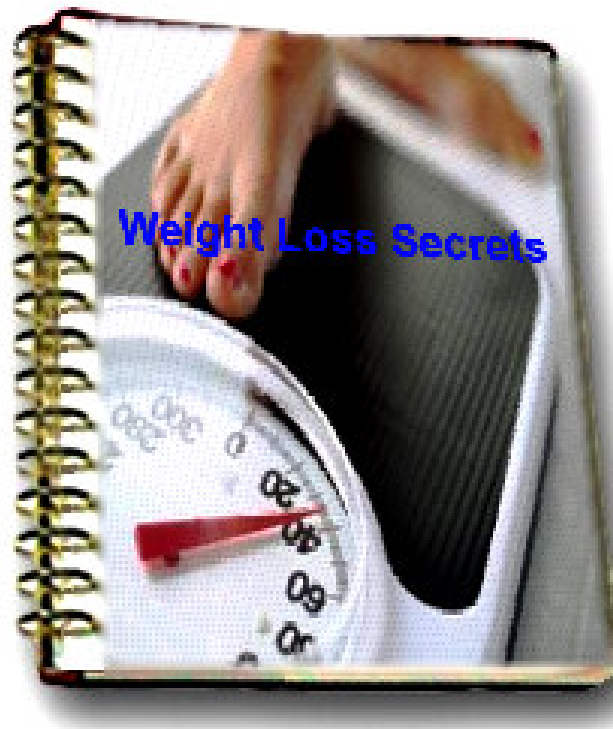


Please forward this report to anyone you
Know trying to change their body.

Inside Secrets the Fat Loss Industry Don't Want You to Know



The Dangerously Fit Workout and Nutrition Manual

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Introduction

If you're like the majority of people that are trying to lose weight, tone up and get fit, you've probably read countless weight loss books and tried all the fad diets. As you probably know by now those fad diets don't work, do they? And if you are one of the lucky ones to lose some weight while on the diet, how long do you manage to keep it off? As long as you stay on the diet right? As soon as you come off the diet you'll put it all back on, and then some.

And then there's the fat loss supplement industry, how many miracle pills have you popped? How many weight loss shakes have you already drank? When you fail on these as most people do you feel it's your fault, right? In reality it's not your fault. The weight loss industry is making a fortune at your expense by feeding you rubbish and misleading you, they know how much you want to change the way you look and feel.

The truth is the majority of people just don't know how to eat properly. We all know we should eat 5-9 servings of fruit and vegetables everyday but how many people do? 95% of Australians are undernourished and you are probably one of them.

When you think of someone being undernourished you immediately see images of people starving in Africa, but in reality if your overweight you're actually undernourished. Because you keep putting the wrong foods into your body, your body keeps sending you signal's that you're still hungry. If you ate foods that are high in nutritional content your body will stop craving the vital nutrients it needs, and you'll be closer to your perfect weight!

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This report is normally worth \$29.99 because the information contained inside is truly powerful if applied correctly and consistently. As a gift I'm giving it to you for free. It's the accumulation of years of Personal Training experience, reading all the latest information the fitness industry has to offer, testing out and applying what really does work!

Now, you may be asking yourself why I am giving away all of these fat loss secrets for free. It's because I'm a firm believer of you reap what you sow and hopefully this will go towards helping you reach some of your fitness and weight loss goals.

Below I have listed some guidelines that will help kick start your weight loss regimen and put you on the road to living a healthier life. Obviously these are just a few of the many things that you can do to help you lose weight, but if you apply and make these changes to your daily lifestyle, you can be free from the hype and propaganda and on your way to a new you.

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Fat Loss Secrets You Can Use Today!

Fat loss tip # 1 – Eat low GI foods.

Eat foods that are low on the GI index. Put Simply, The Glycemic Impact Index (GI) of a food tells you whether the carbohydrate in the food is fast or slow releasing. Eating foods that have a high GI rating causes your insulin levels to rise, it's a known scientific fact that your body has trouble burning fat when your insulin levels are elevated. Foods that are low GI will give you longer lasting energy whereas high GI foods will give you a short burst of energy, leaving you feeling hungry shortly afterwards. Avoid simple sugars which are found in sweets, soft drinks, cakes, bread, bagels, white pasta/rice and juices. Limit alcohol consumption. Instead get the majority of your carbohydrates from fruits, vegetables, beans and brown rice.

Fat loss tip # 2 – Healthy Fats.

Not all fats are bad for you, the right kind of fats are essential for optimal health and help reduce the risk cancer, heart disease, Alzheimer's and a host of other illnesses. Foods that are high in saturated fat, which are found in animal based foods and Trans fats which are in processed foods should be kept to minimum. Totally eliminate fatty meats from your diet (bacon, sausages etc). If you do eat meat, make sure it's a lean cut. Make sure you eat plenty of seeds, nuts, avocado's and fish and be sure to take an omega 3 supplement.

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Fat loss tip # 3 - Drink plenty of water.

Two thirds of the human body consists of water, which makes it our most vital nutrient. Water is necessary for the transportation of essential vitamins and minerals as well as carbohydrates. If your water intake is low you lose the ability to transport nutrients through your body and substances such as urea, uric acid, ammonia and other nasty matter begin to accumulate, leaving you feeling lethargic.

If you don't drink enough water your body will actually store more water because it's not sure how long it will have to wait for you to drink again. So by drinking more water it's actually possible to lose 1-2 kg of bodyweight of stored fluid. Drinking a glass of water before your meal can also help control your appetite and stop you from overeating.

Fat loss tip # 4 - Eat 5-6 meals times a day.

Eating at regular intervals will keep your metabolism burning strong throughout the day. You're also less likely to binge eat, will have stable energy levels and will burn more calories through increased meal consumption (digestion burns calories). If you have trouble eating 5-6 meals a day, try adding a meal replacement to your diet, make sure its 'whole food based' so it has genuine nutritional value.

Fat loss tip # 5 - Eat more fiber.

A diet that is high in fiber will aid in fat loss whether you're eating less calories or not. Fiber assists weight loss by releasing sugar into the bloodstream slowly. High levels of sugar in the bloodstream cause an insulin spike which will slow fat burning. Good sources of fiber are found in whole grains, lentils, beans, nuts, seeds, fresh fruit and vegetables. Avoid refined and overcooked foods.

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Fat loss tip # 6 - Calorie deficit.

Through proper diet and regular exercise create a calorie deficit. This simply means burning more calories than you're consuming. Keep a journal and get a calorie counter, you can record your diet for free at www.fitday.com. How are you supposed to know how many calories you're putting into your body if you're not keeping track of what you're eating and drinking? By creating a calorie deficit you'll be using energy from your energy stores (body fat). The trick is not to create a calorie deficit that's too high or your body will think its starving and will begin to slow your metabolism down, your focus should be on losing fat, not necessarily weight. A too high calorie deficit can also cause a reduction in lean muscle mass making it harder for you to lose weight.

Fat loss tip # 7 – Weight training.

Muscle is the only tissue that is metabolically expensive. Therefore increasing muscle mass will elevate your metabolism at rest, you'll burn more calories sitting behind your desk and whilst you're asleep, you will also burn a considerable more amount of energy whilst you're exercising through greater energy demand from the increase in lean muscle.

Perform exercises that will give you the biggest return, compound exercises such as deadlifts, squats, pushing and pulling exercises and use a variety of combination lifts and circuits. Use drop sets and superset's and keep the rest period in between exercises to a minimum.

Fat loss tip # 8 - Consume more protein.

Eating protein will keep you fuller for longer, meaning you'll consume less overall calories in a day. Eating protein also makes your digestive system work twice as hard as eating carbohydrates and fat, so by eating more protein you'll be burning more calories through digestion (this is known as the thermic effect). One of the biggest mistakes people make when dieting is that they lose muscle as well as fat, which will in turn slow down their metabolism. By eating plenty of protein and following a suitable weights program this will ensure you maintain your muscle tissue. If you have trouble consuming adequate amounts of protein, try supplementing with a 'whole food based' protein drink.

Fat loss tip # 9 - Interval Training.

Interval training is the #1 cardiovascular exercise for weight loss. It includes high intensity exercise (for 10-60 seconds) broken up with periods of low intensity exercise. The good thing with interval training is that you burn more calories in a shorter amount of time. So there's no need to spend hrs pounding away on a treadmill, you can be done in 20-25 mins and that's including your warm up and cool down! This form of training will keep your metabolism elevated for up to 24 hrs after you've finished training, through E.P.O.C (excess post-exercise oxygen consumption), so you'll be burning calories even while you're sleeping.

Fat loss tip # 10 - Include a cheat day once a week!

Keep your body guessing and have a cheat day once a week. This will stop your body from hitting a plateau and stop your metabolism from slowing down. A cheat day is a good time to eat the foods you've been craving throughout the week. No-one can eat perfectly 100% of the time without cracking, so hold off any foods that aren't in your nutrition plan until this day. Having a cheat day will allow you to be good for the other 6 days of the week, (just don't go too mad)!

Fat loss tip # 11 - Eat whole foods.

Whole foods have formed the basis of the human diet for millions of years. In the last hundred or so years we have been subjected to countless foods that are totally foreign to us. Much of what we call food today (McDonalds, potato chips, sugar coated cereals, French fries) are highly processed and have no nutritional value, these foods will be stored as fat by your body. You are what you eat, if you eat wholesome foods that are full of nutrients, your body has all the raw materials it needs to keep you nourished and maintain a weight that is ideal for you. Whole foods are foods such as fruits, vegetables, nuts, seeds, beans and whole grains all of which are full of vitality. It is also a good idea to take a 'whole food based' supplement everyday. See www.juiceplus.com.au/+dc008284

Fat loss tip # 12 - Write your goals down.

On a piece of paper write down your goals, set yourself a timeframe and look at it everyday. Make sure their realistic enough for you to achieve but tough enough to make you work hard for them. Every time you reach your goals, set new goals and timeframes, this will help you stay motivated and maintain your results. Having goals gives you a path to follow and something to strive for.

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