

# **Diet, Fitness and Fatloss**

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# Diet, Fitness and Fatloss

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## 8 Weight Loss Tips

**There are a lot of “crash” diets out there that promise that you’ll drop a considerable amount of weight in days or a week.**

I have tried a few of these, and in my experience the weight always comes back on, just as quickly since the weight loss tips given are not something that will work with your body. One thing you don’t want to do if you are actually serious about losing weight is to follow these fad diets and their ridiculous weight loss tips. After their ineffectiveness has been proven time and again, people will start to wise up to that particular diet, and will head off in search of a new craze. Lets be honest, people are always searching for new weight loss tips because they want to lose pounds and they want immediate results, but this is just wishful thinking. To lose weight permanently and effectively it will be a rather slow progress, all depending on your metabolic rate and how much you need to lose. There are however some proven tried and true weight loss tips for aiding in the weight loss process, and I can make you familiar with them. Weight Loss Tip 1

Don’t skip breakfast. Whatever you do follow this advice, because otherwise you are much more likely in fact prone to binge later in the day. Weight Loss Tip 2

Don’t eat anything for at least an hour before going to bed. Weight Loss Tip 3

Don’t snack while watching TV. It’s acceptable to eat a meal while watching television, but never is snacking at this time acceptable. Weight Loss Tip 4

Substitute fruits like; bananas, watermelon, plums, peaches, and oranges for sugary treats like; cookies and candy. Weight Loss Tip 5

Substitute honey for sugar, and carob powder for chocolate in all recipes. These taste just as good if not better when used properly. Weight Loss Tip 6

Eat more vegetables. This can even be enjoyable if you have a good cookbook like Good housekeeping’s latest edition. Weight Loss Tip 7

Avoid unnecessary high calorie foods. Instead of a high calorie salad dressing for instance try cottage cheese or yogurt to improve the salads taste and peel of the pounds. Weight Loss Tip 8

Exercise at least a half hour each day for five days out of the week. Biking on a stationery bike while reading is a great form of exercise to slim legs. In conclusion there is nothing stopping you from losing weight except yourself. Get off the "I can't do anything about my weight problem" bandwagon and start dropping pounds today!

### ABOUT THE AUTHOR

If you want to lose weight and keep it off visit fitness guru Brad Callen’s informative website at: <http://snipurl.com/98g1>

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## Best Diet - 3 Key Features Your Diet Must Have For Weight Loss Success

So you've made the resolution that THIS is the year you're going to lose weight and get in the best shape of your life. You're not going to settle for second best - you're going to achieve that dream body you've always wanted.

Great news - this is actually the best time to make that commitment. Why? Because you can take advantage of the powerful momentum and energy a New Year brings to achieve your weight loss dreams.

But there's nothing worse than committing to lose weight, only to get lost among the 5 gazillion diets out there. It can get confusing - you may end up wasting a lot of money and effort. You may end up wondering which diet is really the BEST diet for you.

You may even end up feeling so frustrated that you give up on your dream of becoming slim and healthy. But it doesn't have to be that way.

In order to have rapid weight loss success, you have to find the best diet for you (a.k.a. the diet that will speed you towards your dream body at lightning pace). There are millions of diets - but only a few that are best for you and your lifestyle.

The best diet for you will have the 3 key features listed below. Choose your diet with these 3 key features in mind and you're already halfway to your weight loss dreams.

### #1 Proven Success Rate

Are there before and after pictures of people who have lost weight with that particular diet? Are there customer testimonials? Have there been independent studies done on the diet's success rate?

The diet you choose doesn't have to have all three of these but try to find at least some kind of proven success rate before choosing that particular program. Finding a diet with a proven success rate not only lets you know that the diet works but it also helps give you the confidence that the diet will work FOR YOU.

Confidence is one of the most underrated factors in a successful weight loss program. If you've tried and failed with diets before you especially need that extra boost of confidence to carry you through the more difficult times in the diet. By reminding yourself that this diet has been proven to work - you'll be able to keep going and reach your weight loss goals. A related feature that gets extra points is if the diet has been recommended by an expert or a physician. Again this boosts your confidence that the diet is safe and effective.

### #2 Affordable

Losing weight should not cost you thousands of dollars (unless we're talking about surgery here and

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that's an entirely different article). The best diet will be affordable for the average person.

If the diet costs too much, be very suspicious and look elsewhere. There are too many shady diets out there and as a consumer, it pays to be cautious. I'll give you an example of what I mean:

A close friend of mine went to a well-known weight loss clinic in our area and was told she had to pay the yearly fees up front (around \$1000 NOT including food). They also told her she had to buy their food in bulk (like \$500 for a year's worth of chocolate).

When the chocolate gave her heart palpitations and she had to take it back, they told her it was non-refundable. She was out the money for the chocolate. Plus, she feels she can't leave the program because she's paid the yearly fees (which, you guessed it, are also non-refundable).

She unfortunately made the mistake of ignoring her instincts and paying way too much money for a diet program. If you notice you're being asked for hefty fees right out of the gate, warning lights should be flashing in your mind.

Now on the other hand, the best diet WILL cost you something. It actually is better if you put some cash on the table for your diet program. Why? Because when we invest in something we're more likely to stick with it. When we invest in something we are more likely to follow through and get the results we want.

For example I did a liver detox several months ago. I'm not really into liver detoxing but I read an article and figured I'd try it.

The detox kit cost me a whopping \$50 and when I opened the instructions they told me I had to give up junk food for two weeks. In any other universe I would have laughed and simply forgotten about detoxing my liver. But because I'd shelled out \$50, I was invested - I decided that I hopefully wouldn't starve from lack of junk food over two weeks and suffered through it.

If I'd gotten the detox kit for free there's no way I would have followed those instructions. But because I was invested, I followed through and now have a healthier liver thanking me for it.

So when searching for the best diet, putting out some money on yourself and your dreams of a better body is actually a healthy thing. Just keep in mind that you shouldn't have to spend thousands of dollars on it.

### #3 Compatible with Your Tastes and Lifestyle

This is THE most crucial step however it's the one where most people go wrong. When choosing a diet, they simply pick one and go, without considering if it is compatible with their tastes and lifestyle.

For example, if you hate feeling deprived or empty you might want to choose a program that lets you eat many times during the day so you don't feel hungry. If you get bored easily you want a diet program that gives you tremendous variety and flexibility. If you don't do a lot of cooking or food

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preparation, you'll want to look at a program where the food is pre-made for you.

Diets are like cars - there are hundreds of different models out there, each with their own unique features. And they can get you where you want to go. But your personality might gel better with certain features than others.

Dieting is hard enough. Don't make it harder on yourself by choosing a diet not compatible with who you are. Setting yourself up for success will also guarantee that you'll stick it out until you reach your goal.

And one other thing, the best diet will be one that you can get excited about. Choose a diet that you enjoy, that you believe in, that may actually be - gulp - fun.

Emotional excitement will fade in time, yes. But it can give you enough of an emotional push to get you over the initial hump. By that time your first few pounds will have come off and will serve as your continuing motivation.

So those are 3 key considerations when looking for the best diet. Keep them in mind and you will progress in leaps and bounds towards your dream body. Remember, planning now may seem boring - but it's the key to your future weight loss success.

About the author:

Vienna Miller is a contributing writer to [Diet Reviews](#). Review the Best Diets of 2006 at: [http://www.freetobethin.com/article\\_Diet\\_Review\\_Top\\_3\\_Diets.html](http://www.freetobethin.com/article_Diet_Review_Top_3_Diets.html)

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## Diet and Fitness, Winning Tactics For Weight Loss

Tell me, does this describe you? 'I tried a zillion diets in fits and starts and was never successful.' Just going on a diet will not give you a complete healthy persona. I finally paid attention to what everybody was saying, but I was too lazy to do.

I added exercise and fitness to the equation. We also need to stay fit as well as diet to lose weight. Our true wealth is our health. Isn't it worth your time bring it into peak condition and maintain it? Diet fitness is all about an accurate mix of diet and an appropriate fitness program.

This basically includes three levels of consideration:

1. Balance-A balanced diet must contain carbohydrate, protein, fat, vitamin, mineral salts and fiber in well proportionate quantity. Carbohydrates are the source of energy so these play an important role in balanced diet. Intentional inclusion of all foods from fruits to vegetables and meats to grains.

2. Moderation- portion control, small quantity at regular intervals. I had to laugh when I heard the results of a 5-year study costing millions of dollars the government ran to find out why the population of the US is getting heavier. The results...they determined we eat larger quantities! 'Super Size it!'

3. Variation - wide variety in foods, means higher chances of complete nutrition. And variety in your workout routine means a greter chance of sustaining it.

It is a well-known fact that poor diet leads to diseases, like obesity, even cancer and heart disease. The link between diet and physical fitness has well been established and recognized as a science in itself. It's the basis of dynamic and creative intellectual activity. How do you balance diet and fitness? What changes in your diet and fitness regimes will prove to be the most beneficial ones?

These questions may have been on your mind for a long time but you didn't know where to start. I let the paralysis of analysis prevent me from getting started for a long time. I wanted the 'perfect' fitness plan. My advice? Just get started anywhere,



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but get started. There are the solutions at your doorstep. First and foremost, you need to ensure that the diet you are on, supplies you enough strength and energy to carry out the fitness training which means:

The basic fitness diet should:

1. Have a wide variety of foods-- wholegrain breads and cereals for vitamins and minerals, leafy green vegetables for iron fueling, fruit for adequate fiber, lean meat and Fish (lowers cholesterol and helps prevent cancer) and low fat dairy products.
2. Enable you to have optimal weight and energy to carry out daily activities with ease.
3. Enhance quick and complete recovery during exercise.
4. Supply enough fluids to have maximum hydration. 5. Provide both short and long term benefits and ease of maintenance.

When the above criterion is satisfied, you can confirm that you are on a diet that is not starving you or running you the risk of malnutrition and weakness. Fitness programs can include not only basic gymnasium but modern techniques like dancing, aerobics and yoga for variety and fun. If it is enjoyable it will be easier to maintain.

Make no mistake about it, fitness regimes help you speed up the process of losing weight along with the diet. That is the key, the magic diet accelerator. So eat healthy, exercise and be wise!

About the author:

Bill Urell reviews only the best diet and fitness plans, tips, and articles that promote healthier lifestyles. Visit us and claim your FREE E-Cookbook, as a welcome gift.

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