

Fat Loss Tutorial

The purpose of this session is to break down, simplify, and demystify fat loss.

We all know of the focus on fat loss in our society. Life-altering health conditions such as obesity, diabetes, high blood pressure, and heart disease are all direct results of being overweight and making improper lifestyle choices.

Using the information in this tutorial, you will immediately be able to:

- start burning fat 24/7
- kick start and maintain the metabolism of a 20 year old

Part 1: Building your metabolism. Doubling your metabolic burn.

Although it is true that metabolism slows down a little as we age, it is more the lifestyle habits that occur during this time that are responsible for the accumulation of fat:

1. Less activity
2. Less food eaten, and eating the wrong foods at the wrong time
3. The above habits lead to the loss of lean, metabolically active tissue. This results in fewer calories burned around the clock

So, the first things we will do to correct these practices and rebuild metabolism include:

1. Perform moderate to high intensity exercise on a daily basis
2. Eat more frequently and use the proper combinations and timing of foods
3. Supplement with fish oils and additional protein to promote higher fat metabolism
4. Perform all of the above with consistency to stimulate metabolism to the highest degree. This will allow you to burn twice the number of calories and increase lean, metabolically active mass

The body is not wasteful and will only give up stored fat if there is a demand for it. In other words, it only turns on the furnace when it's cold.

Exercise, especially in the higher intensity levels of 75-95% of your maximum heart rate, causes a severe demand for energy to as much as 20 times the resting rate. This rate remains very high for two hours post workout, and is moderately elevated for up to 24 hours after you finish exercising.

This “**after burn**” effect doubles the effectiveness of exercise. Eating more frequently then acts to continually stoke the metabolic fire, keeping it blazing around the clock.

Part 2: Optimizing & Burning Fat 24/7

A very important storage hormone in our bodies is insulin. Managing the release of this hormone through proper nutrition is a skill that you must master in order to maintain a healthy body composition long-term. Two basic principles to remember are:

Less Insulin = Less Calorie Storage = Lean bodies

Higher Blood Sugar = More Insulin Release

More specifically, when blood sugar levels rise to a certain level, insulin is released in order to store the energy content of the blood in the body's fat cells.

What causes higher blood sugar?

1. Starchy and sugary carbohydrates
2. Large meal sizes

What stops (retards) raise in blood sugar?

1. Protein
2. Fibre

Frequent, small meals containing protein, vegetables, and healthy fats (such as Omega-3 fat sources) is the ideal mix. This is the recipe for maintaining the high metabolism necessary for shedding fat mass.

However, the body burns what we feed it. We are naturally fat burning animals and will burn fat naturally unless we feed on carbohydrates.

This keeps you energized and in fat burning mode all day and is the shortcut to your goals.

If you are dedicated to your goals:

- DO NOT mix large amounts of fats and carbohydrates in the same meal. This is known as a 'FAT BOMB'
- DO NOT eat 'carbohydrate only' or 'fat only' meals. Always add protein to the mix.
- If you cannot control the type of meal, make sure you control the quantity.

Keep in Mind:

Knowledge is only one piece of the puzzle. Before knowledge can become power, it must be applied consistently.

Habits are the keys to lasting achievement.