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# Introduction

If certain experts are to be believed, we are currently facing a crisis the likes of which we have never seen before; we are being faced with a global obesity epidemic.

Since 1980, the number of people suffering from obesity has literally more than doubled, with there being 1.4 billion overweight adults, and 500 million who can be considered as obese.

As far as children go, the numbers just keep on climbing, with certain countries seeing more than a quarter of their kids suffering from obesity. Long story short, if things keep on going the way they do, then in a few decades most of the world's population will be obese, if of course we even manage to survive that long. In order to fight this great plague it is important what it stems from... just like with any huge problem, there are numerous causes in play here.

For starters, we are leading increasingly sedentary lifestyles. Long gone are the days when we ploughed fields twelve hours a day or dug up coal in mines... long gone are the days when most people had to dedicate their working time to physical labor. These days, most people work sitting, or perhaps standing still, and needless to say, there isn't much effort involved in that, at least in a physical sense. The problem however is that even though we reduced our

level of activity we kept on increasing how much we ate. As a result, our bodies simply aren't subjected to enough exercise to burn all the excess calories we gain, which leads to a noticeable weight gain. However, a lack of exercising coupled with overeating is not the only source of this problem.

Another cause for what we are observing today can be traced to economic fluctuations in regards to food prices. As it happens, in most cases, the cheaper a food is, the more filling and unhealthy it is. More specifically, the fast food industry is being referenced. Junk food restaurants have established themselves in countless poorer countries and economically-disadvantaged areas, providing people with cheap and fattening alternatives that allow them to save money. What's more, these alternatives are sometimes even tastier. In the end, the point is that the cost of healthy foods exceeds that of unhealthy ones.

Now with what we've just covered and as we begin this guide, it's important to realize that the world is in a bad state, health wise. But you don't have to accept what is happening in society. You are about to learn the 7 keys to transform your body and quite literally it will transform your life! So dive in, read, absorb and put into practise exactly what you learn here and see the change happen. You have the power in your hands to change your health and live the life you want to, rest assured that in the end, your body will thank you for it.

# Key 1- Must Eat Breakfast

When losing weight, most individuals would skip eating breakfast thinking that it is an effective method of eliminating weight. Now, what they do not realize is that this technique is not really effective and could even cause negative effects on their bodies. When dieting, one of the most important things to be aware of is the importance of eating breakfast.

Breakfast is referred to "breakfast" simply because it breaks the long fast. People are asleep during the night for many hours, so in the morning, it is necessary to eat something in order to feel better and have the energy to face the new day. More importantly, having breakfast is vital to a fat burning diet. If you want to lose weight fast, be mindful to eat breakfast every day.

Here are some of the reasons and importance of eating breakfast to the body when dieting:

- Breakfast will allow you to control your hunger and avoid eating snacks later on during the day. What would be the use of your diet when you would eventually eat more because you are hungry, since you skipped breakfast? If ever you skipped breakfast, just ensure to have a healthy snack so that you can still lose weight effectively.
- A healthy breakfast will aid in increasing your body's metabolism- Eating breakfast can actually boost one's metabolism. If you skip

breakfast, you would tend to place your body into starvation mode and try to conserve energy that it can. Now, when you eat breakfast, you are also telling your body that you are awake and you are not fasting anymore. This means that your body is ready to burn fat and utilizes the energy during the day.

- A healthy breakfast would also help you consume enough calories- Having enough calories is essential because this is responsible in increasing your energy levels. When you regularly skip breakfast, you are also not consuming calories that would end up in dropping off of your energy levels. This would also slow down your metabolism. Losing weight would be that effective.
- Eating breakfast is essential in losing weight, as it helps the body attain its weight loss goal faster. According to research and studies, those individuals who miss breakfast are the ones who were 4 times more likely to be overweight. If you do not want to risk of gaining weight, ensure not to skip breakfast.

These are some of the importance of eating breakfast to the body when dieting. Breakfast is the most essential meal of the day; therefore, it is necessary not to skip it. Of course, when dieting, just make sure that you follow a healthy breakfast so that you can efficiently lose weight and achieve your weight loss goals.

Eating breakfast is good and healthy, so do not think that skipping breakfast would help you lose weight. This will just make you feel

weak and unhealthy, and this will not do good with your goal of losing weight. Have a healthy breakfast every day and follow the right diet. In no time, you would be surprised to see the positive results with your health and body.

## Key 2 – Optimize Hydration Levels

Drinking water plays a key role in dieting. If you ever find yourself stuck in a weight loss plateau despite following your diet program strictly, then it could be that you are not drinking enough water. Studies have shown that a lot of people unsuspectingly suffer from severe or mild dehydration and you could be affected as well.

Your body requires water for various biochemical processes. The following are the benefits of drinking enough water to your body when dieting:

Water assists the body in the conversion of fat reserves into energy. When the body is dehydrated, the body's metabolism processes are slowed down and this impedes the breakdown of fats in the body, and in effect, your weight loss. If this happens, your weight loss curve hits a plateau.

Water naturally holds back your appetite. The hypothalamus region in your brain serves the role of controlling cravings and appetites, with the control centers for thirst and hunger situated next to one another. This means that drinking enough not only quenches your thirst, but it takes away the feelings of hunger as well. A study by Washington University found that drinking a glass of water before going to bed reduces mid-night cravings.

Water also helps in the prevention of sagging skin which is a common side effect of weight loss. It gives the skin a healthier and youthful look by helping in the reconstruction of destroyed skin cells.

Water assists in the elimination of waste products from the body. When dieting, the body loses weight and there are extra by products to be removed. This means that the body requires sufficient amounts of water into which the unwanted products will be dissolved and excreted from the body.

Water is effective in dealing with constipation. If the body does not get enough water, it is compelled to siphon it from its internal reserves, normally the colon, resulting into constipation. Normal bowel function will resume once the body receives adequate water.

In general, mild dehydration leads to a number of health complications. Mild dehydration is characterized by the following symptoms: fatigue, cravings, headaches and constipation. However, as soon as you get the water in balance, you achieve what diet experts refer to as a breakthrough point. At this point, as fluid retention in the body eases, the liver and endocrine systems start to operate more effectively, helping to reinstate your natural thirst, while reducing your cravings significantly. This eventually results into heightened metabolism rates which facilitate the breakdown and loss of fat in the body.

## How Much Water Does the Body Need

In conclusion, the above benefits clearly show the importance of drinking water, particularly if you are on a diet. Nonetheless, everyone should make drinking water a habit. It should not only be done when you are thirsty as thirst, in itself, is an indication of the presence of dehydration. Hence, every adult ought to take at least eight glasses of water every day during cold weather. Since there is a lot of perspiration and loss of liquid during hot weather, additional glasses of water must be taken. Lastly, if exercises are part of your dieting plan, ensure that you drink 6-12 ounces of fluids after 15-20 intervals. This way, you will maintain the most favorable fluid balance during your exercises

## Key 3: Proper Sleep And Recovery

To consider sleep as an activity is difficult. One assumes sleep to be a phase of inactivity or rest. But, the matter of fact is, that sleep is that active phase in our entire day's routine, when numerous bodily functions are expedited. The sales data of sleep inducing tranquilizers and sleeping pills prove the rising cases of sleep deficiency that owes a lot to the modern lifestyle. While profound research is available on the importance of exercise for the body, few embark on the desire to learn about rest and sleep...yet it is one of the most important factors in overall health and well-being.

### What Is Sleep?

Firstly, it's important to understand that while the body rests , the mind and the brain go on a restorative hyper-drive. Bodily signals are sent to the various organs of to begin its build up for the next hour of optimum action. The more sleep deprived a person is, the more the chances of deficient physical and mental activity, as you've not allowed your body to recover from the previous bout or prepare for the next. Sleep is a period of nerve and muscle relaxation which begins a period of repair and rejuvenation of all the tissues and organs , much needed after a day of hectic often strenuous activity. Sleep is determined by a certain biological cycle called as the 'circadian clock'. It depends on the intervals of certain number of hours of being awake followed by sleep, and so on. Other elements affecting it could be- the amount of light, stress

levels, metabolism levels and even the medication we may be taking.

## **The Power of Sleep**

Sleep is a powerful energy booster owing to the fact that while we sleep the process called 'anabolism' gets underway; understood more simply as the recovery process for cells and tissues through the production of enzymes and proteins. It in fact counteracts the effect of 'catabolism' or the process that occurs as you exercise or work- out during the day which produces an action wherein energy is released from cells. This affects the molecular components of the body. If your catabolism exceeds anabolism ,little growth will happen . Thus those who strain themselves with a tougher workout or play an extra hour, must give their body the extra rest to sustain their growth of muscle mass, which is directly proportionate to fitness.

There is no contention to the fact that mental alertness, concentration levels, communication, creativity, emotional balance and the productivity levels of an individual is also affected by the amount of sleep.

## The Recovery Process

Prolonged sleep deprivation has been linked to anxiety and depression . Sleep induces the release of certain hormones that affect the central nervous system of the body thus affecting mood and emotional stability. Less sleep increases Cortisol which is a catabolic hormone and it decreases testosterone levels that are directly related to muscle mass gain. Less sleep also means a higher insulin level that increases your body's resistance to nutritional absorption.

While one can not contest the importance of fitness training including weight training one must understand the mechanics of what really happens to the body while this physical stress is being faced. While we exercise or lift weights, the muscle contracts or crunches thereby getting compressed or shortened.

This happens when the muscle microfibers compress. With every stimulus you give to your body, the muscle is strained to respond. What must however be realised is that between the phases of stimulus, the muscle needs to recover from it by building new bridges across the new muscle groups that are slowly forming. This growth is only possible when the body rests.

Another disturbing consequence that comes with compromising on the amount of sleep has is in the raised levels of cortisone which has been directly linked to more abdominal fats .While there has

been encyclopedic quantum of research on the benefits of fitness programs, very little attention is paid to the importance of the body and its sleep requirement.

Balancing heavy workouts with its milder versions and adequate breaks from strenuous routines is not only the best antidote for perfect health, it's the best way to gain optimal benefits from your exercise routine

## Key 4 – High Intensity Cardio To Burn Fat Faster

Using high intensity cardio to burn fat faster is an approach that has been used by a number of people, it's benefits are huge and numerous, but it should always be done in a controlled environment and via a well set out plan. There is no doubt that this particular type of exercise does indeed burn fat a lot faster, but how does it actually work?

The reason why it works is because your body is being asked to produce a lot more energy than it has stored in order to deal with the intensity of the workout and it does this by burning off those fat reserves it has been keeping for a rainy day. Your body then has to keep producing energy even after you stop as it needs that in order to start repairing the muscles and settling your body after your strenuous workout.

It is also important to point out that this particular type of workout focuses on burning a different type of fat than what you would get doing a cardio workout that has a lower intensity such as a brisk walk. The problem with lower intensity cardio work is that it only gets your heart working to around 60% of the maximum heart rate, but this is not high enough for optimal fat burning in your body. Instead, you will only burn off the easy stuff, but the harder fat will still be there, so by increasing the intensity you burn off both types

resulting in quicker weight loss.

There are other reasons why you should look at using this approach and one major reason is that you will then be able to deal with lactic acid a lot easier. It is this lactic acid build up that results in muscles becoming tired and burning with you then stopping, so by learning how to deal with this you can then workout for longer periods of time resulting in more calories and fat being burnt off and that weight disappearing.

This does take some time, but you at least know that whilst you are building up this resistance, your body is currently burning off fat as quickly as it needs to in order to give you energy to keep on working.

Finally, this approach results in improving the sensitivity of your body to insulin and the outcome of this is that the muscles are going to absorb the glucose, and use it to repair themselves and to get energy, rather than it being turned into fat stores. This does mean that when you burn off the fat, and then lose weight, it should stay that way rather than things fluctuating depending on how much exercise you have been doing during the week.

Using high intensity cardio to burn fat faster does indeed work, but you must be prepared to put in a lot of work in order to achieve the best possible end result. By using this approach, your body will burn off fat as it needs that sudden surge of energy and you will

also build lean muscle quicker so not only will you get fitter, but you will also notice a difference when you step on those scales and this, after all, is the important part.

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