

How To Burn Calories And Stay Fit... Forever!

HOW TO BURN CALORIES AND
STAY FIT
...FOREVER

SELECTED TIPS - 70 PAGES!



70 Pages!

Brought to you by Wings of Success

[Click Here and Buy Our Recommended Weight Loss Supplement](#)

DISCLAIMER AND TERMS OF USE AGREEMENT:

(Please Read This Before Using This Report)

This information is not presented by a medical practitioner and is for educational and informational purposes only. The content is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition. Never disregard professional medical advice or delay in seeking it because of something you have read.

Since natural and/or dietary supplements are not FDA approved, they must be accompanied by a two-part disclaimer on the product label: that the statement has not been evaluated by FDA and that the product is not intended to "diagnose, treat, cure or prevent any disease.

The author and publisher of this course and the accompanying materials have used their best efforts in preparing this course. The author and publisher make no representation or warranties with respect to the accuracy, applicability, fitness, or completeness of the contents of this course. The information contained in this course is strictly for educational purposes. Therefore, if you wish to apply ideas contained in this course, you are taking full responsibility for your actions.

The author and publisher disclaim any warranties (express or implied), merchantability, or fitness for any particular purpose. The author and publisher shall in no event be held liable to any party for any direct, indirect, punitive, special, incidental or other consequential damages arising directly or indirectly from any use of this material, which is provided "as is", and without warranties.

As always, the advice of a competent legal, tax, accounting, medical or other professional should be sought. The author and publisher do not warrant the performance, effectiveness or applicability of any sites listed or linked to in this course.

All links are for information purposes only and are not warranted for content, accuracy or any other implied or explicit purpose.

This report is © Copyrighted by Wings Of Success. No part of this may be copied, or changed in any format, or used in any way other than what is outlined within this course under any circumstances. Violators would be prosecuted severely.

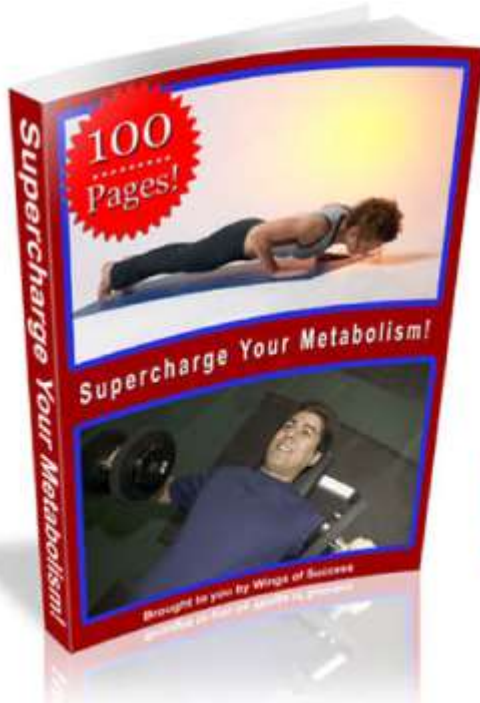
[Click Here To Visit Our Website](#)

SPECIAL SECRET RESOURCE!

Supercharge Your Metabolism!

**Tried Whatever You Could To Boost Your Metabolism, But Fell Flat On Your Face?
Are You Desperately Trying To Lose Weight, But Not Sure If You Are On The Right Track? Are You Tired Of All Of The Hype And False Promises?**

Finally! You Can Now Instantly Learn How To Burn Unwanted Fat 24/7 From Your Body, And Maximize Your Energy Levels... discover How To Transform Your Body Into A Fat Melting Furnace And Burn Away The Excess Inches... while Maintaining A Well Toned Physique At The Same Time!



**AVAILABLE ONLY FOR
A VERY LIMITED TIME!**

[Click Here](#)
Download Now



5 TIPS TO GET A FLAT STOMACH

TruthAboutAbs.com

Stop making
these 5 major
mistakes and you
will finally lose
your stubborn
belly fat



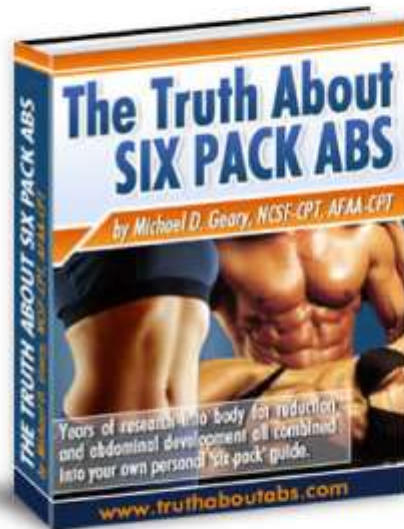
[CLICK HERE](#)

THE TRUTH ABOUT SIX PACK ABS

.....

You Too Can Discover a Unique Method
to FINALLY Hack Off Your Ugly Belly Fat
and Carve Out Ripped 6-Pack Abs

...and if you actually apply these unique dietary strategies
and secret training techniques, you will no longer be
self-conscious about taking off your shirt at the beach
and no longer force yourself to wear baggy shirts
to help hide your gut...



[DOWNLOAD NOW](#)

Fat Loss 4 Idiots™
Advanced | Dieting Methods and Fat Burning Techniques

Why Are You Overweight?
The Inside Scoop on Dieting

You Want to Be Slimmer
You're here because you'd like to become slimmer.

DOWNLOAD NOW

Advanced | Dieting Methods and Fat Burning Techniques

Fat Loss 4 Idiots

Lose 9 lbs. in 11 Days

Lose Weight

Get Slim

**Download 100+ Books
Completely Free!**

.....

**No Hassles...
No Charges...**

Just Click And Download



CLICK HERE

Contents

Burning Calories: Drink Ice Water.....	8
Burning Calories: Burn Them Fast	10
Burning Calories: Burn Them Easily	12
Burning Calories: By Spinning.....	14
Burning Calories: Eat Right.....	16
All About Working The Transverse Abdominals	18
Aquasize To A Flatter Stomach!.....	20
Why Do People Do Exercises For The Stomach.....	22
Different Exercises To Get A Flat Stomach.....	24
All About Free Exercises To Flatten The Stomach Fast	26
How To Target Your Stomach With Yoga.....	28
Lose Your Belly by Improving Your Posture.....	30
Six Poor Stomach Exercise Habits	32
Shrink Your Tummy!.....	34
Stomach Exercises For A Flatter Tummy.....	36
All About Stomach Flattening Exercises.....	38
The Post-Partum Tummy Routine	40
The Stomach Exercise All-Stars.....	42
The Strong Stomach Workout	44
Using Resistance Bands In Stomach Exercises.....	46
Burning Calories: Overview	48
Burning Calories Versus Burning Fat.....	50
Burning Calories: Keep Moving	52
Burning Calories: Aerobics	54
Burning Calories: Tips For Fast Burning	56
Burning Calories: Treadmills.....	58
Burning Calories For Weight Loss.....	60
Burning Calories: Track The Burning	62
Burning Calories: In Everyday Activities.....	64
Burning Calories Through Multi-Muscle Activities.....	66

Burning Calories: Drink Ice Water

For anyone trying to lose weight, this question is bound to raise a lot of excitement. Surely losing weight cannot be such a simple issue, can it? Well, the answer is YES!

You can actually lose calories by drinking ice water. Your body loses calories in the process of warming this ice water to the body temperature. Now any enthusiast, must surely be thinking, if we can lose weight by drinking ice water, can we lose a large amount of calories if we drink lots of ice water? Well, to answer this question we have to look at some simple calculations.

First of all we need to distinguish between calories and Calories. Calories (i.e. with a big c) are used to denote the amount of energy that is contained in food. Where as calorie with a small c is used to denote the energy required to raise the temperature of 1 gram of water 1 degree Celsius.

Another interesting fact is that it takes, 1 Calorie to raise the temperature of 1 kilogram of water by 1 degree Celsius. So when you are drinking a 140-Calorie can of cola, you are in fact ingesting 140,000 calories in your body. This is the same when you burn say 100 Calories working out, this means that you have actually burned 100,000 calories.

The main purpose of telling you that the definition of calories is based on the rising of temperature is to tell you an interesting fact. We have just seen that when our body raises the temperature, it burns calories, so when you drink ice cold water your body loses calories in raising that ice cold water to body temperature.

Now let us get the math right.

Our body temperature is at 37 degree Celsius.

The temperature of ice cold water can be safely said to be 0 degree Celsius.

There are 473.18 grams in 16 fluid ounces of water.

[Click Here and Buy Our Recommended Fat Loss Supplement](#)

How To Burn Calories And Stay Fit ... Forever

It takes 1 calorie to raise 1 gram of water by 1 degree Celsius.

So, if your body raises the temperature of 473.18 grams of water by 37 degree Celsius it burns 17508 calories.

But this is calorie with a small c. It actually denotes only 17.5 calories. You might be thinking that losing 17.5 Calories doesn't count much compared to the calories we intake.

But, you are not going to drink just one 16 once glass of water are you? Even if you stick to the recommended minimum of 8 glasses of water you will end up burning 70 Calories in a day and that too by doing practically nothing. You can also increase the water intake if you want to shed a few extra pounds.

Well, although it is definite that drinking ice cold water helps you to burn calories you should not try to replace it with exercise. You should continue with all the weight reduction methods that you already on to. You can just boost up your effort by drinking ice cold water.

[Click Here and Buy Our Recommended Weight Loss Supplement](#)

Burning Calories: Burn Them Fast

Today the obesity rate has reached an alarming figure, officially 1000 people are declared obese, every single day! Well, considering our sedentary life styles it shouldn't come as a surprise. We drive where ever we have to; we sit all day at our desk and do all our work at the click of a mouse, thanks to the internet!

Given such a lifestyle, it is inevitable that we all will become obese, but there are quick and effective ways in which you can lose weight. The best way is exercise.

No, I do not mean to say that you have to sweat it out daily in the gym for hours. Even 15 minutes of exercise can help you burn as much as 100 calories.

The first thing that you have to do is to make an effort to move. Remember, when you were young staying indoors would seem like a punishment, but now all you want to do is to sit at home watch TV and spend endless hours surfing.

When you have free time make sure to go out, indulge in some activity, play any game that you like playing. It will not only refresh you but, you will also end up losing a lot of calories.

To burn the extra 100 calories, here are some of the things that you can try.

Cycling: cycling for even 10 minutes can help you burn 100 calories. If you have a cycle, then make sure to go out on a cycling ride with your family. You will not only have a great day with your family, but will actually be working towards attaining a great figure.

Walking: It is one of the simplest, cheapest and the most effective way of losing calories. Brisk walking for 15 minutes will help you to attain your target of losing the 100 calories. You can slowly increase the time you spend on walking. If you do not get adequate time to go out on a morning walk, then you can try incorporating walking in the daily activities.

What I mean to say here is that you can get down a stop before your usual stop when at work and walk the rest of the distance. Resist the temptation of taking the lift and take the stairs.

[Click Here and Buy Our Recommended Fat Loss Supplement](#)

How To Burn Calories And Stay Fit ... Forever

Video workout: 15 minutes of video work out four to five times a week can help you to lose calories. Just choose the video work out that you like and get started!

Skipping: Skipping ropes are extremely effective in not only losing weight, but also toning your upper body. It helps to strengthen the heart and the lungs also.

Skipping ropes are light and cheap and can be used practically anywhere. It is important that you stretch your calves muscle before and after each skipping session.

Although initially you may find it difficult to skip for 15 minutes at a stretch, but you will be amazed at how quickly your body will be able to respond to the 15 minutes skipping slot.

[Click Here and Buy Our Recommended Weight Loss Supplement](#)

Burning Calories: Burn Them Easily

To lose weight you have to go on a sensible diet and exercise regularly. You have to eat right and work out. Yes, we all know that! But exercising and sticking to a low fat diet is not considered as doing nothing! It is a big job.

But here I have for you a great trick that will help you to lose weight, doing practically nothing! Sounds too good to be true? Well read on and you will find out how simple losing weight can be. It is one of the tricks that is rarely known by any dieter or dietician. It is an absolutely safe and fool proof method of shedding the extra calories and bidding them good bye forever.

You don't have to go on a killing diet, you don't have to sweat it out in the gym and neither will you be asked to take dangerous diet pills. All you have to do is to drink ice cold water!

Yes, you have read correctly, all you need to do is to drink ice cold water; this is what I call losing weight doing nothing! Let me explain to you how this works. When you drink an eight ounce cup of ice cold water your body will burn 7.69 calories to heat the water to bring it to room temperature. Amazing! Isn't it! Now let us exploit this little trick to reach our aim of weight loss.

We have just understood that we can lose approximately 8 calories by drinking an eight ounce cup of ice cold water. The minimum water requirement of water for our body is eight glasses. So we can lose 64 calories by just drinking water, just remember to have it ice cold!

If you are really motivated then you can drink a gallon of ice water daily. Gallon water is 16 cups. Drinking 16 cups of ice water will help you lose 123 calories per day. This actually amounts to 861 calories a week! And that too by doing practically nothing!

To make you feel all the more better, let me state another fact, to lose 861 calories in the conventional manner, you would have to jog for at least for two hours! Imagine, you have lost the same amount of calories without spending two hours on rigorous exercise.

Remember that it is not a compulsion that you have to drink a gallon of water in order to lose weight; you can lose weight also by drinking 8 glasses of water daily.

[Click Here and Buy Our Recommended Fat Loss Supplement](#)

How To Burn Calories And Stay Fit ... Forever

But, drinking gallon water daily will help to quicken the pace of losing the calories. If you are greatly motivated, then get started and lose weight by drinking a gallon of ice cold water and even more if you want!

[Click Here and Buy Our Recommended Weight Loss Supplement](#)

Burning Calories: By Spinning

Do you want to lose weight? Do you want to have great legs? And do you want to have fun while attaining these results? If your answer to the above questions is yes, then spinning is what you need. Many people after trying out, various cardio exercise and all types of exercises have unanimously come to a conclusion that spinning is the best way to lose weight and gain a great figure.

Considering how well the classes are organized this shouldn't come as a surprise. These classes are structured in such a way so as to push an individual to give his best in an encouraging and positive atmosphere.

If you want to lose weight, then there is no better option than spinning. An average of 30 minutes of spinning will help you to burn 50 calories. No other machine exercise can give you the same result. It is a challenge and a promise! Any other "low impact" machine will take at least double the time to burn 500 calories. You can also increase the amount of calories burnt depend on the intensity of your work outs. If you are really enthusiastic and want to lose weight quickly, then you can extend the time spent spinning.

There is yet another reason why spinning is the best cardio exercise. Unlike other exercises, you can stick with spinning through out the year, there is no stopping you be it rain or shine. Well, you can't say this in case of outdoor exercises, can you? I am afraid not!

Spinning has lots of health and fitness benefits. It not only helps you lose weight, but it also helps you to build muscles. In fact, spinning is regarded as the most beneficial exercise by most of the fitness trainers.

Spinning pushes the body to the optimum level, on a personal note, after spinning I feel great! I feel as if my body has done something that I earlier thought was an impossible feat to accomplish.

Although spinning pushes he limits for the body, yet it is easy for beginners too. In fact as there is no impact of nature, so your knee and legs won't hurt. Spinning is completely safe for people of all age groups. Even older people with joint problems can easily do spinning.

[Click Here and Buy Our Recommended Fat Loss Supplement](#)

How To Burn Calories And Stay Fit ... Forever

Spinning increases your lung capacity and is great for the heart. When you are spinning, your heart is pumping at a higher rate, this is very beneficial not only to the heart, but to the entire body. This is not the end, spinning also helps to tone your thighs, hips, calves and buttocks.

You can get great legs if you are regularly spinning. Spinning also helps you to develop new muscles, these additional muscles increases the metabolism and will therefore help you to burn more calories.

So, if you want to shed those extra pounds and get those much envied legs, then spin your way to success!

[Click Here and Buy Our Recommended Weight Loss Supplement](#)

Burning Calories: Eat Right

There are two simple ways in which you can lose weight. You can either lose weight by in taking fewer calories, or you can shed a few pounds by brining calories. If you want to lose weight, then cutting calories, makes a lot of sense.

But, it is important that you cut calories sensibly, because cutting too many calories, will do more harm than good. It will not only hamper your health, but it can also act as a road block to shedding weight.

Generally people have a wrong notion, that as consuming fewer calories helps to shed weight, so consuming absolutely minimal calories will help them lose faster. This is in fact, sadly untrue. Everything has to be done in moderation.

An extremely low calorie diet will not only cause harm to your body, but will also hinder your weight loss. You don't want that, do you?

When you cut down calories too low, your body interprets that you have gone in to a starvation mode.

Thus it will try its best to maintain your current weight. Your body will slow down its metabolism and so that it can save energy and store it to the fat reserve that you already have. This in fact will make it all the more difficult to lose weight.

Thus you can clearly see why cutting down calories, does the opposite of what you want it do.

Not only do these low calorie starvation diets reduce your metabolism. These are also are very harmful for the body. These causes dizziness, light headiness and you will find difficult to concentrate.

These starvation diets are also very difficult to stick to, when you feel hungry; chances are that you will not be able to resist the temptation. The end result will be that you end up gorging up food. In most cases, Starvation diets will help you to gain weight instead of losing them.

[Click Here and Buy Our Recommended Fat Loss Supplement](#)

How To Burn Calories And Stay Fit ... Forever

A more sensible way to lose weight is to eat right rather than not eat at all. When you feel hungry, it is important that you eat; your body should not feel that you are starving.

Eating does not mean that you can eat food dripping with oil, or gorge on snacks loaded with cheese. Instead having a glass of fruit juice or a low calorie snack should do the trick.

If you feel the need to binge, then make sure you eat light on the successive days, this way you can balance the calorie intake.

So if you want to shed weight, the simple trick is to eat! Eat, but eat right!

[Click Here and Buy Our Recommended Weight Loss Supplement](#)

Thank You for previewing this eBook

You can read the full version of this eBook in different formats:

- HTML (Free /Available to everyone)
- PDF / TXT (Available to V.I.P. members. Free Standard members can access up to 5 PDF/TXT eBooks per month each month)
- Epub & Mobipocket (Exclusive to V.I.P. members)

To download this full book, simply select the format you desire below

