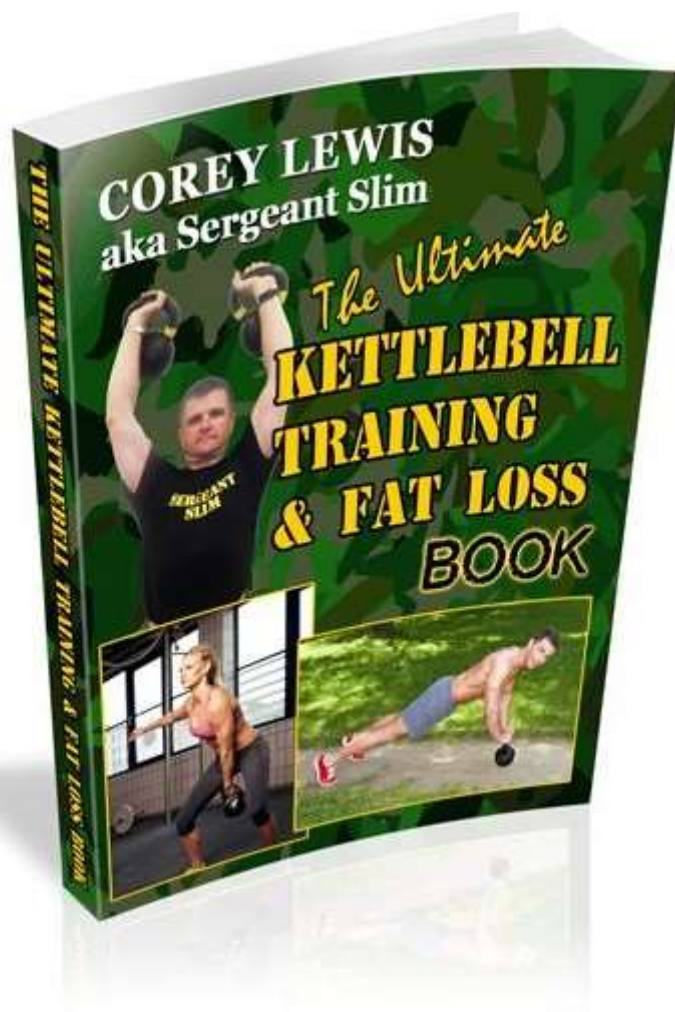




The Ultimate Kettlebell Training & Fat Loss Book



By
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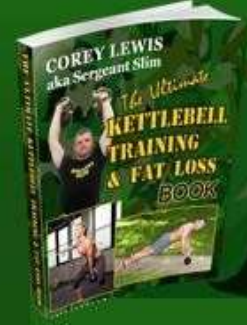


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The Ultimate **KETTLEBELL TRAINING & FAT LOSS BOOK**

COREY LEWIS
aka Sergeant Slim



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Introduction

Is this finally the time you are going to say "Enough Is Enough"?

I am ready to start on a path to a healthier me, I'm NOT gonna make any more excuses and I am going to make a change by shedding some of those extra pounds...No matter what!!!

If it is then get ready to...

DROP THE FAT ACT AND CHANGE YOUR LIFE!

I'm simply amazed at what I see on the Saturday morning and late night infomercials. They tout these gadgets and gimmicks that promise easy weight loss. How many of us have seen these "ab gadgets" that we sit in and rock and the fat just seems to melt away?

Have you read the very small print at the bottom of the screen? Well it essentially tells you that you must implement some form of diet in order for it to be effective.

In this day and age it is easy to be tempted by promises of rapid weight loss that are given by certain weight loss programs, or offered as a result of "magic diet pills", or other "miracle weight loss diets". But honestly, it is a total load of B.S.

There are a few basic truths you should know before you decide on how you will proceed.

First, realize that there is **NO** miracle weight loss treatment.

While It is possible to lose significant weight by adhering to a highly restrictive or other popular fad diet, in reality the biggest problem with that is it is not sustainable long-term.

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Besides the obvious negative side-effects to your health, I've come to realize that the word "diet" conjures up restrictions in my mind. When you look in the dictionary for diet here's one of the definitions: "a regimen of eating and drinking sparingly so as to reduce one's weight." It is no wonder diets don't work!

Studies have shown that the majority of people who are overweight and embark on a crash diet, that they regain the weight lost almost instantly. They are then in a much worse state of health than those who remain at their original overweight size.

Let's be candid with each other, losing weight hasn't changed since we've walked this earth on 2 legs. What's changed is the marketing of how to lose weight. In the end, you must have negative energy balance.

How do you achieve negative energy balance? First, you can decrease the amount of food you are eating each day. Secondly, you can increase the intensity of your workout sessions. And lastly, you can apply a combination of the first two. That's it.

With that being said... there is no miracle, only tried and tested nutritional and exercise advice, and this is what this book is all about.

The goal of this book is to cut through the BS that exists all over the Internet and to help you finally make a lifestyle change and help you finally achieve the goal weight you've decided is best for you.

Today is the day to make the decision to LOSE THE FAT AND CHANGE YOUR LIFE...FOREVER

Follow along with me on my blog at www.sergeantsslim.com/blog for tons of real weight loss tips.

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Chapter 1: Why Do I Gain Weight?

With the rush of our everyday lives, the advancement of technology, along with the conveniences of fast food, it sure is hard to stay active and eat a healthy, balanced diet. But if you know how to do it, it can be done, even with a busy lifestyle.

In this first section of the book we are going to look at:

- ▯ The main reasons why we gain weight
- ▯ The people we need to talk to when we decide we are ready to lose the weight
- ▯ Why keeping yourself on a schedule actually helps you to lose the weight
- ▯ Weight loss secrets
- ▯ Plus many other subjects that will help you to learn how to finally take the weight off and keep it off once and for all

The Major Causes of Weight Gain

We eat more calories than our body needs in a day, so the excess gets stored as fat. We all know this, but why is it that 63% of Americans are fat or overweight? Look at the size of the portions we eat today, they are enormous.

When we consume more food than we are burning, we are in positive energy balance. In essence we store the excess as fat. This can be a good thing, if we were cavemen and we know if we were not going to eat for 7 days, but for those of us who live in western society, this simply isn't the case.

• **You're Not Getting Enough Sleep.** If you are dieting and exercising and still not losing weight, it might be time to address any sleep issues you may have. Two Canadian Obesity experts in the Canadian Medical Association Journal report that there is mounting evidence that suggests a

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link between weight loss and sleep. In fact, the study found that people who go to bed late actually consume 400 to 500 more calories!

- **Your metabolic rate.** As we age, we lose about 10% of our metabolic rate every ten years after the age of 25. However, this can be stopped if you do kettlebell training as prescribed in this book. In essence when we have more lean muscle, our metabolic rate is increased because our bodies have to repair the muscle from the workout causing more muscle to be built. Whereas when we are sedentary, this doesn't occur and we get fatter!

- **You have poor eating habits.** In my research for this book, I discovered that people in the West are 30lbs heavier today than they were 100 years ago. What's even more interesting is they ate more fat! What they didn't eat was processed food. Jack Lallane said it best, "If man-made don't eat it."

You see sugars, starches, and most anything with flour is turning us into a society of obesity. In 2009 according to F.A.S.T.Foodfacts.com the fast food industry alone spent 4.2 billion dollars on advertising! No wonder we are fat. Many folks have found a [meal planner](#) to be useful to help guide them in the right direction.

- **Larger portion sizes.** We all know this. I'll use fast food chains as an example. The size of the soft drinks, and fries has increased from when I was a kid. Most people are simply eating too much. As mentioned in the previous paragraph, this [meal planner](#) can help you realize what a portion should look like.

- **Exercise or the lack thereof.** This is killing us as a western society. According to [designedtomove.org](#), for the first time today's kids are the first generation with a shorter life expectancy than their parents. The human body is designed to move. Regular exercise is essential to getting to and maintaining a healthy weight-and so is what you eat, how you eat and how much you eat. I invite you to follow along [Sergeant Slim](#) as he prepares to become the fittest man in the world.

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Learn portion control. A simple rule of thumb here without weighing or measuring is to use your hand for measuring. Men-you need 2 portions of protein and ladies you need 1 portion. A portion would be the size of your palm.

For carbohydrates, both men and women should select a portion that is the size of your fist. Lastly, fats, like mixed nuts, walnuts, etc, think the size of your thumb.

For men you should eat protein the same size as your palm. This is usually a huge factor for most people, and they do not realize how much they are actually eating. A portion of food the size of your fist is generally all that should be eaten at one time, because that is the size of your stomach as well.

Stop eating when you are 80% full. This is a technique that I employ 90% of the time, and it obviously will help you consume less food. Think portion control here, as what better way to control what you are putting into your mouth than eating less food each meal. This will equal a lot of weight loss over the course of a year.

Try slowing down your eating and don't eat in the car, standing, or walking. The only time you should eat is at a table. The reason for eating slow is that your brain receives a signal to tell you when you are full.

When you are eating fast, the signal is not received by the brain and you tend to over eat as you are not "full". I understand that you get busy, when you are busy a healthy [meal replacement](#) may help you achieve a healthy body weight.

Another thing to watch of course is your intake of fatty and sugary foods. We all need nutrients, including healthy fats, to keep us balanced, but eating a lot of junk food and sugary drinks will attribute greatly to us gaining more weight. Processed foods don't generally have a lot of nutrients in them, or any at all, and they are high in salt, sugar, and unhealthy fats.

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People tend to use their busy lifestyles as an excuse to gain weight. This is where you really need to plan ahead to avoid any traps that will cause you to make poor nutrition choices. As a famous bodybuilder once said, "Tupperware is a key piece of equipment when training." I couldn't agree more.

With a [meal planner](#) like the one in the link, you can prepare your meals for the week, and receive a shopping list for everything that you need for all of your meals. Then use the Tupperware and prepare those meals on Sunday, freeze them, and take them out each morning for the day. No thinking involved, as you already know what you are eating for the day.

Now breakfast can be a tough one to get in, so rather than make a poor choice or not eating at all, I recommend a [meal replacement](#) to keep you on track.

Should I Go On A Diet?

The short answer is absolutely not. They don't work for the long-term. As we've already discussed, with heavy marketing of the latest "diet fad", it's hard to not get caught up in all of the hype. This is exactly what Corey Lewis discusses in his book [Sergeant Slim's Weapons of Mass Reduction](#). Instead of diet, think lifestyle change, because this will develop a lifetime of healthy eating and exercise habits rather than the short term diet fix.

Do you like cutting out entire food groups such as carbohydrates or drinking weight loss shake after weight loss shake that simply do not taste very good and do not fill you up?

It seems like most folks will start a diet around some life events like a wedding, a high school or family reunion, or the big one-New Year's Resolution.

If that is your only goal, I would encourage you to do your homework and consider [Sergeant Slim's Weapons of Mass Reduction](#) which is more of a common sense approach to achieving a healthy weight. At least when

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you achieve your short term goal, you understand how to maintain the weight loss long-term.

Setting Goals...Think SMART

Before embarking on any kind of change to our normal everyday lives, you've got to have a reason why you are doing them. These would be considered goals.

The reason why goals are important is that you will quit when the going gets hard. Maybe, you recently went from a size 40 pants to size 42 and you are tired of being heavy. Perhaps, your doctor has told you that you need to lose 50 pounds or face the real possibility of a heart attack.

Your goals have got to be real. You do this by writing them down so that you can display them somewhere and see them every single day. The formula I like to utilize is the acronym S.M.A.R.T.

Specific: If you only have a general idea about where you are headed, is a sure way to fail before you even begin. If you were planning to drive in New York City, you wouldn't just drive to reach a specific location would you?

In contrast, you would have detailed instructions before setting out, to ensure that you made it to your specific destination. In the same token, a broad statement like, "I want to get in better shape" simply won't cut the mustard.

It has no power behind it, and you won't even know if you've reached your goal. How so? If you simply lost a single pound, technically you would be in better shape than when you started!

Clearly, this is probably not what you had in mind, so get specific, and nail down precisely what you really want. Try a goal like, "I want to lose 35 pounds and fit into the same pants I wore in college, by the end of this year." See the difference? You will now know when you've arrived at your destination, if you use details like this.

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Measurable: This goes hand in hand with keeping your statement specific, as your goal needs to be measurable. What does this mean?

Make sure your statement answers a definitive question like, “how much?” Using the same example from above, the answer would be 35 pounds.

However, you can take this even further, to help you stay on track. Instead of only including your overall goal, create smaller milestones that you’d like to hit along the way.

You could say something like, “I want to lose 35 pounds, meaning I have to shed at least 3 pounds every month for an entire year.”

This gives you a great way to track your progress, which will help you to stay motivated. After all, as the old Chinese proverb says, a journey of a thousand miles begins with a single step. In the same way, you can’t lose 35 pounds all at once, but you can lose 1 pound this week!

Attainable: This one is self-explanatory, and you need to keep your goal within the realm of reason. Don’t expect to get on the treadmill one time, and drop twenty pounds in one day! Instead, you need to break down your goal into bite-sized pieces, which are aggressive enough to keep you working hard, yet achievable too.

Otherwise, after a few weeks of failing to hit your expectations, you may give up altogether. It would be better to set your goal lower, and then ratchet it up as you exceed it consistently every week.

Realistic: An attainable goal is by its very nature realistic, but there is a subtle difference between the two. It may be possible to hit a certain benchmark, but you may not be willing or able to do so.

For example, while lowering your body fat to 7 percent may be physically possible in theory, it may not be realistic! If you are starting out as a couch potato, or 100 pounds overweight, then your goal should be to get in reasonable shape. Trying to go from your present condition to the

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fitness level of a triathlete isn't truly realistic, and you may be setting yourself up for disillusionment down the road.

The fact that it is possible (attainable), doesn't mean you have a reasonable chance of success (realistic). So, try to keep your goal somewhere in the middle, and you will be fine!

A good statement would be, "I want to lower my body fat percentage from 22 down to only 14 percent in seven months."

However, remember that a challenging goal may make your task easier, because it will keep you motivated. Setting the bar too low, can leave you feeling bored. Only you can decide where the right balance is, and you can always set your sights higher midway through, if you need an extra kick in the pants!

Time Determined: You have probably noticed that each example has a specific time frame included. This is essential, as otherwise you won't know how to plan along the way.

If you give yourself 2 years to lose 50 pounds, then you'd only have to burn off 2 pounds a month. However, if you plan to drop the weight in only 1 year instead, then you'll have to double that figure.

Therefore, your deadline is a critical part of your goal, and it should be very specific.

Now What?

Okay, now you have a targeted goal in hand, which you've worked hard to make compelling! What's the next step, and how can you use this to its fullest effect? As already mentioned, you need to reinforce this goal every day, by displaying it somewhere you will see it consistently. This will remind you what you are after, and it can help you to build new habits as well. It only takes 21 days to start a new habit or routine, so after three weeks of eating right and exercising, you will have a much easier

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time of things.

However, if you've struggled with your weight for years, you may be very entrenched in your sedentary lifestyle and patterns of eating. You may need to get aggressive, and try something a bit crazy to snap yourself out of this rut!

Is a poor doctor's report what is finally pushing you to lose weight? Then put up your clinical notes, blood tests or just a reminder about your poor level of health right next to your written goal.

Why on earth would you do something so morbid? You see, if you are like most people, you will want to forget about this unsettling news as soon as you can. This is only natural, as you don't want to dwell on things which make you uncomfortable.

However, it is important that you do so, as this can give you more motivation than you've ever had in your life. Seeing those test results or your doctor's note every morning, will drive home that you can't afford to give up this time.

Or, perhaps you have a more positive reason instead, like fitting into a smaller dress size for an upcoming event. Why not put up a picture of the dress in question, or even the dress itself?

This may sound a bit unorthodox, but seeing your goal before you in living color every day, will make it easier to pass on those donuts at work.

When you're tempted to break your diet or skip your time at the gym, the picture of that dress will be fresh in your mind. This may sound simplistic, but it really works! So, why not give it a try, as you could begin seeing results like never before.

Get Support:

At this point, you may think that you are finished, as you have come up with a SMART goal and placed it where you will see it daily. While this is a

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great start, you still need one final element to succeed!

You see, most people fail because they don't put a support system in place, to help them through the really tough times. These will inevitably come, and you will be tempted to call it quits at least once along your personal road to weight loss.

You may simply be having a hard day at work, be sore from your last workout, or tempted to eat a whole chocolate cake because you're depressed! Whatever the specific scenario, there will come a time when you need someone to lean on, to help you through a rough patch.

Who should you turn to for your personal support team? Obviously, you need someone who cares for you, and who is on board with your weight loss efforts. If you can get your spouse to help, this is ideal, as they likely see you every day.

Also, you probably eat at least one meal together daily as well, so they can keep an eye on your dietary habits too! However, unfortunately your spouse may not be willing to change, and they may even be resistant to your plan to lose weight. They may be out of shape too, but aren't ready to change themselves, so they will only be a negative influence instead. If this is the case, you need even more support from other friends or relatives, to offset the support you aren't receiving at home.

In fact, it is best to enlist the help of a friend who is already in shape, as they know what it takes to keep the pounds off. Also, they won't be tempted to skip workouts or eat unhealthy meals, meaning they won't cave if you plead them to let you do so.

If you don't know anyone like this, then try to locate a friend that you can get in shape with, as you can partner to lose the weight together. This can be a powerful motivator, as if you are meeting someone at the gym, you can't skip your workout. Also, knowing that you will have to report what you've been eating to them, will give you an extra incentive to stick to your diet too.

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Putting it All Together: By now you know how to write a terrific goal, which will keep you highly motivated. Just be sure to keep it Specific, Measurable, Attainable, Realistic, and Time Determined!

With all of these factors in place, you will know precisely where you are going, and also when you've reached your destination. Then, just look at it at least once a day, to keep your new goal firmly in mind. The next step is to enlist your spouse or a close friend for support, to help you stay on track whenever you are tempted to take a detour. Finally, you can take advantage of my free blog at <http://www.sergeantslim.com/blog>, which is like having your own personal trainer. With all of these working together, you will be well positioned for a successful outcome to your weight loss journey.

How Diets Work

Losing weight is simple; you simply must consume fewer calories than your body requires on a daily basis.

Obviously, we eat because it is a necessity in order to keep our body functioning. If we consume more food than we require we will gain weight. Think about this, if we are consuming just 300 calories extra per day, over the course of the year this could equate to a weight gain of over 20lbs! This would be considered positive energy balance, because we are consuming more calories than we require.

"So in essence a diet is supposed to help you lose those extra calories"

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