

THE FAT BURNING ZONE

*Separating Fact From
Fiction*



The Fat Burning Zone

Separating Fact From Fiction

By
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*Discover The Ancient Japanese Tonic
Mix Now Before It's Censored!*

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Foreword

Let's face it pal. Those turtlenecks is doing anything but get rid of that double chin taking residence. On a second note, you ever feel

Sluggish? Out of shape? Like your clothes seem to be outgrowing you a little faster than they should?

Get all the info you need here.



Introduction

Are you the guy who's perpetually perched on the couch sitting in front of the Television set eating a bowl of crisps and a bottle of beer perfectly balanced on your stomach, dreaming of that tasty, greasy Big Mac and hating yourself for it?

Are you tired of being on the heavy side? Do you want to get on the right track and for these questions to stop? Well buddy you've got it!

With this copy of *Weight Warriors : The Spartan's Guide to Chiseled Abs*, we'll have you out of that couch and into those running shoes in no time! Because now is the time to decide to live a healthy life-style.

The Basics

But before all else, please do keep in

mind that healthy isn't being skinny. Healthy is the state of a well-fit mind, body and spirit. Not your preference on the demon scale, or how good you look in that new body hugging blouse.

It's about making the right choices that will absolutely bring amazing results throughout your lifetime. It's about giving your body the exercise and flow of positive energy it needs. It's about reinvention. Molding you into a better, happy and healthy person. The saying health is wealth was right all along.

Health is well being. Happiness that doesn't have to cost you a dime.

If you've been heavy for almost all of your life or if you have a parent who is heavy, your obesity may be highly influenced by genetic science.

But this isn't a death sentence, because I assure you exercise and a whole lot of dedication will go a long way. We can

defeat the fat gene and those fat cells right here, right now.

Embracing the beautiful concept of being physically fit will come with a whole lot of great benefits, such as the amazing feeling you'll get when you wake up one morning and feel totally refreshed, better than you were before.

It's like waking up on the right side of the bed every day. And once you see those pounds being knocked off on that scale, it's like Christmas came early. Now you'll finally able to get into those favorite jeans of yours that you outgrew last year or that extra mile you thought you could never make. And it gets better.

A healthy life style isn't something you can put down or pick up whenever you feel like it. It takes dedication and perseverance. In a matter of weeks, even days, you will be able to be successful

and pleased with easy choices that reward you in the long run.

The toning process is extremely wonderful, giving you that extra kick and confidence everyone should have. Remember, a fit life-style is a set of selections you make day-to-day.

There is no magical formula, only dedication to making favorable selections a righteous your life. Never consider your health as something demanding or high-maintenance.

Rather, think of your health as a great investment, and not a scary project. Remember, this is you we're talking about. And don't you deserve the best life has to offer? Have self-assurance and patience and you'll be a winner by the end of this race.

List down your goals. Arrange goals for your self at steady intervals like a few weeks, to a couple of months and so forth. Be fearless. We're doing this together, step by step.

If you wish to run 5 miles within 6 months, then write it down. Don't be afraid of big dreams and high hopes. The only thing standing in the way is You. Do not expect yourself to be able to run 5 miles on the first run. You're starting off and your body isn't accustomed to the vigorous activity at hand, so don't worry.

Be easy on yourself and take it one step at a time. You won't ever get to accomplish anything if you keep telling yourself time and time again that you aren't up for it. Stop hiding from those running shoes.

Procrastination is the enemy.

Let's begin with a dietary and physical activity journal and jot down everything you consume, as well as how much physical activity you get throughout the whole day. Keeping track will help you see how much work you've done and do estimated weight changes and such.

Remember that everything adds up, from that additional café latte to taking the stairs at work. Utilize this handy journal to distinguish your sorry habits and areas for betterment.

With all the latest fitness breakthroughs and out-of-this-world diets and crazy myths, it's important to stick to the real deal. Start off with the easy bits like learning how to read nutrition labels, calculating your daily calories intake and limiting fatty food. This will help you arrive at great food selections.

Get out there and learn about chances for exercise groups and activities in your

area. Walking, swimming and Yoga are awesome ways to get fit and start off your physical endeavor.

Get rid of old enticements. You are what you eat. It's time to say goodbye to the toxic food habits we don't need. The end of this relationship however has a happy ending. The procedure of living a healthy lifetime will involve breaking habits. Rather than overhauling everything you do, begin with manageable steps and get a few early wins.

Take it easy on yourself. You'll slip some of the times. You're going to crack and think about screwing this whole thing over and making a run for the closest greasy food joint in town and gorging yourself in glutton.

That's okay. Rewards are all good, and little treats from time to time are alright.

Forgive yourself and indulge only when you think you've earned it.

Like a palm sized amount of Kisses that will truly satisfy you after that long run after work. But if you're constantly cheating, then you have to assess what is going on and discover ways to get back on track.

Remember that the whole story isn't on the scale. The number on the scale does not decide what kind of person you are or how pretty or ugly or nice you are either.



3 LBS IN 3 DAYS?
You *won't believe* what she looks like now!
» [See Her Now!](#)

The scale is there to help you see the changes you need to make, and the changes you've accomplished. Weight loss might be on the top of your list, but other elements such as healthier food being consumed daily and a happier, fit you are equally just as important.

Eating Your Way To Abs

When it comes to getting those flashy, A-list Abs, is your first choice to jump into that celebrity diet everyone's been raving about? Where all they take is some exotic jungle juice?

Often times a quick five to ten pounds will come off, but then pretty soon your old eating habits come right back because of the drastic changes in your eating habits.

If you're really dead set on knocking off those pounds via a diet, then you must make sure to be very devoted to it. Stick to something that you'll be comfortable with. A Diet is a life-style, not a one-time shindig.

The Food

When you're on a diet, you won't be able to eat a lot of the things that you used to. It's a sacrifice you have to be willing to make, but by the end of the day it's all worth it. But don't worry because the wonderful world of substitutes and alternatives are here to help.

In diets you might consume food you might not like a great deal and don't find comforting or easy to stomach. But that's why you need to have a diet that caters to your dietary needs.

You're going to need to be happy and comfortable with it so that you won't go quitting after a few days. Plus you'll be working out an appetite because of all the strenuous activity, so you've got to love the food.

The very word Diet already calls for a horror movie worthy scream. That's because we have this idea of diets

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