Researchers have discovered that the regular practice of yoga may produce many health benefits, including increased fitness and normalization of blood pressure. Yoga is a renowned antidote to stress. Over the time, yoga practitioners report lower level of stress and increased feeling of happiness and wellbeing. This is because concentrating on the postures and the breath act as a powerful form of meditation.

The Benefits

#Improved Strength

Routine and consistent practice of the various yoga asanas have helped people to build strength and improve lean muscle mass. Most notably with respect to several muscle groups under-utilized in chosen athletic disciplines of swimming, cycling and running. These gains have enhanced core body stability and significantly impeded overuse injury by strengthening the supportive but otherwise under-developed muscles surrounding the more utilized muscles, creating a more balanced and optimally functional overall strength.

#Balance

Through a consistent yoga practice, you will notice that your coordination and balance have improved immensely. Why is this important? Better balance and coordination means enhanced control over how you move your body, which in turn leads to better technique and form – the brass ring every athlete spends a career refining, whether your focus is a swim stroke, golf swing, running stride, and jump shot or wrestling move.

#Flexibility

Yoga invariably improves joint and muscular flexibility, which is crucial to the body's overall structural soundness. Enhanced joint and muscle pliancy translate to a greater range of motion, or an increase in the performance latitude for a particular movement or series of movements. For example, a swimmer with supple shoulder and hip joints is able to capture and pull more water than a swimmer with a more limited range of motion. The result is more forward movement per stroke as well as enhanced muscular economy. In turn, this increased range of motion provides a greater ability to strength condition a particular muscle group due to the amelioration in overall force that can be exerted with each movement.

#Free Your Mind

The ability to create a stress free mind is a significant benefit of yoga practice. The physical practice is used as a tool to enhance breath control, which helps improve focus and concentration, allowing clarity of thought and clear decision-making. It is a valuable tool in any sporting arena. Mental practice in any sport will teach you how to gain control of your emotional states, so arousal levels and anxiety don't impede your performance.

#Meditation Is A Mental Practice Proven To

- Reduce anxiety and stress
- Reduce cortical levels and increase calming hormones
- Improve cognitive function
- Reduce blood pressure and heart rate
- Increase immune function



Tips For Yoga Practice

#Side Effects And Risk

Yoga is generally low-impact and safe for healthy people when practiced appropriately under the guidance of a well-trained instructor. Overall, those who practice yoga have a low rate of side effect, and the risk of serious injury from yoga is quite low. However, certain types of stroke as well as pain from nerve damage are among the rare possible side effects of practicing yoga. However, women who are pregnant and people with certain medical condition such as hypertension, heart attack or asthma should modify or avoid some yoga poses.

#Things To Consider When You Decided To Practice Yoga

If you’re considering to practice yoga, do not use yoga to replace conventional medical care or to postpone seeing a health care provider about pain or any

other medical condition. If you have medical condition, talk to your health care provider before starting yoga.

You should ask a trusted source to recommend a yoga practitioner. Find out the training and experience of any practitioner you are considering. Besides, you need to know that everybody's body is different, and yoga posture should be modified based on individual abilities.

Carefully selecting an instructor who is experienced with and attentive to your needs is an important step to help you practice yoga safely. Ask about the physical demands of the type of yoga in which you are interested and inform your yoga instructor about any medical condition you having.

Carefully think about the type of yoga you are interested in. For example, hot yoga (such as Bikram yoga) may involve standing and moving in humid environments with temperatures as high as 105°F. Because such settings may be physically stressful, people who practice hot yoga should take certain precautions. These include drinking water before, during, and after a hot yoga practice and wearing suitable clothing. People with conditions that may be affected by excessive heat, such as heart disease, lung disease, and a prior history of heatstroke may want to avoid this form of yoga. Women who are pregnant may want to check with their health care providers before starting hot yoga.

#Training, Licensing And Certification

There are many training programs for yoga teachers throughout the country. These programs range from a few days to more than 2 years. Standards for

teacher training and certification differ depending on the style of yoga. There are organizations that register yoga teachers and training programs that have complied with a certain curriculum and educational standards. For example, one nonprofit group (the Yoga Alliance) requires at least 200 hours of training, with a specified number of hours in areas including techniques, teaching methodology, anatomy, physiology, and philosophy. Most yoga therapist training programs involve 500 hours or more. The International Association of Yoga Therapists is developing standards for yoga therapy training.

Get video upgrade here

Yoga Moves For Beginner

#Warrior Pose



How to: Stand with your legs three to four feet apart. Turn out your right foot 90 degrees and your left foot in slightly. Keeping your shoulders down, extend your arms to the sides with your palms down. Lunge into your right knee 90 degrees; keep your knee over your foot and don't let it go past your toes. Aim your focus over your hand for as long as you like then switch sides.

#Tree Pose



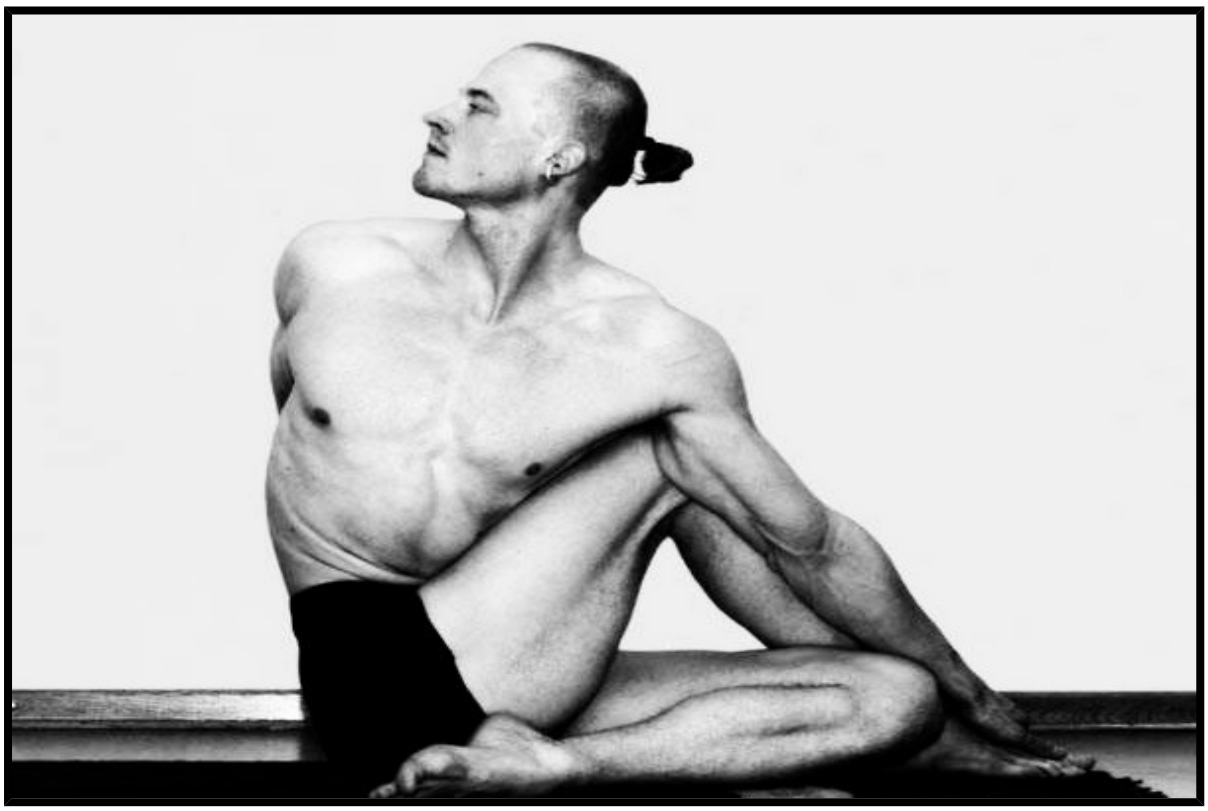
How to: Take mountain pose. Then shift your weight onto your left leg. Keeping your hips facing forward, place the sole of your right foot inside your left thigh and find your balance. When you're there, take a prayer position with your hands. To kick it up a notch, reach your arms up as you would in mountain pose. Be sure to repeat on the other side.

#Triangle Pose



How to: Take warrior pose on your right side without lunging into your knee. Then touch the inside of your right foot with the outside of your right hand. Reach up to the ceiling with your left hand. Turn your gaze toward and past your left hand to stretch your back. Don’t forget to repeat it on the other side.

#Seated Twist



How to: Sit on the floor and extend your legs. Cross your right foot over the outside of your left thigh. Bend your left knee keeping your right knee pointed towards the ceiling. Keep your right hand on the floor behind you to stay stable and place your left elbow to the outside of your right knee. Twist to the right as far as you can, moving from your abdomen. Be sure to keep both sides of your butt on the floor. Do this on both sides.

#Upward Facing Dog



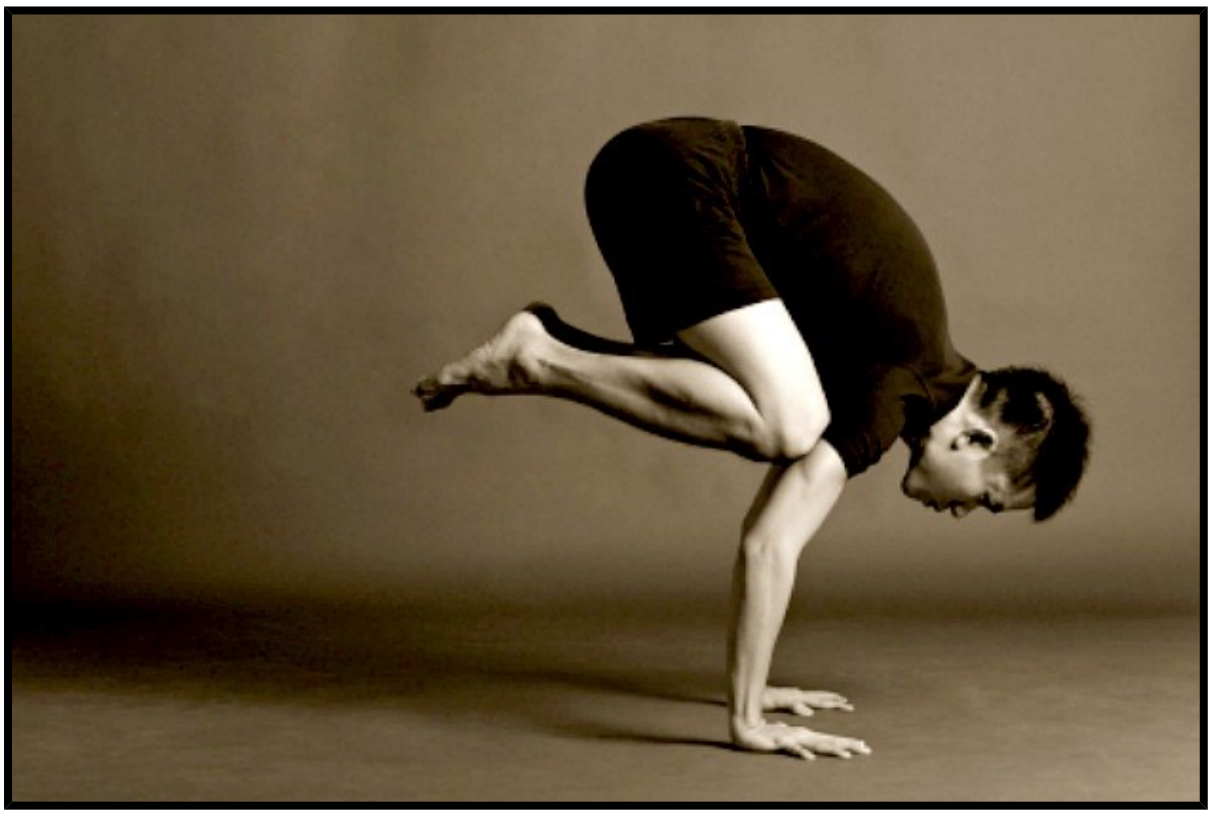
How to: Lie face down on the floor with your thumbs under shoulders, legs extended with the tops of your feet on the floor. Tuck your hips downward as you squeeze your glutes. Keeping your shoulders down, push up and lift your chest off the ground. Relax and repeat.

#Pigeon Pose



How to: Start in a push-up position, your palms under your shoulders. Place your left knee on the floor near your shoulders with your left heel by your right hip. Press your hands to the floor and sit back with your chest lifted. You can also lower your chest closer to the floor for a stretch. Try it on the other side.

#Crow Pose



How to: Get into downward facing dog position. Then walk your feet forward until your knees touch your arms. Carefully, bend your elbows and lift your heels off the floor. Rest your knees against the outside of your upper arms. Keep your abs engaged and legs pressed against arms.

You can leave your toes on the floor or if you're a pro, lift them off and hover. To do this, try to keep tucked tight, with your heels close to your butt. When you're ready, push your upper arms against your shins and draw your inner groins deep into the pelvis to help you with the lift.

#Child's Pose



How to: Sit upright comfortably on your heels. Roll your torso forward and bring your forehead to rest on the ground in front of you. Extending your arms forward, lower your chest to your knees as close as you comfortably can. Hold the pose and breathe into your torso. Exhale and release to get deeper into your fold.

CHAPTER 6

LIST OF FAT- PUMPING FOOD TO AVOID



Fat Burn Secrets 6: List Of Fat-Pumping Food To Avoid

Everyone loves a “cheat meal” or an overindulgence of food from time to time, after all—we are human. Some of the best-tasting food are actually some of the worst in terms of fat and calories. But don't worry! You don’t have to resort to living like Tom Hanks in Castaway. There are plenty of food that you can turn to that taste amazing and won’t jeopardize your well-being. It’s about learning why certain food are bad, so you can make better choices on a day-to-day basis. That being said, here are some dietary landmines to watch out for, and step around.

Trans Fat

A new study published in the journal Preventing Chronic Disease revealed that 84 percent of packaged food that listed “0 grams trans-fat” on their Nutrition Facts label still had partially hydrogenated oil (the main dietary source of trans-fat) in the ingredient list. Current laws allow companies to “round down” fewer than 0.5 grams of trans-fat per serving to zero.

The good news? The amount of trans-fat we eat has dropped in the past 30 years, according to a recent study published in the Journal of the American Heart Association. Men are consuming 32 percent less trans-fat, and women 35 percent less, than they were in 1980. Still, 1.9 percent of men's daily calories and 1.7 percent of women's daily calories come from trans-fat today (the

American Heart Association recommends limiting trans-fats to no more than 1 percent of total calories consumed). Even a few daily grams of these fats increase bad cholesterol, decrease good cholesterol, and clog arteries; and Harvard researchers estimate that trans-fats cause up to 228,000 cases of heart disease and 50,000 deaths annually. Since 2 grams is the most you should have in a day, allowing food with 0.5 gram or less to call themselves trans-fat free is a real problem. You're best off avoiding trans-fat-containing food completely.

#Nondairy Coffee Creamer

Half a gram of trans-fat in creamer can quickly turn into multiple, since consumers tend to use more than the serving size of a teaspoon per cup (and the typical American coffee drinker guzzles an average of three cups of joe per day). On many "0 trans-fat" labels, you can find partially hydrogenated oils as the second or third ingredient listed.

#Peanut Butter

Some companies use partially hydrogenated oils to achieve a long shelf life and creamy texture, so check the label. To be safe, opt for the natural variety; although it's chunkier, it's also healthier and normally made with just salt and peanuts—not oils loaded with trans-fat.

#Frozen Pizza

Trans-fat sneaks into the dough of many frozen pizzas, with about 0.3 grams in

just one slice. San Diego mother of two Katie Simpson sued Nestle for $5 million last year over the use of trans-fat in its frozen pizzas sold by DiGiorno, Stouffer's, and California Pizza Kitchen. (The case was dismissed since she knowingly purchased and consumed the pizza.) One solution? Make your own pie at home.

#Popcorn

It's your Friday night movie staple, but microwaveable popcorn puts the spotlight on trans-fats. The true culprits are toppings: Butter flavoring can include 0.5 grams of trans-fat per serving, while caramel flavoring can contain as many as 1.5 grams. Some extra-buttery varieties can have up to 15 grams of trans-fat per bag—which is all too easy to inhale in one sitting. "Stay away from the microwave popcorn," says Napoli. "Just do the old-fashioned air pop or use an actual oil to pop the kernels in."

#Packaged Cookies

Even the beloved Girl Scout Cookies still sneak some trans-fat in, despite a label that says "trans-fat free". You may be able to justify those because they only happen a few times per year, but check to see if your favorite store bought cookies are made with partially hydrogenated cooking oils, chances are they are including Chips Ahoy and Keebler, although some brands like Oreos now use "high oleic" oils instead so they can provide shelf-stable cookies at a reasonable cost.

#Margarine

Margarine consumption boomed during the butter shortages of World War II, with even Eleanor Roosevelt promoting it as her toast topping of choice. But it's a recipe for trans-fat overload. To create that creamy spread, liquid vegetable oils are blasted with hydrogen. The more solid the margarine, the more it's been hydrogenated. Many labels claim to have "0 grams" of trans-fat, but if the label lists partially hydrogenated oils, those small amounts of trans-fat can add up when you slather margarine on your food.

High Fructose Corn Syrup (HFCS)

This is an ingredient that didn't exist before 1960, but has a strong appeal to food manufacturers because it's so very sweet, cheap to make, and easy to store. According to David Zinczenko in The Abs Diet, the human body doesn't have a shut-off switch for HFCS the way it does with real sugar. This leads us to keep drinking a cola or eating sweet treats long after we would have stopped if they were naturally sweetened.

Those who pay attention to what they eat may have noticed high fructose corn syrup creeping into an alarming number of food in the supermarket aisle. Corn subsidies and other trends have pushed this relatively unhealthy substance into many of the general "food groups" that we shop for on a regular basis. Here are some of the popular food and drink items that contain high fructose corn syrup, an element with a lot of sugar that has been known to contribute to diabetes and other conditions when eaten in excess.

#Soft Drinks

It's no surprise to most of us that soda is chock full of high fructose corn syrup. To those who aren't used to the drink, the stuff can be almost sickeningly sweet. Even diet varieties can have a large amount of this sweetener. Add the fact that soda machines can be found on the street corner, in the lobbies of buildings, and in almost any public area. Therefore, this shows that obesity and sugar-related conditions are seen as a worldwide issue.

#Sauces And Salad Dressing

Most ketchup ends up on French fries, and a few stop to consider that it's actually acting to make the fries unhealthier. That's because it uses High Fructose Corn Syrup as its #3 ingredient – at least a bottle of America's #1 Bestselling ketchup: Heinz. There are 4g of sugar total, and the majority of that will come from HFCS.

#Yogurt

Although many dieters add yogurt to their daily menu, they'd better watch out at the sweeteners it contains, with many of the brands using High Fructose Corn Syrup to make them taste good. Going with a light version of yogurt no doubt means you're getting an artificial sweetener, which can be just as bad.

#Processed Snacks

There are other items that the average consumer wouldn't think of as HFCS candidates. Look at the labels for things like breaded meats or processed potato items, and make sure that the sweetener is not lurking somewhere on the label.

Monosodium Glutamate (MSG)

Monosodium glutamate, also known as MSG, is a commonly used food enhancer whose taste is described as umami-like. Taste is usually divided into four categories: sweet, salty, sour and bitter. Glutamate is said to have a fifth, unique taste called umami, which is described as the savoury flavour of meats. MSG is used to enhance this so-called umami flavour and is known to have negative side effects even when ingested in small amounts. Since MSG is found so frequently in processed food, it is very hard to avoid except in cases when the packaging specifically states that the product contains no MSG. Even then, manufactured free glutamic acid can be found in different forms, such as torula yeast.

MSG, torula yeast, yeast extracts and hydrolysed proteins can raise levels of glutamate, which in turn overstimulates neurons. Synthetically produced glutamates may have different names but are all essentially MSG. Some common glutamates strongly related to MSG include hydrolysed proteins, autolyzed yeasts, protein concentrates, yeast extract, glutamic acid, and the list goes on. These glutamates can be found in very common grocery items such as low-fat yogurt, canned soups chips, and most ranch- and cheese-flavoured

food. In a 2014 study published in Life Science, researchers found that young rats treated with MSG were more susceptible to developing anxiety and depressive behaviours.

#Vegan Breakfast Sausage

Torula (Candida utilis) is a species of yeast that has become popular as a food additive in vegetarian and vegan food. Torula yeast can lend beef a more savoury, meaty flavour. Not surprisingly, it is also commonly added to vegetarian burgers and meatless food products. The food additive is made by growing the yeast in a controlled environment in which was fed with sugar and minerals from molasses or wood. After the initial harvesting, the yeast will be laid out to be cleaned and dried.

Field Roast's Apple Maple Breakfast Sausages contain yeast extract and "natural hickory smoke flavour with torula yeast." This brand's Frankfurters also use "naturally flavoured yeast extract" which is another term for MSG. Their Celebration Roast also uses "naturally flavoured yeast extract."

#Bacon Bits

Perhaps this does not come as a surprise, but many brands which sell bacon-flavoured bits include MSG. McCormick's Bac'n Pieces bacon-flavoured bits contains yeast extract and disodium guanylate, another flavour enhancer that's often used in conjunction with MSG. Safeway's bacon bits contains autolyzed yeast, and Bac-O's bacon-flavoured bits has hydrolysed vegetable protein, all of which are other names for MSG.

#Veggie Burger And Nuggets

If you have ever eaten a Gardenburger Portabella Veggie Burger or a MorningStar Farms Grillers California Turk'y Burger, then you have eaten torula yeast!

Gardenburger Portabella Veggie Burger and MorningStar Farms Grillers California Turk'y Burger both contain torula yeast. MorningStar Farms Chik'n Nuggets contains both autolyzed yeast extract and yeast extract.

#Fried Food

Set aside the high amounts of trans-fat, saturated fat, calories, and cholesterol that come with frying food, since that's been covered many times before and most of us already know about those dangers. Another reason to avoid eating fried food is that most of them will contain MSG. One of the easiest ways to get fried food with MSG in it is to stop into KFC and order anything fried from their menu. They're not the only culprit, not by a long shot. MSG is prevalent in so many packaged food. If it comes from a major food supplier, is fried and comes in a package, it will contain some amount of MSG.

Artificial Sweetener

Walk into any big box grocery store and you'll find that artificial sweeteners are everywhere. They're tucked into soft drinks, baked goods, and fruit juices to make them taste sweet without the extra calories. Most products that contain

artificial sweeteners are usually labelled as "diet" or "reduced sugar," but not all are (you can even find some in food that claim to have "natural" ingredients). Because they're not always clearly labelled on food packaging, consumers may not realize that they're eating them.

Artificial sweeteners have been under the spotlight for decades now as health food advocates point out that they can come with a list of side effects, much like a drug. The side effects that are claimed by those against sweeteners like aspartame include some really severe conditions, such as depression, insomnia, blindness, tinnitus, hives, and a contributing factor to things like Alzheimer's and MS.

#Light Food And Beverages

If you're calorie conscious you might be attracted to food that are advertised as Lite or Light, since they'll have fewer calories than their regular counterparts. But what you're trading the calories for is typically artificial sweeteners that might be calorie-free but have their own side effects and health hazards.

#Diet Coke

Diet sodas don't contain High Fructose Corn Syrup, but in its place are sweeteners like aspartame. Aspartame got a bad rap back in the day when some poorly done studies linked it to cancer. Scientists have recently found, however, that the link doesn't hold up. Still, those with a rare disorder called phenylketonuria (PKU) may be sensitive to the chemical.

The debate rages on whether aspartame is as bad as the claims being made, but why get involved with it? It's definitely not good for you, and if you're drinking diet drinks you're concerned about your health and well-being. It's best to replace them with all-natural beverages that are low in calories, but still have some flavour, like green tea.

#Packaged Snacks

Many of these snack packs come in 100 calorie sizes, which appeals to many dieters. But in order to get them to taste good and not add too much to the bottom line they include different unnamed artificial sweeteners in them. Whether or not these are bad for you is under question, but they're certainly not good for you, and it's a little unnerving when they won't tell you exactly what's in the food.

Sodium

High levels of sodium, or salt, can really wreak havoc on your body. Not only does it cause you to retain water, but it also increases blood pressure and can lead to complications with the heart. Almost all heart patients are put on a low-sodium diet, whether they suffered a heart attack, stroke, or are at risk for them. It makes sense to watch your sodium levels long before it reaches the point of a doctor telling you to do so, or forcing you onto a diet to help save your life.

#Cheese

Cheese also has copious amounts of saturated fat and cholesterol, which is why you want to go easy on it as far as your daily diet goes. But there is another factor of cheese to consider, and that is the amount of sodium it contains. Be sure to stay away from Cheez Whiz, as that has almost a quarter of the RDA of sodium in one serving. And even cheeses that are often considered healthy pack of sodium punch. For example feta cheese has about half the daily limit of sodium in a 100-gram serving.

#Salty Snacks

The problem with salty snacks is that the salt makes you keep eating them. Once you have the salty flavour on your taste buds you automatically reach for another chip. And the sodium is only one concern, as these snacks are usually cooked in partially hydrogenated oils giving them trans-fats, and use artificial seasonings and flavourings.

#Frozen Meal

The frozen food section of your grocery store can be another hiding place for salt. Frozen meals like pizza or meatloaf dinners might contain up to 1,800 mg of sodium — enough to put you over the AHA's daily limit in just one meal. Excess salt causes your body to retain fluid, which will not only leave you feeling bloated, but can also lead to high blood pressure. Look for low-sodium options or, better yet, cook your own meals from scratch.

#Bread And Tortillas

When it comes to breads, rolls, and tortillas, once again, you need to read the labels carefully. Don't assume that all grains are the same. One 6-inch flour tortilla can contain more than 200 mg of sodium, and that number jumps to over 500 mg for a 10-inch tortilla. Instead, choose plain corn tortillas, which contain just 11 mg of sodium for each 6-inch round. And if you're grilling this summer, a hamburger bun can add an additional 250 mg of sodium to your meal. Instead, try swapping in a lettuce wrap or Portobello mushroom bun for added nutrients and flavour, without any extra sodium.

Calories

Food high in calories can really add to your waistline in a hurry if you’re not careful. The reason they’re so sneaky is because you can consume hundreds of calories quickly and not even be aware of it. A popular dieting theory is that the fewer calories taken in the more weight you’ll lose, all else being equal.

That's why you see people going on low-calorie diets and trying to burn calories in the gym. You don't have to go to extremes, but minding the calories you consume will lead to a healthier you.

#Pasta Dishes

A plain bowl of pasta won't ruin your day, calorically speaking, but pasta often serves as the foundation for more calorie-laden dishes. A nice slab of Lasagna Classico from Olive Garden for example can tip the charts at 850 calories, more than half of the calories allotted to some dieters. That doesn't leave much for the rest of the day. Also consider a small serving of Spaghetti with Meatballs from Buca di Beppo that tips the tables at 916 calories.

#Chocolate

Dark chocolate is making a surge as a health food, but milk chocolate still rules the market and is the easiest to come by. The only problem is that it's not as healthy for you as it's easy to ramp up the calories if you have a chocolate binging episode. There are 3.4 calories in each M&M, 73 in each piece of Godiva chocolate, and 23 in each Hug version of Hershey's Kisses.

Carbohydrates

It's not as if you have to go low-carb or no-carb but you should still keep an eye on your carbohydrate intake. In fact there's even a recommended daily

allowance set at 130g. Why are too many carbs unhealthy? Food high in carbohydrates will be digested quickly and tend to increase your blood sugar levels. This causes a release of insulin, which produces glycogen which gets stored in the body as fat. They're also responsible for making you feel hungry again quickly, and can lead to more eating and overeating than would otherwise happen.

#Bagels

For a long time bagels were thought of as a healthy way to start the day, until the no-carb fad came along. Now they are gaining popularity again, but is it justified? A plain bagel from Einstein Bros. Bagels contains 59g of carbohydrates, and uses up 45% of your daily allowance. Chances are when you're having a bagel, you're not leaving it plain and are topping it off with cream cheese, butter, jelly, or making a breakfast sandwich with it, which only makes it less healthy for you.

#Coffee Drinks

A cup of regular Joe won't damage your carb levels for the day, but when you get all fancy you're ultimately creating a carb-infused cocktail. A medium cappuccino from McCafe at McDonald's will cost you 12g of carbs, and a medium sized latte, even with sugar-free syrup, still puts you at 44g of carbohydrates, almost insuring you're going to go over your daily budget.

#Movie Popcorn

No list of unhealthy food would be complete without movie popcorn on it. This can fit under many categories, including too many calories, too much saturated fat, too much MSG, trans-fat from hydrogenated oil, and that doesn't even count the "butter" topping. But aside from all of that it has plenty of carbs. A large sized bucket has about 90g of carbs in it, with that number varying by location.

CHAPTER 7

FAT BURN SUPPLEMENT & DETOX PLAN



Fat Burn Secret 7: Fat Burn Supplements & Detox Plan

Dietary Supplement

A dietary supplement is a product intended for ingestion that contains a "dietary ingredient" intended to add further nutritional value to (supplement) the diet. A "dietary ingredient" may be one, or any combination, of the following substances:

- an amino acid
- a mineral
- an herb or other botanical
- a vitamin
- a concentrate, metabolite, constituent, or extract
- a dietary substance for use by people to supplement the diet by increasing the total dietary intake

Dietary supplements may be found in many forms such as capsules, tablets, liquids, softgels, capsules or powders. Some dietary supplements can help ensure that you get an adequate dietary intake of essential nutrients; others may help you reduce your risk of disease.

Some supplements can play an important role in health. For example, calcium and vitamin D are important for keeping bones strong. Pregnant women can take the vitamin folic acid to prevent certain birth defects in their babies.

To take a supplement as safely as possible:

- Check with your health care provider about the supplements you take if you are going to have any type of surgery
- Tell your health care provider about any dietary supplements you use
- Read trustworthy information about the supplement
- Do not take a bigger dose than the label recommends

Dietary Supplement

All products labeled as a dietary supplement carry a Supplement Facts panel that lists the contents, amount of active ingredients per serving, and other added ingredients (like fillers, binders, and flavourings). The manufacturer suggests the serving size, but you or your health care provider might decide that a different amount is more appropriate for you. However, there are things that you really need to know before consuming it.

#Effectiveness

If you don't eat a nutritious variety of food, some supplements might help you get adequate amount of essential nutrients. However, supplements can't take the place of the variety of food that are important to a healthy diet.

Scientific evidence shows that some dietary supplements are beneficial for overall health and for managing some health conditions. For example, calcium and vitamin D are important for keeping bones strong and reducing bone loss; folic acid decreases the risk of certain birth defects; and omega-3 fatty acids from fish oils might help some people with heart disease. Other supplements need more study to determine their value. The U.S. Food and Drug Administration (FDA) does not determine whether dietary supplements are effective before they are marketed.

#Safety And Risk

Many supplements contain active ingredients that can have strong effects in the body. Always be alert to the possibility of unexpected side effects, especially when taking a new product.

Supplements are most likely to cause side effects or harm when people take them instead of prescribed medicines or when people take many supplements in combination. Some supplements can increase the risk of bleeding or, if a person takes them before or after surgery, they can affect the person's response to anaesthesia. Dietary supplements can also interact with certain prescription drugs in ways that might cause problems. Here are some examples for your reference.

- Antioxidant supplements, like vitamins C and E, might reduce the effectiveness of some types of cancer chemotherapy.
- Vitamin K can reduce the ability of the blood thinner Coumadin® to prevent blood from clotting.

• St. John's wort can speed the breakdown of many drugs (including antidepressants and birth control pills) and thereby reduce these drugs' effectiveness.

Bear in mind that some ingredients found in dietary supplements are added to a growing number of food, including breakfast cereals and beverages. As a result, you may be getting more of these ingredients than you think, and more might not be better.

Taking more than you need is always more expensive and can also raise your risk of experiencing side effects. For example, getting too much vitamin A can cause headaches and liver damage, reduce bone strength, and cause birth defects. Excess iron causes nausea and vomiting and may damage the liver and other organs.

Be cautious about taking dietary supplements if you are pregnant or nursing. Also, be careful about giving them (beyond a basic multivitamin/mineral product) to a child. Most dietary supplements have not been well tested for safety in pregnant women, nursing mothers, or children.

#Quality

Dietary supplements are complex products. The FDA has established quality standards for dietary supplements to help ensure their identity, purity, strength, and composition. These standards are designed to prevent the

inclusion of the wrong ingredient, the addition of too much or too little of an ingredient, the possibility of contamination, and the improper packaging and labeling of a product. The FDA periodically inspects facilities that manufacture dietary supplements.

In addition, several independent organizations offer quality testing and allow products that pass these tests to display their seals of approval. These seals of approval provide assurance that the product was properly manufactured, contains the ingredients listed on the label, and does not contain harmful levels of contaminants. These seals of approval do not guarantee that a product is safe or effective. Organizations that offer this quality testing include:

- U.S. Pharmacopeia
- ConsumerLab.com
- NSF International

Tips For Healthier Eating

For much of the 20th century, nutrition research focused largely on the health risks and benefits of single nutrients. The findings translated into public health messages telling us to reduce fat; limit cholesterol; increase fibre; get more calcium; take vitamins E, C, and D; and so on. But as scientists learn more, it is found that the health effects of food likely derive from the synergistic interactions of nutrients and other compounds within and among the food we eat. This has led to a shift from nutrient-based recommendations towards guidelines based on food and eating patterns.

There's no single healthy diet. Many eating patterns sustain good health. What they have in common is lots of fruits, vegetables, and whole grains, along with healthy sources of protein and fats. Consistently eating food like these will help lower your risk for conditions such as heart disease, stroke, diabetes, and certain forms of cancer. If you'd like to make this largely plant-based approach to eating one of your good-health goals, here's how to get started.

#Build A Better Plate

The Healthy Eating Plate is made up of one-half vegetables and fruits, one-quarter whole grains, and one-quarter healthy protein. "Whole" and "healthy" are important words here. Refined grains (think white breads, pastas, and rice) have less fibre and fewer nutrients than whole grains, such as whole-wheat bread and brown rice. Healthy proteins include fish, poultry, beans, and nuts — but not red meats or processed meats. Many studies have shown that red meats and especially processed meats are linked with colorectal cancer — and that you can lower your risk for heart disease by replacing either type of meat with healthier protein sources. So eat red meats sparingly (selecting the leanest cuts), and avoid processed meats altogether.

#Pile On The Vegetable And Fruits

Vegetables and fruits are high in fibre and contain many vitamins and minerals as well as hundreds of beneficial plant chemicals (phytochemicals) that you can't get in supplements. Diets rich in vegetables and fruit can benefit the heart by lowering blood pressure, cholesterol levels, and inflammation and improving insulin resistance and blood vessel function. In long-term observational studies, people who eat more fruits and vegetables have a lower

risk of heart disease, diabetes, and weight gain, and those who eat more fruit also have a lower risk of stroke.

Get video upgrade here

#Go For The Good Fat

At one time, we were told to eat less fat, but now we know that it's mainly the type of fat that counts. The most beneficial sources are plants and fish. You can help lower "bad" LDL cholesterol by eating mostly polyunsaturated fats (including vegetable oils and omega-3 fatty acids, found in fish, seeds and nuts, and canola oil) and monounsaturated fats (in avocados and many plant-based oils, such as olive oil and canola oil). Saturated fats (found mostly in dairy and meat products) and trans-fats (hydrogenated fat found in many fried and baked goods) boost LDL cholesterol and triglycerides, increasing your risk of heart disease. Worse still, trans-fats reduce your "good" HDL cholesterol.

#Drink Enough Water

Many food contain water, so you may get enough every day without making a special effort. But it can be helpful to drink water (or another no-calorie liquid, such as black tea, coffee, or carbonated water) with meals or as an alternative to snacking. A reasonable goal is 4 to 6 cups of water a day.

#Eat Breakfast

It's easy to skip breakfast when you're in a rush, aren't hungry, or want to cut calories. But a healthy morning meal causes smaller rises in blood sugar and insulin throughout the day, which can lower your risk of overeating and impulse snacking. (Eating breakfast every day is one characteristic common to participants in the National Weight Control Registry, who've lost at least 30 pounds and kept the weight off longer than a year.)

Specialized Supplement

What about supplements aimed at women, men, and seniors? While some of these supplements may be helpful in certain cases, others are merely marketing gimmicks designed to enhance profits rather than your health. Products vary widely; read the labels to make sure you get what you need while staying within safe limits.

#Supplement For Women

If you're a woman, which vitamins and minerals are most helpful to you? That depends partly on your age and on childbearing concerns.

Women Of Childbearing Age

Folic acid supplements are necessary if there is a chance you could become pregnant, and iron is important for you if you are still menstruating. It's essential that you get enough folic acid to prevent birth defects called neural tube defects, which develop in the earliest days and weeks of pregnancy. Because not every pregnancy is planned, most experts suggest that all women capable of becoming pregnant take a daily multivitamin that has at least 400 mcg of folic acid. (Your doctor may suggest taking more than that amount if you plan to get pregnant and have previously had a child with a neural tube defect.)

To replace iron lost during monthly periods, you need a multivitamin or women's supplement with iron. Iron deficiency saps your energy, eventually

leaving you weak and tired. In the United States, one in 10 women and girls who menstruate is deficient in iron. The recommended daily amount of iron for adult women ages 19 to 50 is 18 mg.

#Pregnant Women

If you're pregnant, you need larger **amounts** of certain vitamins and minerals, particularly iron and folic acid. Prenatal vitamins, which can be purchased by prescription or over the counter, meet these needs. It is important not to take other supplements unless specifically advised by a qualified health care provider. The earliest weeks of pregnancy are crucial in the foetus' development, so the sooner in pregnancy you start taking a prenatal vitamin, the better.

If you plan to get pregnant or learn that you are, talk with your doctor right away to find out which prenatal supplement would be best for you to take. During pregnancy, your iron requirement increases to 27 mg and your folic acid requirement to 600 mcg. The calcium RDA remains at 1,000 mg for women ages 19 and over, although some clinicians suggest adding calcium during pregnancy for extra insurance.

Women who Reached Menopause

In these cases, unless your doctor advises otherwise, you can switch to a supplement that reduces or eliminates iron. Diet alone should supply enough iron and prevent a possible iron overload. Iron overload can damage the liver and other body tissues, making diabetes, heart disease, arthritis, and liver

cancer more likely. Supplements designed for older women typically have little or no iron and more calcium and vitamin D. After menopause or hysterectomy, you need only 8 mg of iron daily.

#Men

Many experts shy away from any iron supplementation for men. That's because men—like women who no longer menstruate—aren't typically losing much iron. For that reason, supplements aimed specifically at men generally reduce iron or drop it from the formula. This can help prevent iron overload, which can stem from taking more iron than necessary through supplements. Iron overload may also occur because of a common genetic defect that occurs more often in men than women. Iron overload can damage the liver and other body tissues, raising the risks for diabetes, heart disease, arthritis, and liver cancer.

Men's multivitamin and mineral formulations typically add or increase selenium and lycopene, too, which may protect against prostate cancer and other types of cancer. Some drop calcium entirely. Formulas with low or no calcium are fine for men, as long as they get adequate amounts of calcium in their diets to prevent osteoporosis. Exercise, coupled with vitamin D and vitamin K, is more important for bone health in men.

#Older Adults

Products aimed at older people tend to boost the amounts of certain B vitamins, partly because many elderly men and women have trouble absorbing vitamin B12. These products also tend to add antioxidants and, often, vitamin

D and selenium.

There is little evidence to support the value of antioxidant supplements. Some experts recommend getting at least 2,000 IU of vitamin D daily after age 70. As you age, your skin loses some of its ability to produce vitamin D from sunlight, and many older people do not spend much time in the sun. As for selenium, evidence suggests no benefit to this mineral. Until more information is available—or unless your doctor gives you other advice—a daily multivitamin should offer enough B vitamins. However, if you are over 70 and get little sun exposure, you may need to add a separate vitamin D supplement.

Ultimate Detox Plan

Detoxification

Detoxification is a normal process within the body as it neutralizes and eliminates toxins through the major organs such as our colon, liver, kidney, lungs, lymph and skin. Our bodies do it naturally every day, in fact it is one of our most basic automatic functions. But what if our self-cleaning system is overloaded by our unhealthy lifestyle and exposure to environmental toxins?

According to many healing experts detoxification through special cleansing programs may be the missing link to disease prevention, especially for immune-deficiency diseases like cancer, arthritis, diabetes, chronic fatigue syndrome and candida. Our chemicalized diet, with an over-abundance of animal protein, too much saturated fat and too much caffeine and alcohol radically alters our internal ecosystem. But even if your diet is good, a cleanse can restore your immune system and protect yourself against environmental toxins that pave the way for disease bearing bacteria, viruses and parasites.

In the animal kingdom and in traditional cultures routine fasting and allowing the body time to clean itself out has been normal practice. Just think how many showers you take in a year to clean the outside of your body and then how many cleanses you do in a year to clean the inside of your body.

#Your Detox Plan

On Rising

Take a large glass and add the juice out of 1 fresh lemon and crush a thumbnail size of fresh ginger. Fill the rest of the glass with room temperature or warm water.

Between Starting Work And Breakfast

Mix Wheat Grass or Barley Grass powder & spring water to make a green drink to alkalize and energize the cells of your body and accelerate the cleansing process. It will taste a little weird to start with but as your bloodstream PH levels drop your taste buds will adjust to the flavour.

Breakfast

'Break your Fast' with a fresh vegetable juice of 4 medium size carrots, 1 beetroot, 1 cucumber, 1 handful of baby spinach, ¼ cup parsley. Take 1000 mg of vitamin C & 2 x 1000mg Flax Seed Oil capsules.

Between Break-Fast And Lunch

Have a caffeine-free detox tea of peppermint, ginseng, liquorice root, ginger or chamomile or a special natural laxative tea. More green drink as you need it!

Lunch

Have a small to medium serving of brown rice with a mixture of raw & steamed

vegetables (choose from broccoli, shiitake mushrooms, bak choy, radishes, rocket, spring onions, watercress, garlic and ginger) season with sea-greens and flavour with 1 cup of miso soup or lemon juice and extra virgin olive. Take 1 x 1000mg of vitamin C.

Mid Afternoon

Have another vegetable juice of carrot, apple and ginger to boost your energy levels.

Early Dinner

Have a freshly squeezed vegetable juice of 2 carrots, 2 tomatoes, handful of spinach leaves, 2 celery ribs, ½ cucumber, ½ green bell pepper. Add one table spoon of wheatgrass or barley grass powder. Take a 1 x 1000 mg of vitamin C.

Before Bed

Relax your body with a detox tea of peppermint, ginseng, liquorice root, ginger or chamomile tea or fresh mint and green tea with cardamom pods. There you have it! Follow this program as closely as possible for a minimum of 3 days to really see the results. You can experiment with the vegetable juices throughout the day but just make sure you are not adding too many sweet fruits (ideally none at all) as these add to the sugar (acidic) load in the body which is what we are trying to avoid during this cleanse.

The Recipe

1) Detox Meal

(i) Pesto Mushroom

(ii) Black Olive Tapenade

2) Detox Water

(i) Slim Down Detox Water

(ii) Watermelon Detox Water

(iii) Raspberry And Mint Scented Water

1(i) Pesto Mushroom

20 button mushrooms or 4 portobello mushrooms

1 cup walnuts

1/2 cup pine nuts

3 cups basil

1/2 cup olive oil

2-3 cloves of garlic

1 teaspoon of sea salt

2 tablespoons of lemon juice substitutes: You can use rocket to fill out the basil if you are short

Method:

1. Wash and stem the mushrooms and lay out on a serving plate

2. Place all remaining ingredients in a food processor and blend until smooth

3. Fill the mushrooms with pesto and serve fresh

4. If desired, for a more crispy taste, dehydrate for 5-6 hours

Mushrooms are one of the best natural sources of niacin which is essential for energy production, brain function and the skin. It also helps in balancing blood sugar levels and lowering cholesterol.

Nuts, seeds and their cold pressed oils should be included in your diet on a regular basis as they contain high levels of the essential fatty acids (EFA's), or good fats. Additionally they are also a powerhouse of nutrients and contain high forms of digestible protein, anti-oxidant vitamins (A, B, C & E), calcium, magnesium, potassium, zinc, iron, selenium and manganese.

1 (ii) Black Olive Tapenade

3 cups of pitted black olives

1/2 cup olive oil

1 small handful parsley (optional)

2 tablespoons lemon juice

3 cloves garlic

1 teaspoon sea salt

Method:

1. Process everything except olives in a blender or food processor until smooth

2. Add olives and pulse until olives are roughly chopped

3. To serve: use as a dip with flax crackers

Olives and olive oil are in very rich in antioxidants. Antioxidants deactivate free radicals allowing us to live longer, overcome illness and maintain more acute mental and muscular faculties. Olives display anti-fungal and anti-bacterial properties and are used in a detoxifying diet.

Garlic contains high doses of natural sulphur (MSM). MSM provides elasticity, movement, healing and repair within the tissues. It greatly enhances the structural integrity of connective tissue and joint cartilage and has been shown

to reverse arthritic conditions including pain and inflammation. MSM is renowned as a beautifying nutrient, the best natural food cosmetic in the world. MSM, through its ability to continuously build and rebuild perfect collagen and keratin is able to make our hair, nails and skin shine with radiance. You can buy MSM on its own which we recommend as a supplement to a healthy diet (the powder tastes awful) so we'd suggest the capsules.

Parsley is a nutrient powerhouse containing more vitamin C than citrus fruit. It even contains vitamin B12, mostly thought to be only bio-available in dairy and meat products. B12 apart from being found in parsley is also available in blue green algae and spirulina and is normally synthesized in the intestine when abundance in healthy bacteria is present. B12 is needed in the body for making use of protein and helps the blood carry oxygen.



2 (i) Slim Down Detox Water

½ gallon spring water

½ grapefruit, sliced

½ cucumber, sliced

2-3 mint leaves

½ lemon, sliced

½ lime, sliced

Method:

Combine all ingredients in a pitcher.

Allow the ingredients to chill in the refrigerator for 1-2 hours before serving.

Drink throughout the day or discard after 24 hours.



2 (ii) Watermelon Detox Water

2 cups Seedless Watermelon, cubed

4 cups Water

Method:

Place Watermelon in pitcher and cover with Water.

Let it sit a few hours in the refrigerator before drinking - so the water gets all the nice watermelon flavour.



2 (iii) Raspberry And Mint Scented Water

2 litres cold spring water, or filtered tap water

2 Tablespoons raspberries, fresh or frozen

2 tablespoons fresh mint leaves

1 lime

Method:

To get more flavour and juice out of your lime, microwave for 30 seconds. When cool, slice.

Place raspberries, mint, lime and water in a large jug. Stir and serve!

CHAPTER 8

HOW TO GET RID OF "LOVE HANDLES"



Fat Burn Secrets 8: How To Get Rid Of “Love Handles”

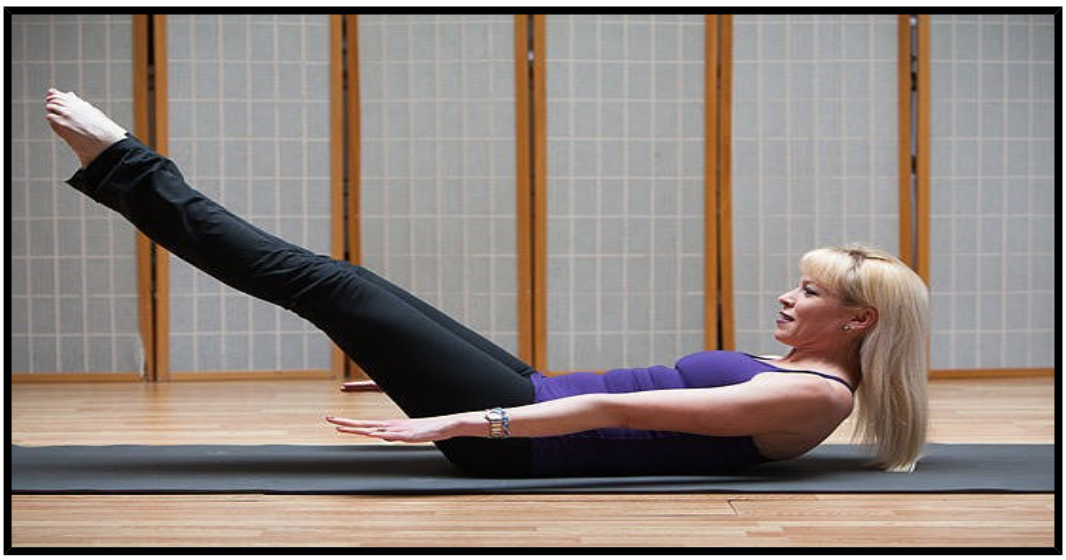
Women

#Crunches On Exercise Ball



- Sit on a well-inflated exercise ball.
- Place your hands behind your head, and walk your feet away from the ball so your torso starts to roll onto the ball. The ball should support your hips and the curve of your lower back. Your legs should form a bridge with your knees bent at right angles.
- Exhale and lift your upper body by about 45 degrees, pulling the deep abs in toward the spine, and return to starting position. Don't yank your neck! Do 25 reps.

#Pilates 100s



- Start lying on your back with your legs in table top position (hips and knees at right angles). Engage your deep abs to round your lower spine into the floor. Make sure you are not "pooching" your abs, which means you are just working the top layer of abs, which is a Pilates no-no.
- Exhale and lift your upper back off the floor, until the bottom tips of your shoulder blades skim the floor. Straighten your legs to a 45-degree angle (but make sure your low back is staying connected to the floor). Reach your arms toward your feet. Your arms will be about two inches off the floor.
- Pump your arms up and down with a small range of motion, keeping your elbows straight. Inhale for five arm pumps, and exhale for five pumps. That completes one set or cycle. Repeat the cycle nine more times for a total of 100 pumps.
- Keep your upper body stable while your arms pump.

#Bicycle Crunches



- Lie flat on the floor with your lower back pressed to the ground (pull your abs down to also target your deep abs). Interlace your fingers, and put your hands behind your head.
- Bring your knees in toward your chest, and lift your shoulder blades off the ground.
- Straighten your right leg out to about a 45-degree angle to the ground while turning your upper body to the left, bringing your right elbow toward the left knee. Make sure your rib cage is moving and not just your elbows.
- Now switch sides and do the same motion on the other side to complete one rep (and to create the "pedalling" motion). Do this exercise with slow and controlled motion.
- Do 10 to 20 reps.

#Twisting Side Plank



- Come into a side plank on your right side, with your feet stacked one on top of the other and your weight on your right elbow with your fingers reaching away from your body, palm down.
- Place your left arm behind your head, and inhale to prepare.
- Exhale and pull your navel to your spine to engage your deep abs, and rotate your left rib cage toward the floor. Stay there for a second, and deepen your abdominal connection by pulling your navel in toward your spine even more.
- Return to starting position, and repeat seven more times for a total of eight reps, then switch sides. Repeat series again on both sides.

#Russian Twist



- Sit on the ground with your knees bent and your heels about a foot from your bum.
- Lean slightly back without rounding your spine at all. It is really important, and difficult, to keep your back straight, but don't let it curve.
- Place your arms straight out in front of you with your hands one on top of the other. Your hands should be level with the bottom of your rib cage.
- Pull your navel to your spine, and twist slowly to the left. The movement is not large and comes from the ribs rotating, not from your arms swinging. Inhale through centre, and rotate to the right. This completes one rep.
- Do 16 full rotations.

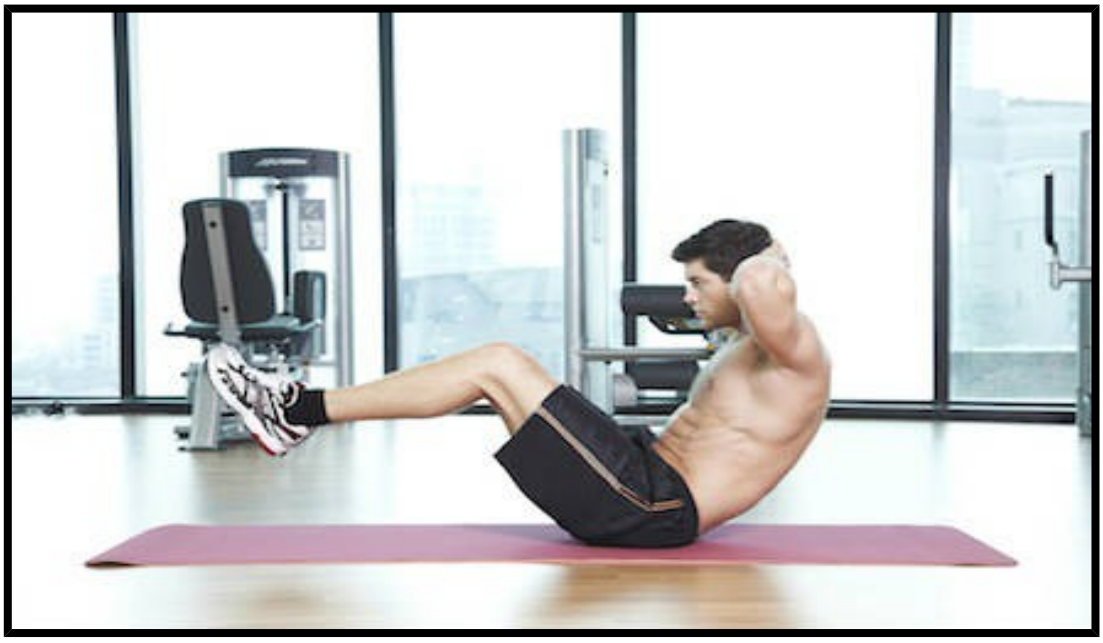
#Hanging Ab Curls



- Using a pull-up bar, get a good grip with your palms facing out or toward each other.
- Start with your legs hanging straight down, and on an exhale, pull your abs toward your spine and bend your knees, lifting them toward your chest.
- Without swinging, slowly lower your knees, returning to a straight-leg position.
- Repeat for a total of 10 to 12 reps.

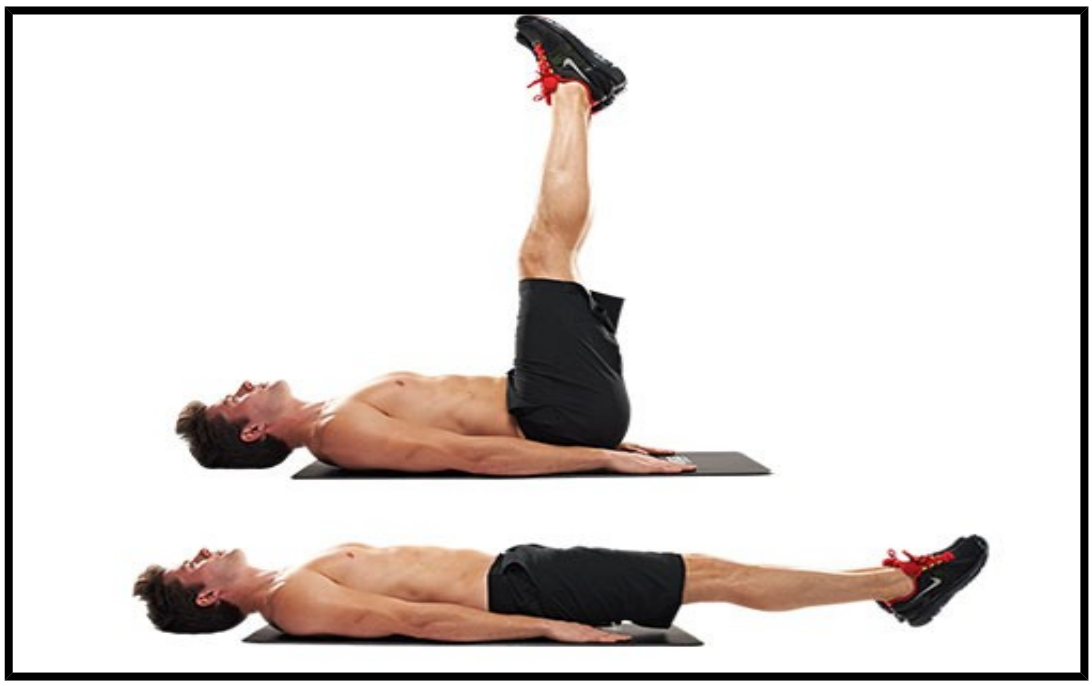
Men

#Sit-ups



1. Lie flat on your back on the floor with your knees bent and your legs secured under a piece of heavy furniture (I am assuming that you are doing this routine at home).
2. Place your hands by your chest.
3. Flexing your abdominals, raise your torso until you are in nearly a sitting position.
4. Retaining tension on the abs, lower your torso to the beginning position. (Note: Maintain full control throughout the movement. Avoid the temptation to rock back and forth).

#Leg Raises



1. Lie flat on your back on the floor with your legs straight in front of you.
2. Place your hands at your sides by the floor for support.
3. Flexing your lower abdominals, raise your legs until they are perpendicular to the floor.
4. Retaining tension on the abs, lower your legs to the beginning position. (Note: Maintain full control throughout the movement. Avoid the temptation to let your legs drop on the negative portion of the movement).

#Knees In



1. Sit on the floor (or on the edge of a chair or exercise bench) with your legs extended in front of you and your hands holding on to the sides for support.

2. Keeping your knees together, pull your knees in towards your chest until you can go no farther.

3. Keeping the tension on your lower ab muscles, return to the start position and repeat the movement until you have completed your set.

#Toe Touchers



1. Sit on the floor (or on the edge of a chair or exercise bench) with your legs extended in front of you and your hands holding on to the sides for support.

2. Simultaneously bring your legs up as far as possible while at the same time bringing your torso towards them.

3. Return to the start position and repeat the movement until you have completed your set. (Note: This is a modified version of a V-Up. In a true V-Up your starting position is lying down on the floor and bringing yourself up with no arm support).

#Crunches



1. Lie flat on your back on the floor with your legs in front of you bent at the knees.
2. Place your hands by your chest.
3. At this time, raise your shoulders and torso as far as possible from the ground in a curling movement without raising your back from the floor.
4. Retaining tension on the abs, bring your torso to the starting position. (Note: Maintain full control throughout the movement. Avoid the temptation to rock back and forth).

Wrapping Up

To slim down, you have to alter your energy balance. There are simply 2 ways to accomplish this: Either take in less calories or expend more energy through physical exercise.

The easiest way to boil down your consumption is merely to cut back on the size of your meals and/or the total of high-calorie food you eat. This doesn't mean that you have to give up any certain food.

Bear in mind that there's more to a beautiful body than just utilizing effective wellness products. You need to be on a total preventative healthcare and wellness program that involves diet, nutrition (making a point that your body gets the proper nutrients) and exercise.

Optimum body functions today require any added help it can get, as most people don’t take the trouble to consume food that are healthy and beneficial to them. Therefore there is a need to make a conscious effort to source out essential vitamin types of food and include them into the daily diet plan for hoped good health conditions.

I really hope this book was helpful for your life.

Now, it's your turn. You need to take action.

Immediatly.

Dan Grant





If this book was very helpful in your life, here you can find others free helpful reports who can help you

Calm mind healthy body

Functional Strength

Fitness trackers