



10 Fat Loss Tips to Transform Your Body to Lean



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About Mark Dilworth And The Fat Blaster Athletic Training System

I am a Performance Enhancement Specialist and former NCAA Division I athlete. We all want that body! What body, you ask? That cut, ripped, lean, toned, etc. body! There are many different words for it and we want varying degrees of that body type. Bodybuilders are probably the most extreme when it comes to "getting cut" for competition. Athletes need the lean body type to compete at a high level. Others want the lean body type because it looks good. For everyone, the lean body type will bring good health which is the most important thing!

At My Fitness Hut (includes Sports Fitness Hut and Her Fitness Hut), I have designed all of my exercise programs based on a Fat Blaster Athletic Training System. Why? Here are the reasons:

1) There is not a better or faster way to sculpt your body. You also get superior heart health. Research and my personal experience backs this up. Just look at an athlete's body. Actually, everyone is an athlete. Also, there are varying degrees of athletic training---some techniques are more intense than **others**.

2) I am a former NCAA Division I athlete, so I'm not playing a guessing game when it comes to this type of training. I use research, empirical evidence and real-life experience to develop training programs.

3) Forget about weight loss and concentrate on **fat loss**. Building lean muscle mass will **burn the fat** and permanently **speed up your metabolism**. The weight loss will take care of itself. You could say Your Fitness Hut. It is about YOU and what YOU REALLY WANT! Don't let fear stop you from reaching your fitness goals!

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About Mark Dilworth And The Fat Blaster Athletic Training System

The information in this book is for educational purposes only. This information is not intended to diagnose an illness or injury. The information in this book is intended for individuals age 18 or older.

The information in this book is not intended to replace any fitness program that has been prescribed by your physician. If you are taking medications, you must get medical clearance before beginning a fitness program.

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There is a flood of information about weight loss out there in the marketplace. Some of it is just garbage. **A general rule for you to follow with regard to weight loss is this: Don't waste your money if the program offers a quick solution to your weight problem! Why? Because what you need is the permanent solution to your weight problem.** A permanent solution takes hard, smart work and sacrifice on your part. **Human nature always seeks the path of least resistance.** So, you can see why commercial weight loss programs promote things such as "in 2 weeks...." The promotion may be partially true, but what they don't tell you is the most critical part of the fitness equation: **fat loss is the key to permanent weight loss.** I will tell you how to achieve it.

Here is my top 10 list to get you started on the way to Blasting The Fat and getting the lean and toned body that you want:

FAT LOSS TIP #1 **Make a commitment to a lifetime of fitness.** This commitment trumps all other fitness commitments. Without it, you will always fall prey to the inevitable obstacles and pitfalls along the way. Get your motivation right!

Take a look at the different types of motivation. Which one(s) do you fall under?

a) AMOTIVATION - You don't really have a reason to workout....like "whatever." Your workouts won't last long.

b) EXTERNAL REGULATION - You're motivated to workout because other people like the way you look when you're in shape, but no internal motivation exist. How long do you think you'll be able to please people? Then what will motivate you?

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c) INTROJECTED REGULATION - You feel bad about yourself when you don't workout. This is a type of motivation, but it's based on negative motivations.

d) IDENTIFIED REGULATION - You workout because it's good for your health and lifestyle. This is a very positive behavior and will lead to permanent lifestyle changes.

e) INTRINSIC MOTIVATION - You workout because you enjoy it! This is probably the best motivation of all.

In my opinion, a combination of the motivations listed in items c, d and e lead to permanent lifestyle changes (with heavier weight attached to items d and e). And, the motivation listed in item b will probably be mixed in somehow.

So, what motivates you to exercise? Get your motivation right, and a lifetime of health and fitness will surely follow!

FAT LOSS TIP #2 Be willing to change your eating habits! Sixty to 70% of your fitness goal success or failure will depend on good nutrition. Get to know your body and what types of food you are better off not eating. For example, grains/starchy carbohydrates cause some people to not make progress with fat loss. The Fat Burning Kitchen can help you change:



<http://healthhut.mikegeary1.hop.clickbank.net/?pid=240>

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There are some fundamental nutritional rules that apply to every one:

You must burn more calories than you consume (caloric deficit over time) in order to lose weight and burn body fat. This is the law of thermodynamics. Even if you are a "workout warrior," the law of thermodynamics still apply. **You cannot eat as much as you want (or maintain a caloric surplus) and still lose weight.**

Check your BMR and Daily Caloric Needs:

<http://www.yourfitnessuniversity.com/medicalissues.html>

Many times, little changes in nutritional habits will lead to total behavioral changes. Here are some examples:

- 1) DON'T SKIP BREAKFAST (or any other meal)--IT HELPS YOU EAT LESS LATER. It also keeps your metabolism ramped up.
- 2) Eat 4-6 small meals a day, about every 3 hours.
- 3) Eat protein with every meal. It helps you feel fuller for a longer period of time and it helps build metabolism-boosting muscle.
- 4) Don't eat food in a bag (usually unhealthy, fat saturated food).
- 5) Eat with a purpose---DON'T JUST GRAZE.
- 6) Eat at least 2 servings of a fruit or veggie at every meal.
- 7) Don't assume that LOW-FAT means LOW-CAL---Read the Label.
- 8) Speaking of fats, eat mainly "heart-healthy" fats.
- 9) Skip the side orders like french fries and bread sticks.
- 10) If it's fried, let it slide!
- 11) Skip the meal appetizers unless they are low calorie.

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- 12) Skip dessert, eat a small portion or split it with someone.
- 13) Eat until you are full, not stuffed (take a doggy bag).
- 14) Drink only water and unsweetened drinks like tea.

Cut out these type foods: sodas, sugary fruit juice drinks, candy, cookies, donuts, fried meats and fried foods, fast foods, ketchup, mayonnaise, salad dressings, foods in a bag

Add these type foods: oatmeal, nuts, low-fat dairy products, low-fat yogurt, fruits, veggies, unsweetened tea, water, lean meats (baked, broiled or grilled), olive oil, cinnamon, mustard. You get the idea!

FAT LOSS TIP #3 A pill, patch or cream will not make you lose fat and weight! You've seen the ads for diet patches or creams that claim to melt away the pounds. Don't believe them. **There's nothing you can wear or apply to your skin that will cause you to lose weight. Try your best to get the nutrition you need from the food you eat. Save your money! Supplements have no long-term effect on fat loss and weight loss.**

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