



HOW TO LOSE FAT FAST

**LOSE
WEIGHT,
NOT YOUR
TIME!**

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Introduction

Congratulations! You're about to pull ahead of the pack of dieters who try, time and again, to lose weight and keep it off. No matter your age or fitness level, the fat loss tips in this book will propel you toward your goal.

You will soon learn how to:

- Blast stubborn belly fat
- Get rid of bloating once and for all
- Boost your energy
- Make the most of your metabolism – even if it's been damaged by yo-yo dieting
- Eliminate food cravings
- Separate fitness fact from fiction
- Avoid “diet” foods that make you hungrier
- ...and much more!

You took a huge step toward your goal when you downloaded this book. Now sit back, digest the useful information it contains, and prepare to stop dieting and start losing fat permanently.

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5 Secrets to Getting a Flat Belly

As dieters, we've all dreamed of having tight, toned stomachs with sexy six-packs. Unfortunately, abdominal fat is not only dangerous, it's just plain hard to get rid of. For many of us, the midsection seems to be the first place we pack on extra pounds, and the last place we lose them.

But don't give up hope just yet! Here are five proven secrets you can use TODAY to get a flatter stomach while you work to reduce that stubborn belly fat.

Secret #1: Reduce overall body fat.

There is no such thing as spot reduction. That is, you can't lose fat in your stomach area without losing fat everywhere else. To get the lean stomach you want, you'll need to reduce your overall body fat percentage. This can only be done through a healthy diet and exercise regimen that combines aerobic exercise with strength-training.

Start today by researching a food plan and exercise routine you'll enjoy. The most successful plans feature diets high in lean protein and complex carbohydrates, plus cardio exercise and strength-training three to five times a week.

Secret #2: Fill up on fiber and protein.

Snacking on the wrong foods can sabotage your tummy-busting efforts. Keep your hunger – and your waistline – in check by filling up on whole grain oatmeal, fruits and vegetables, beans, lean meats, nuts, and olives. Foods that are high in Omega-3 fatty acids, such as fish, help counteract the fattening stress hormone cortisol.

Cortisol sends signals to the body that cause it to go into survival mode, storing fat all over, but particularly around the midsection. Reduce your cortisol levels, and your body will start to burn through those fat stores again. You can reduce cortisol today by practicing relaxation and eating foods high in Omega-3s.

Secret #3: Stay away from salt and sugar.

Carbohydrates cause us to retain water (hence the –hydrates suffix). This can result in bloating, especially in the tummy area. Salt is another notorious bloat-inducer. Instead of loading up on table salt, try smaller amounts of sea salt, or a salt substitute.

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For quick stomach shrinkage, reduce the number of carbs you consume each day. The ones you do eat should come from whole grains, nuts, fruits and vegetables. These complex carbohydrates help regulate hunger and minimize cravings.

Secret #4: Strengthen your core with regular sculpting exercises.

Exercise will help remove the layer of fat that hides your abs from view. It will also help shape those hidden muscles so that they'll look great when they finally make their appearance. A strong core will also help you stand and sit upright, which has a two-fold benefit: Good posture makes you look thinner, and also gives you ample opportunities to work those abs by holding them taut as you walk or sit.

For the strongest, most sculpted abs, do core-strengthening exercises like sit-ups, V-ups, leg lifts, or Pilates three or more times a week. Vinyasa yoga has several poses which strengthen the core and help you clear your mind of stressful thoughts that stimulate cortisol production – a fat-busting bonus!

Secret #5: Drink water to flush fat away.

It might seem counter-intuitive to load up on water when you already feel bloated, but the fluid you consume actually helps your body get rid of the fluid it's holding on to.

Bloating occurs when the body is dehydrated. In an effort to preserve its vital fluids, the body holds onto every bit of water it has, resulting in puffiness in the hands and abdomen. The only way to counteract this is to drink enough water to make your body feel safe again, allowing it to flush the retained fluid from its system.

A flat stomach is something you must earn over time, but that doesn't mean you can't make some quick fixes today! Starting now, you can:

- **Shop for bloat-busting foods.**
- **Find a core-strengthening exercise plan that you enjoy.**
- **Drink plenty of water.**
- **Stand up tall! You're already making progress toward your goal.**

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The Top 5 Ways to Boost Your Energy

Of course, it's hard to get that flat stomach of your dreams if you're tired all the time. Many of us lead busy lives that leave us feeling stressed out, drained, and just plain exhausted. While it's unrealistic to do away with all of the demands on your time, it is very possible to increase your energy level so that you can cope with those demands and still have enough oomph left to exercise.

Here are five great habits that will have you feeling energized in no time:

Tip #1: Eat small, frequent meals.

Your body is in a constant state of action. It has to move, think, and carry on vital functions throughout the day. Therefore, it needs constant refueling in the form of small, frequent, healthy meals.

Start your day off right with a combination of protein and healthy carbs for breakfast, such as a scrambled egg, two slices of turkey bacon, and a cup of strawberries. Eat another snack two hours later, like a handful of almonds and a stick of low-fat string cheese. Distribute your calories throughout the day, eating every two to three hours, to keep your hunger low and your energy high.

Tip #2: Add exercise to your daily routine.

One effective way to energize your body is through exercise. The more you move, the more your body will want to keep moving. Exercise will also speed up your weight loss, keep you flexible, improve your heart health, and decrease your stress level. There's no reason not to do it!

If you're not accustomed to exercise, experts recommend starting small. Find a fun cardio exercise, like walking or dancing, and work it into your daily schedule five times per week. Each exercise session should last 20 to 30 minutes to begin. After just a few days, you will notice that you feel better, sleep better, and have energy to spare throughout your day.

Tip #3: Get enough sleep.

Studies show that most people, especially women, aren't getting enough sleep these days. Like food, sleep is crucial for recharging your energy. Get too little, and you'll have

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trouble focusing on tasks, struggling through your exercise routine, or even staying awake.

How much sleep is enough? The typical adult requires anywhere from 7 to 10 hours per night. Sadly, less than 40% of all Americans get a sufficient amount of sleep. To get the best rest possible, avoid drinking caffeine in the afternoon and avoid alcohol consumption at night. Caffeine can act as a stimulant for up to 7 hours after you drink it, and wine and other alcoholic beverages are notorious for causing nighttime wakefulness. Also, avoid over-the-counter sleep-aids if possible. These have been known to stimulate the appetite, and you could become dependent on them.

Tip #4: Practice conscious breathing for stress-relief.

Stress can zap your energy, leaving you physically and emotionally exhausted. Stress has also been linked to a large number of health complaints, from migraines and insomnia to weight gain.

To de-stress the natural way, choose a quiet place to sit and relax. Take a deep breath, inhaling as deeply as possible until your lungs are full and your stomach is distended. Hold the breath for a count of four, then release it slowly and completely. Wait four seconds and repeat the process. Conscious breathing calms the mind and revitalizes the body.

Tip #5: Feel your best with vitamins and nutritious foods.

A vitamin deficiency could be contributing to your lack of energy. It's important to get the recommended amount of vitamins and minerals each day. Try eating a variety of foods each day. Eggs, lean meat, low-fat dairy products, whole grains, and a variety of colorful fruits and vegetables will provide most or all of your nutritional needs.

Some vitamins, particularly the B vitamins, are crucial for optimal energy and metabolism. To fill in any gaps in your nutrition, take a multi-vitamin each morning. Some vitamins are fat-soluble, so 1% milk is a good beverage to wash them down with.

A healthy body needs plenty of energy to work efficiently. You can boost your energy by controlling stress, eating properly, exercising daily, and getting a good night's sleep.

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How to Eliminate Bloating

You've been eating right and exercising, doing all the things experts say you should do in order to lose fat and get healthy. But when you step on the scale, you get a nasty shock: you've gained 5 pounds! What did you do wrong?

Absolutely nothing. Everyone experiences unexpected weight gains from time to time. These are caused by water retention, also known as bloating. Bloating can be very discouraging to dieters, but it's important to remember that the weight gain is temporary. You can lose the water weight as fast as you gained it by following these simple rules:

Reduce your carb intake.

Carbohydrates give us quick energy, but they also make us retain water. When stored in the body, carbohydrates attract water. The end result is a puffier appearance, tighter clothes, and a few extra pounds on the scale.

To reduce bloating, eat fewer carbs. Note that this does not mean you need to eliminate all carbohydrates. Simply avoid sugar, starch, and any product made from refined white flour. Instead, eat protein, healthy fats, vegetables, and products made from ground flax seed. You will see a visible reduction in your bloating after one to two days.

Use up your glycogen reserves.

Carbohydrates are stored in our muscles as glycogen. Glycogen combines with water to puff muscles up and make them look larger. While this is desirable for competitive bodybuilders, the typical dieter doesn't want to look any bigger than they already are. To do that, you'll need to make sure you're burning through those glycogen reserves.

The strategy is simple: eat fewer carbs and exercise more. Do a mixture of cardio exercise and strength training, and eat only protein and healthy carbohydrates, like fruits and vegetables, to fuel your workouts.

Drink more water.

Quick: make a fist. Do your hands feel tight and puffy? If you wear rings, do they leave deep impressions in your skin after you remove them? These are sure signs of bloating, probably stemming from dehydration. Water is a sure cure for this type of bloating.

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When your body doesn't have enough water, it starts to hold on to every bit of fluid it has access to. This causes the fluid to build up inside you, leaving you bloated and sluggish. To overcome this survival mechanism, you'll need to drink a lot of water. How much is a lot? At least 64 oz over the course of a few hours. You can tell your dehydration is being corrected when you start to pass clear urine.

Cut out the extra salt.

Sodium is a necessary mineral, but a diet heavy in processed and fast foods (ie, the typical Western diet) provides far more sodium than is necessary or healthy. The human body requires only 500mg of sodium daily, but many of us routinely take in 6,000mg or more each day!

All of this extra salt can have a detrimental effect on your health and your waistline. Sodium acts as an irritant to your muscles and organs. In order to dilute this effect, your body will retain water. This is why excess salt consumption leads to bloating in so many people. To avoid this, eat as many whole, unprocessed foods as possible. Use potassium chloride as a salt substitute, and drink plenty of water to flush your system.

Caffeine: A quick and dirty trick.

Caffeine has both a laxative and a diuretic effect. Simply put, it makes you pass waste materials and fluids at a faster rate. If you need to look your best for a special event, but haven't been able to lose the bloat, drink some coffee along with 64 oz of water. This should get things moving!

Remember that caffeine is simply a quick fix, and should not be used as a long-term weight loss strategy. This method will result in a loss of temporary water weight only. Go back to your healthy diet plan as soon as possible, and follow the preceding tips to keep bloating at bay.

Bloating can make you look and feel bad, but these tricks will help you fit into your skinny jeans in no time!

3 Little-Known Ways Your Body Can Put on Fat... Even While Dieting

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We diet to look better, feel better, and enjoy better health. Most commonly, we diet to lose weight. But did you know that millions of people actually *gain weight* on their diets? Of course, some people fall off the wagon and binge their way back up the scale, but for many, it's simply a case of being too virtuous.

To end your diet lighter than you began, avoid these common diet mistakes that can make you fatter:

The Fattening Feast & Famine Cycle

Did you know that diets have been proven to make the human body more efficient at storing fat? That's disappointing news for the millions of people who start a new diet each year, but it's simple science. The human body was designed to preserve itself during times of famine. The problem is that, in modern days, most of us have replaced famine with diets.

Consider a typical yo-yo dieter. They go on a diet, lose some weight, go off the diet, and regain what they lost – plus a little extra. This cycle leaves many people heavier than they were before they started dieting. Their bodies, confused by periods of low caloric intake, do exactly what they were designed to do: store more fat to survive these periods of self-induced famine.

To avoid this, it's important to view healthy eating not as a temporary fix, but as a lifestyle. Choose a food plan you can comfortably follow 85% of the time, for the rest of your life.

The “Skinny Fat Person” Syndrome

Your weight is not the only indicator of dietary success or failure. Since muscle is heavier and denser than fat, it's possible for a perfectly healthy slender person to outweigh their same-sized peers. Healthy thinness is achieved by regular exercise, strength-training, and a balanced diet.

Unhealthy thinness is achieved by starving the body. This often happens when a dieter uses their weight as the only benchmark of success. As they decrease their calories, their bodies begin to store fat due to the famine effect described above. Their weight may decrease, but only because their bodies are beginning to feed off of their healthy, lean muscle mass.

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