

Getting **Fat...**
Rid of

And Keeping It Off!

Building Muscle 101



- ▶ **Lose weight!**
- ▶ **Burn fat!**
- ▶ **Look great!**

**Your 12 Week Fat Busting
Weight Loss Program.**

Getting Rid of Fat...

And keeping it off.



**Sound information and strategies to help
you beat the battle of the bulge!**

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Introduction

We all know how important it is to maintain a healthy body weight through proper nutrition and regular exercise. If you are one of the many North Americans struggling with their weight, you are not alone.

According to the Canadian Community Health Survey conducted in 2004, obesity rates among children and adults have increased substantially during the past 25 years¹. In 1978-79, the age adjusted adult obesity rate was 14%. Twenty-five years later, 5.5 million individuals, representing 23 percent of adults were obese. These findings are deemed to be extremely accurate as the over 35,000 participants in the survey had their height and weight verified by the researchers.

Being overweight is touted as the health crisis for the 21st century. Appearance issues' aside, carrying too much fat is a major risk factor for chronic diseases like diabetes, heart disease and certain cancers. Large majorities of people need to heed the warnings of the medical community and recognize that their quality of life and indeed the length of their life will be impacted if they do not make lifestyle changes to help take the weight off and keep it off.



Time for a Change

If you are fed up with fad diets that help you lose a few pounds only to end up putting back on the pounds lost and a few more, then you need to recognize that there is no magic pill, no magic food, no magic formula that will help you obtain long lasting weight loss. The only people benefiting from these fad diets are the companies that create the products as shown by the Institute of Medicine's estimates that Americans spend more than \$33 billion annually on weight reduction products, such as diet foods and drinks².

Even though we are spending increasing amounts of money on diet programs and products, our waistlines continue to grow as demonstrated by the dramatic increases in obesity in the last 25 years. The only strategy that has proven effective for long-term weight loss is to make healthy food choices and to exercise. In fact, researchers have demonstrated that in order to maintain weight loss, you need to make permanent lifestyle changes. These changes may be difficult, but they are worth it as you will feel better, look better, have more energy and will decrease your risk of chronic disease.

¹ Shields M, Tjepkema M. Nutrition: Findings from the Canadian Community Health Survey. 2004, No.1.

² Institute of medicine.

What is Fat?



Fat isn't all bad. In fact, fat is an essential nutrient that provides energy, energy storage, insulation and contour to the body. Fat deposits surround and protect organs such as the kidneys, heart and liver. The layer of fat that exists beneath the skin is known as subcutaneous fat, and it insulates the body from environmental temperature changes thereby preserving body heat.

Fats come directly from the food we eat, and are broken down in the digestive system by an enzyme called lipase and are then transported in the blood stream. We all need some fat in order for our body to continue to function properly. The problem occurs when we are taking in more fat than our body needs for its' functioning. When this excess consumption occurs, we end up storing the additional fat on our body until it needs it. Both muscle and fat cells then absorb the digested fats and either burns the fat through activity, or stores the fat for later use.

Our sedentary lifestyle is so far removed from our ancient ancestors who worked physically and who often were not sure when there next meal was coming. Therefore, if we store extra fat and continue consuming additional fat, our body never has the opportunity to burn that excess fat and in turn, it just keeps accumulating. Unfortunately, energy stored in the fat cells is not the first source of energy the body uses. Glucose supplies are the most readily stored energy in the body and as such, the body uses glucose first. Then, the next source of energy comes from the breaking down of carbohydrates into glucose. Finally, your body will break down the body fat into glycerol and fatty acids with a process called lipolysis. The fatty acids can then be broken down directly to get energy, or can be used to make glucose. Since the last source of energy that the body uses is the fat stores, is the reason why it can be difficult to get rid of fat once its there.

Again, remember that some fat is needed as part of a healthy diet. For instance, you can only obtain essential fatty acids from food because your body has no way of producing them internally. In addition, certain vitamins, like vitamin E, are fat-soluble and eating fat is the only way to get these vitamins into your body. Fat is also an excellent source of energy as it contains twice as many calories per gram as either proteins or carbohydrates. The key is to consume healthy fats and ensure that the energy is being used up so that fat doesn't end up getting stored on your stomach, butt or thighs!

How your Body Stores Fat

If you are concerned about your weight or your fat stores, then you probably don't need to read about where fat is stored on your body! The majority of fat is stored under the skin, i.e. the subcutaneous tissue. The thickness of this subcutaneous tissue varies from body area to body area and of course from person to person! The majority of the people find their stores are thickest at their waist and virtually non-existent on their eyelids. Internally, everyone has a small store of fat in the liver and around the kidneys. Men tend to store their fat in the chest, abdomen and buttocks, while women store it in their breasts, hips, waist and buttocks.



Do you Need to Lose Fat / Weight?

Often, people feel they need to lose a drastic amount of weight, when in fact their weight is at a healthy level.

The best advice is to visit your Physician who can perform a complete physical and let you know if he or she has any concerns regarding your weight. Often, we have a misguided image as to what is a healthy weight due to the extreme slim images we are bombarded with in the media each day. In fact, the average North American woman is five feet four inches and weighs 138 pounds.

Consider taking your body mass index (BMI), which can help you determine if your weight is within a healthy range. The BMI chart provided and accompanying directions can help you determine your own BMI.

- The chart on the next page has completed the math formulas and metric conversions necessary to determine your BMI. To use this table, find your appropriate height in inches in the left hand column. Move across the row to your given weight. The number at the top of the column is your BMI for your height and weight.
 - If your BMI is less than 19, you are considered underweight, which can have negative health implications.
 - If your BMI is 19-24.9, you're in the normal range.
 - If your BMI is 25 – 29.9, you are considered overweight and have an increased risk of associated diseases.
 - If your BMI is 30 – 34.9, you are considered in the obese range and have a high risk of associated diseases.
 - If your BMI is 35 – 39.9, you are considered in the obese range and have a very high risk of associated diseases.
 - If your BMI is over 40, you are classified as obese with an extremely high risk of associated diseases.

Body Mass Index

BMI (kg/m ²)	19	20	21	22	23	24	25	26	27	28	29	30	35	40
Height (in.)	Weight (lb.)													
58	91	96	100	105	110	115	119	124	129	134	138	143	167	191
59	94	99	104	109	114	119	124	128	133	138	143	148	173	198
60	97	102	107	112	118	123	128	133	138	143	148	153	179	204
61	100	106	111	116	122	127	132	137	143	148	153	158	185	211
62	104	109	115	120	126	131	136	142	147	153	158	164	191	218
63	107	113	118	124	130	135	141	146	152	158	163	169	197	225
64	110	116	122	128	134	140	145	151	157	163	169	174	204	232
65	114	120	126	132	138	144	150	156	162	168	174	180	210	240
66	118	124	130	136	142	148	155	161	167	173	179	186	216	247
67	121	127	134	140	146	153	159	166	172	178	185	191	223	255
68	125	131	138	144	151	158	164	171	177	184	190	197	230	262
69	128	135	142	149	155	162	169	176	182	189	196	203	236	270
70	132	139	146	153	160	167	174	181	188	195	202	207	243	278
71	136	143	150	157	165	172	179	186	196	200	208	215	250	286
72	140	147	154	162	169	177	184	191	199	206	213	221	258	294
73	144	151	159	166	174	182	189	197	204	212	219	227	265	302
74	148	155	163	171	179	186	194	202	210	218	225	233	272	311
75	152	160	168	176	184	192	200	208	216	224	232	240	279	319
76	156	164	172	180	189	197	205	213	221	230	238	246	287	328



Lose Weight – Live Longer

There is no getting around the fact that if you lose weight, you greatly increase your chances of living longer. In fact, according to the U.S. Surgeon General, obese individuals have a 50 to 100 percent greater risk of premature death from all causes than individuals without excess weight³.

The report goes on to state that an estimated 300,000 deaths annually are attributed to obesity.

It's not only obese individuals that are at risk, even moderate excess weight of ten to 20 pounds on a person of average height increases the risk of death, particularly among adults aged 30 to 64 years.

The list of diseases associated with carrying around extra weight is staggering. Consider the statistics below as your motivation for getting off the couch and starting to exercise and eat healthy.

- **Heart Disease.** The incidences of heart disease is increased in individuals with a BMI greater than 25. In addition, high blood

³ The Surgeon General's Call to Action to Prevent and Decrease Overweight and Obesity., US Department of Health and Human Services, 2001.

pressure is twice as common in adults who are obese than in those who are at a healthy weight.

- **Diabetes.** Over 80 percent of people with diabetes are overweight. A weight gain of 11 to 18 pounds increases a person's risk of developing type 2 diabetes to twice that of individuals who have not gained weight.
- **Cancer.** Being overweight or obese is associated with an increased risk for some types of cancer including endometrial, colon, gall bladder, prostate, kidney and postmenopausal breast cancer.
- **Arthritis.** For every two-pound increase in weight, the risk of developing arthritis is increased by 9 to 13 percent. In fact, symptoms of arthritis can improve with weight loss.
- **Reproductive Complications.** Women who are obese during pregnancy have an increased risk of death for both the baby and the mother because of increases in maternal blood pressure. In addition, obese pregnant women are more likely to have gestational diabetes and problems with labour and delivery.
- **Breathing Problems.** Sleep apnea and asthma are more common in obese persons.
- **Other Health Concerns.** Being overweight or obese is associated with increased risks of gall bladder disease, incontinence, surgical complications and depression.

Therefore, losing weight through proper nutrition and exercise is obviously going to help you fight off ravishing diseases and in turn help you live longer. In fact, a modest weight lost of 5 to 15 percent of total body weight in a person who is overweight or obese, reduces the risk factors for some diseases, particularly heart disease. In addition, weight loss can result in lower blood pressure, lower blood sugar and improved cholesterol levels.

Beware the Fad

With such importance being placed on losing weight for optimal health, you may be tempted by the quick fix, otherwise known as the fad diet. In recent years, diets like Atkins, the Zone, Sugar Busters, and South Beach have received a lot of attention. Try not to succumb to these beasts because although they may help you lose weight quickly, chances are that you won't benefit from their long term health benefits because the weight will come back on as soon as you start eating 'normally'.

The main reason these diets don't work in the long term is that the weight loss that comes from reduced caloric intake is a loss of water weight. Further, excessive protein intake like touted in the Atkins diet can leach calcium out of your bones and increases your risk of osteoporosis. Excess

protein can also raise your bad cholesterol levels, which is associated to a higher risk of coronary heart diseases.

According to the Mayo Health Clinic, the only proven method of permanent weight loss over the long term is a balance between healthy eating and regular exercise.

Here are ten tip offs to a bad diet:

- Totally eliminates a basic food group (ie: all dairy, or all fruits, or all meats, poultry, legumes, fish, breads, and grains)
- A drastic cut in complex carbohydrates such as grains, breads, cereals, fruits and vegetables
- Provides less than 1,000 calories per day
- Promoting natural remedies such as herbal pills on the assumption that they work
- You have to buy expensive and exotic foods
- Bans all snacks
- The diet is centered around one or two foods
- The diet is centered around a liquid diet
- Revolves around powders or expensive supplements
- Has no exercise component



Water – It does Your Body Good!

You are likely familiar with the adage to drink at least eight – eight ounce glasses of water each day. Water is so important and plays many vital roles in your good health. It's particularly important when you are losing fat, because toxins are stored in your fat tissue, which are released into your bloodstream. Drinking enough water makes it easier for your liver and kidneys to cope with this breakdown of toxins.

A great trick when you are trying to eat less is to drink a glass of water before and during meals to help fill you up and reduce the amount of food you eat.

Daily water consumption is important even when you aren't trying to lose weight. Drinking plenty of water works with fiber to keep your bowels regular and prevent constipation. Water also helps your liver metabolize fats more efficiently!

Interestingly, not drinking enough water actually leads to fluid retention and that uncomfortable bloated feeling. When you do not drink enough water, your body feels threatened and will hold onto every water molecule in your body. When you are consuming enough water, your body works more efficiently and does not enter into that retention mode.

To ensure you are drinking enough water, fill up a jug with 64 ounces of water at the start of the day, you should aim to have that jug finished off before you go to bed at night!



Physical Activity – The Key to Sustainable Fat Loss

If you've ever tried to lose weight without increasing your physical activity, then you likely found the weight came back on as soon as you resumed your normal eating habits. Without regular physical activity, your fat loss will not be sustainable.

Physical activity is essential. In fact, a lack of physical activity is a major factor as to why so many people are overweight. Our modern day life with all the conveniences of drive thrus, video games, and long hours spent at sedentary jobs, means that we just aren't moving our bodies as much as needed for optimal health.

To control your fat stores and associated weight, you need to exercise. Try not to think of exercise as drudgery, instead, think of exercise as a fun way to relieve some stress and to make you feel better about yourself.

Recent research suggests that daily activity, such as 30 minutes a day, is the best bet for reaching your ideal weight and for great health. Apparently, those who work out five times a week have been found to lose three times as much fat as those who exercise only two or three times per week.

Exercising consistently helps promote fat loss in three important ways:

- Physical activity increases your energy expenditures, which burns calories and stored fat. Even if you continue to eat exactly as you are right now, and you start exercising consistently, you could lose as much as 30lbs over the next 12 months.
- Increasing your physical activity helps you increase your lean muscle mass. It is a well known fact that muscle burns more calories than any other part of your body. If you have more muscle mass, you use fat as fuel more efficiently and effectively.
- Exercising regularly creates an after burn, which means your basal metabolic rate is heightened for four to 24 hours after intense physical activity.

Regular exercise also has an impact on your sense of well being. You may have heard of the runner's high, well that same sensation occurs whenever you undertake intense physical activity. Your body produces endorphins when you exercise, which essentially makes you feel good!

Another reason it is so important to incorporate exercise along with a change in eating is that if you reduce your caloric intake without associated exercise, you risk losing muscle along with your fat. Exercise helps you burn your body fat and retain your lean muscle tissue.

Many people aren't aware that when you exercise, you also help control your weight by slowing down the movement of food throughout your digestive tract. This fact is important because your stomach will no longer be empty, meaning you feel full longer.

What Types of Exercise?

You may be wondering what types of exercise are most critical for fat loss. Ensure that your exercise program includes cardiovascular activity, strength training and stretching. Great cardiovascular exercises include the elliptical trainer, walking and cycling. The elliptical trainer is particularly useful because it is a low impact, high intensity exercise that works all the major muscles groups, while being kind to your joints.

It is important to include both cardiovascular exercise and strength training into your routine. Cardiovascular exercise helps you burn calories and if you exercise in the proper heart rate zone, it can also help you to burn fat. Strength training is equally important for fat loss because it helps boost your metabolism, which improves your calorie burning and promotes fat loss. As mentioned previously, exercise helps you build lean muscle mass, and the more muscle you have, the more calories you burn. Did you know that one pound of muscle burns roughly 50 calories daily, compared that with one pound of fat, which burns only two to three calories per day!

When to Exercise?



With busy lives, it can be extremely difficult to fit in regular exercise sessions. Nevertheless, now that you know how important regular exercise is to your overall health, you need to take steps and make exercise a priority.

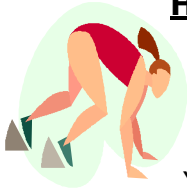
One of the best times to exercise is first thing in the morning, before you have eaten breakfast. This strategy has a two fold benefit: firstly, you've gotten your exercise session out of the way so that no other priorities arise that will cause you to miss out on your exercise program, secondly, exercising first thing in the morning helps you burn the optimal amount of fat.

Research has demonstrated that exercising before breakfast helps you get into fat burning mode more quickly. Your body will have little glucose or carbohydrate stores after your long rest, so it will have no choice but to start using your fat stores for energy.

In addition, exercising before breakfast helps boost your metabolic rate immediately so that you are burning more calories and fat as you go about your normal daily activities.

If you have any underlying health conditions such as diabetes or high blood pressure, be sure to consult with your doctor to determine the best exercise time to meet your particular needs.

How to Get Started



Getting started with your exercise program can be very difficult. If you typically have been sedentary, then starting and sticking with an exercise program can be intimidating. You've made the first step by purchasing your elliptical trainer and by reading this guidebook.

The most critical advice for the beginner exerciser is to start slowly. Remember that getting into shape is not an overnight adventure; it is a gradual, incremental process. You need patience and over time, you will see results.

Too many beginners start their exercise regimes with gusto, only to fade out or injure themselves by trying to do too much too soon.

If you truly have been sedentary, why not start by taking a walk around your block. Increase the number of minutes that you are walking by a few minutes each day. At the end of the week, you'll probably already see improvements in your abilities and how it feels to be walking.

On the second week, start out on your elliptical. Try out the different settings and experiment a little bit. Remember, try not to rush it, just do an amount of exercise that feels comfortable for you. You will build your capacity for exercise and each time it will be a little easier for you to progress to the next level.

I remember the first time I used my elliptical trainer to get into shape, I couldn't stay on for any longer than 5 minutes. When you are first starting out, I suggest setting your elliptical trainer on manual, at low resistance, and exercise for about 3 to 5 minutes. Try doing this for the first week or so. This way, you gradually get into your program without killing yourself first.

If you are incorporating strength training, which is necessary for permanent fat loss, it is probably best to consult with a personal trainer for your initial few sessions. A personal trainer can show you the proper form and technique for the strength training exercises so that you avoid injury and receive the maximum potential from the workout.

Try to include activities that you enjoy into your exercise routine. You are much more likely to stick with an exercise program when doing something you love. In addition to your elliptical and strength training workouts, consider adding tennis, dancing, rowing machine, Pilates, yoga, aerobics classes, swimming, or jogging. There is no limit to the physical activities you could do!



The Program

Once you have given your body a week or two to get used to the idea of exercise, it is time to start a program. If you commit to 12 weeks of healthy eating and exercise, you could see a slimmer, trimmer, healthier you!

Don't think that 12 weeks is a magic number; remember that in order to have sustainable fat loss, you need to make lifestyle changes that are enduring. The only way to have long term weight and fat loss is by making dietary changes and including regular exercise as part of your life.

Follow these steps as closely as possible to help ensure that you are a winner at weight loss!

Tips and Tricks

- **Keep a Food Journal.** One of the best tips for permanent weight loss is keeping a food journal. Consider writing down everything you eat for one week to analyze what you are currently eating. Try to include the times of day as well, as you might notice that you are snacking on unhealthy foods at particular times of the day.

In addition to helping you determine if you have any time of day triggers, a food journal also helps you see how many calories you are consuming. According to the Mayo Clinic, most people underestimate the number of calories they eat daily by about 20%. I've added a food journal in the appendix of this program.

You need to plan! Here's what you need to do. On a day when you are not overly busy, such as a Sunday morning, take out a pen and paper. List out all of the ingredients you are going to need in order to prepare all of your meals for the following week. Once you have them down on paper, go to the grocery store and purchase them. Remember, clean out all the chips, soda, chocolate bars, and other junk foods from your cupboards and fridge.

There is a 7 day meal plan with this program, so write out what you will need from the meal plan and go get the ingredients. This way you have them in the stock and you know exactly what you need to

prepare and what you need to eat. *This is a very important step and what that you absolutely must do.*

- **Clean out the Temptations.** Do cookies tempt you? Are crackers your downfall? Do you crave ice cream? It is far more difficult to give into these temptations if they don't exist in your house. The majority of people will not go out of their way to seek out a craving. Simply stocking your pantry and refrigerator with healthy, nutrient dense foods can help put you on the healthy living path.
- **Set Manageable Goals.** Too often, when it comes to weight loss, people set lofty goals that are really difficult to attain. It can seem insurmountable to have a weight loss goal of 75 percent. A better strategy might be to set a percentage of current weight goal. If you weigh 240 pounds, why not set a goal to lose ten percent of your weight, in other words, 24 pounds. Once you have reached that goal, reward yourself (not with food!) and set another ten percent weight loss goal.
- **Make Small Changes to your Food Choices.** Just like with exercise, if you try to make too many food choice changes too soon, you will get frustrated and more likely to fail. By making minor changes throughout the day, you will be surprised by the number of calories you can save by the end of the week.

Some of the changes you could make are opting for fresh fruit over ice cream. Choosing low fat pretzels instead of fat laden chips. Switching from 2% milk to skim and choosing yogurt sweetened with sweetener instead of sugar. Every minor change counts towards your weight loss goals!

- **Commit to Life Long Change.** Let your family know that your adjusting your eating and exercise habits so that they can support you on your journey. Why not make these changes with your partner or a friend so that you have morale support along the way. You are aiming for a lifelong commitment to healthy eating and exercise and you need to focus on the outset about making long-term changes. If you focus on the process, instead of the result, you will be making lasting lifestyle changes and the pounds will come off as a result.

You are going to need a weight training diary and meal log. It is very important that you write everything down. By keeping track of your progress you are keeping yourself honest and motivated. A training diary and meal log can help you get better results. You can look back at the end of each week and figure out if you were on target with your goals.

A training diary and meal log will shows whether your goals are realistic and gives you insight into your exercise and eating patterns. If you're losing

weight and getting toned, you won't have to wonder what works, because you'll have a full description of everything you've done to reach your goals. This will be your blue print for healthy success.

A training diary and meal log can tell you what's working and what's not. A training diary and meal log will also serve to keep you honest. You may think you're working out four times per week but as you sift through your training log, you learn that you missed a workout. I have training diaries from high school! I've attached some sample diaries in the appendices.

The Eating Plan

Depending on how much weight you have to lose, you may have to adjust how many calories you take in everyday. Typically, healthy eating plans give 1,200 calorie; 1,500 calorie and 1,800 calorie meal plans.

One pound of body weight equates to 3,500 calories. Therefore, to lose a pound a week, you would have to either burn off 3,500 calories through exercise or consume 3,500 less calories, or accomplish the task through a combination of both.

Here's an example:

Let's say you need 2,000 calories per day in order to maintain your present weight. To lose one pound by dietary changes alone, you would need to cut your calorie intake 1,500 calories daily. Over seven days, that would add up to 3,500 calories.

Instead, a healthier method would be to increase your exercise by burning 200 calories per day and reducing your caloric intake by 300 calories per day. This combination of calorie reduction and increased exercise makes your weight loss much easier to sustain.

Once you have completed your eating journal, use an online calorie counter to help you determine how many calories you are consuming everyday. Once you have that estimate, for your own situation, complete an example like the one shown above. Aim for calorie reduction/calorie burning that will allow you to lose one to two pounds per week. Weight loss greater than that is unhealthy and unsustainable.

We're showing a 1,500-calorie meal plan below. If you need to consume greater or fewer calories, make the adjustments required. For example, let's say you are just too hungry two hours after your last meal, try having a healthy snack such as a handful of nuts and a slice of low fat cheese.

Tip!

Try drinking two glasses of water as soon as you wake up and drink one glass of water prior to each meal – This way you don't feel as hungry while you are preparing your food.

These meal plans focus on healthy choices of lean proteins and dairy, plenty of fruits and vegetable and whole grains. Remember to drink lots of water too!

DAY ONE

Breakfast:

- 3-4 egg whites (or egg substitute) scrambled with 1 teaspoon olive oil, 1 teaspoon chopped herbs (your choice); 1 teaspoon grated Parmesan cheese and ½ cup cherry tomatoes.
- 1 slice low fat, whole grain toast
- ¾ cup skim milk
- ½ cup fresh blueberries



Mid-morning Snack:

½ cup fat free yogurt sprinkled with ¼ cup strawberries.

Lunch:

Southwester bulgur salad with one cup cooked bulgur, five ounces cooked, chopped chicken breast, 1½ cups grilled veggies (your choice) with 1-2 tablespoons of low fat salsa vinaigrette.

Mid-afternoon Snack:

2 tablespoons hummus spread on celery sticks.

Dinner:

- ¾ cup wild rice with a sprinkle of toasted almonds
- 5 ounces of grilled salmon (or other fish)
- 1 ½ cups of salad with 1 teaspoon olive oil, 1 teaspoon balsamic vinegar and 1 tablespoon grated Parmesan cheese.
- ¾ cup diced cantaloupe

DAY TWO

Breakfast

- 1 cup of coffee or tea
- $\frac{3}{4}$ cup low fat milk
- 1 package instant maple and brown sugar Quaker oatmeal.

Mid-morning Snack

- 1 cup 1% cottage cheese
- $\frac{1}{2}$ cup pineapple chunks (packed in juice)

Lunch

- Sandwich with 2 slices whole wheat bread, 1 cubic inch cheddar cheese, 1 tablespoon low fat mayo, 1 ounce turkey breast (white), $\frac{1}{4}$ small tomato.

Mid-Afternoon Snack

- 8 low salt/whole wheat saltines
- 1 ounce turkey or chicken

Dinner

- 5 ounces broiled halibut
- 1 cup brown rice
- $\frac{1}{2}$ cup frozen mixed veggies
- 1 small garden salad
- 2 tbsp reduce fat Thousand Islands dressing

DAY THREE

Breakfast

- $\frac{3}{4}$ cup of low sodium vegetable or tomato juice
- $\frac{1}{2}$ cup egg whites scrambled with fresh herbs, $\frac{1}{4}$ cup red onion, $\frac{1}{4}$ cup mushrooms, and 1 tablespoon shredded low fat cheese.
- 1 cup fresh blueberries
- 1 cup green tea

Mid-morning Snack

- $\frac{1}{2}$ a whole wheat pita cut into triangles served with 2 tablespoons hummus

Lunch

- Chicken Caesar salad made with 5 ounce boneless chicken breast, 1 cup chopped romaine lettuce, ½ cup sliced bell pepper, ¼ cup chopped green onion and 2 tablespoons low fat Caesar dressing.

Mid-Afternoon Snack

- ½ cup 1% cottage cheese with ¼ cup tomato salsa.

Dinner

- 1 grilled salmon burger patty
- 1 cup oven roasted cauliflower and broccoli
- 1 cup cooked brown rice
- 1 cup watercress salad with 1 tablespoon light balsamic vinaigrette
- 1 cup skim milk

DAY FOUR

Breakfast

- Breakfast burrito with 1 medium whole wheat tortilla, 4 scrambled egg whites, 1 teaspoon olive oil, ¼ cup low fat refried black beans, 2 tablespoons salsa, 2 tablespoons grated low fat cheese.
- 1 cup of mixed melon
- Sugar free iced tea

Mid-morning Snack

- 1 ½ tablespoons light peanut butter on celery sticks

Lunch

- 4 ounce chicken breast with your choice of seasonings
- ½ can lentil soup (low sodium)
- Spinach salad with 1 cup of spinach leaves, ¼ cup cherry tomatoes, 1 tablespoon light vinaigrette and 3 teaspoons grated Parmesan cheese.
- ½ cup skim milk

Mid-Afternoon Snack

- 1 fat free mozzarella cheese string cheese stick
- 1 cup of grapes

Dinner

- Pork stir-fry made with 4 ounces of lean pork, broccoli and sesame.
- ½ cup cooked brown rice or bulgur wheat
- 5 medium tomato slices with 1 teaspoon balsamic vinegar and 1 teaspoon chopped fresh basil

Evening Snack

- Banana smoothie made with frozen yogurt

DAY FIVE

Breakfast

- 1 generous wedge of honeydew melon
- 1 serving of Egg Foo Young made with bean sprouts, mushrooms, carrots, green onions, red bell pepper, 3 large egg whites, 2 ounces lean turkey or chicken, chopped fresh herbs.
- 1 slice whole grain toast
- 1 cup skim milk
- Coffee

Mid-morning Snack

- ½ cup yogurt with your choice of fruit

Lunch

- Roast beef wrap with a 6 inch whole wheat tortilla, 4 ounces lean roast beef, ¼ cup lettuce, 3 medium tomato slices, 1 teaspoon Dijon mustard and shredded carrots
- ½ cup cooked pinto beans or lentils with 1 teaspoon chopped basil and 1 tablespoon light Caesar vinaigrette

Mid-Afternoon Snack

- 1 cup Edamame beans steamed with sea salt
- ½ cup applesauce

Dinner

- 4 ounces of grilled salmon or halibut
- ½ cup mushrooms sautéed with 1 teaspoon olive oil, ¼ cup chopped onion and ¼ cup sliced bell peppers
- 1 cup salad with ½ cup cherry tomatoes and 1 tablespoon of your choice of dressing.

DAY SIX

Breakfast

- 1 cup fresh diced melon
- ½ cup dry old fashioned oatmeal cooked with 1 tablespoon ground flax, 1 cup water sprinkled with cinnamon and 1 tablespoon chopped pecans.
- ½ cup fat free vanilla yogurt

Mid-morning Snack

- ½ fresh pear sliced and topped with ½ cup fat free ricotta and drizzled with 1 teaspoon honey.

Lunch

- Turkey pita: 4 inch whole wheat pita with 4 ½ ounces lean turkey breast, ½ roasted red pepper, 2 pieces romaine lettuce, 1 teaspoon tangy mustard.

Mid-Afternoon Snack

- 1 fat free mozzarella string cheese stick
- 1 medium orange

Dinner

- ¼ lb flank steak with sliced tomatoes
- ½ cup whole wheat couscous
- 2 cups tossed salad with cucumbers, mushrooms and light Caesar dressing
- ½ cup fat free milk
- Herbal tea

DAY SEVEN

Breakfast

- ½ cup diced watermelon
- 1 omelet made with 4 large egg whites, 1 whole large egg, 4 tablespoons chopped broccoli, 2 tablespoons yellow onion, 2 tablespoons finely chopped carrot, teaspoon Mrs. Dash, 1 ounce light cheese, and 2 tablespoons fat free refried beans.
- ½ of one small corn tortilla with 1 tablespoon low fat cheese.
- Unsweetened iced tea

Mid-morning Snack

- ½ cup fat free yogurt with 1 sliced apple and 1 tablespoon chopped walnuts.

Lunch

- 2 cups of salad with vegetables, 4 ounces grilled chicken and 1 tablespoon low fat dressing.
- 2 whole grain Wasa crackers
- 1 medium nectarine

Mid-Afternoon Snack

- 2 spears roasted asparagus with 1 tablespoon goat cheese

Dinner

- 4 ounces grilled or sautéed shrimp with 1 teaspoon olive oil and 1 teaspoon minced garlic.
- 1 steamed medium artichoke
- ½ cup cooked whole wheat couscous with 2 tablespoons diced bell pepper, ¼ cup chickpeas, 1 teaspoon chopped cilantro, and 1 tablespoon fat free vinaigrette.

Evening Snack

- ½ cup sliced strawberries with ½ cup fat free frozen yogurt

Tip!

Here's a protein drink you can try as a snack of something you can consume once you've finished your workouts:

- Whey protein 1 scoop
- Blueberries 7 oz
- Orange juice ½ cup
- Water ½ cup

Mix all the above ingredients in a blender and mix well. Calories: 264, Protein: 21 grams, Carbs: 43 grams, Fat: 2 grams

Fat Burning Foods

When you are attempting burn more fat to help in your weight loss efforts, it is helpful to know about some of the foods that are known to burn fat. These

foods have a positive effect on your metabolism so that you are burning more fat and calories throughout the day. Let's get started!

Fresh Fruit: Apples, Berries

So it's true, an apple a day really is good for you. The reason apples and berries are fat burning foods is that they contain pectin. Pectin rests in the cell walls of most fruits and is plentiful in apples. Pectin combines other cells together and makes the fruit sturdier.

Pectin limits the amount of fat your cells can absorb. When you consume pectin through fruits, it binds with water and bombards fatty cells causing them to release fat deposits. Applesauce is a great source of pectin.

Low Fat Dairy Products

For years, people have been shying away from all dairy products because of the thought that dairy products would make you fat. We're now learning through research that stocking your refrigerator with milk, cheese and yogurt may make it easier for you to lose weight.

Lead researcher on a weight loss and dairy study, Dr. Zemel from the University of Tennessee commented that a dairy rich diet versus a dairy poor diet can nearly double the rate of weight and fat loss with the same level of calorie restriction¹. In addition, three to four servings of dairy products a day is more effective at enhancing weight loss efforts than calcium supplementation through pills or calcium fortified foods.

The study examined 32 obese adults, grouped and placed on three different calorie restricted diets. Each participant reduced their daily calorie intake by about 500 calories per day for 24 weeks. There was a high dairy group with 1,200 to 1,300mg per day from three to four dairy servings.

The high calcium supplemented / low dairy group had total calcium intake of 1,200 to 1,300 mgs per day made up of no more than one serving of dairy plus an 800mg calcium supplement. The third group was the low calcium/low-fat dairy group that consumed only 400-500 mgs per day with no more than one serving of dairy and a placebo supplement.

All groups in the study lost weight, but those in the dairy rich diet group lost the most with an average of 24 pounds versus 19 pounds in the calcium supplement group and 15 pounds in the low calcium group. The high dairy group had an average of 11% total body weight loss. The pounds lost were primarily fat as that group lost significantly more body fat than the other groups, particularly around the midsection.

Citrus Fruits

The vitamin C found in grapefruit, oranges, lemons and limes has a fat burning quality. Essentially vitamin C reduces the content of fat and can liquefy or dilute fat, making it less effective and easier to flush out of your body.

Increasing your consumption of vitamin C rich products with every meal can help lessen the impact of the fat you are eating.

Garlic Oil and Garlic

Garlic is not only a delicious addition to many foods, but it can also help you burn fat. Garlic has protective qualities, which can help reduce your fatty deposits.

Many Vegetables!

You have probably heard the adage that you burn more calories eating celery than the calories contained in the vegetable. It's absolutely true. Many vegetables are considered to have negative calorie properties.

For instance, a 25-calorie piece of broccoli actually takes approximately 80 calories to digest, a net difference of 55 calories that you have burned instead of turning it into body fat! Here's a sampling of the many vegetables that have negative calorie properties:

- Asparagus;
- Beets;
- Broccoli;
- Cabbage;
- Carrots;
- Cauliflower;
- Celery;
- Cucumber;
- Garlic;
- Lettuce;

- Onion;
- Spinach;
- Turnip;
- zucchini.

Soy Products

Soy has experienced a resurgence in the past number of years because of its many health benefits. Soybeans contain lecithin, which can prevent fat from forming on your cells. Soy also helps breakdown fatty deposits in your body.

Many nutritionists recommend eating soy at least three times per week to help improve your ability to blast fat.

If you are looking to cut back in order to lose fat, consider adding some of these foods that burn fat, to every meal. Many of these foods listed have other wonderful health benefits in addition to their ability to help you burn fat. Stock up on these fat blasters today!

What about other pills and supplements for weight loss?

I'm going to be honest with you. You don't need any pill or powder to lose weight and burn fat. Most of these supplements are scams. However, with that being said, you might want to get a good vitamin/mineral supplement that's high in anti-oxidants. I like to think of adding a vitamin supplement to my diet as a safety measure to ensure I have all my bases covered. You also might want to get a small container of protein powder. I like to mix up a protein drink every once in awhile for a snack or for a change. As for "fat burning pills", use at your own risk. I personally don't believe in them and you can get the same results using this program.

Exercise

Want to know how to maintain your ideal weight and look absolutely fabulous for the rest of your life – And NEVER have to diet again? Well, eating low fat and nutritious meals is half the solution. The other half is exercise. If you can combine these two elements into your lifestyle, I can guarantee that you will look great, 365 days of the year. **Exercise is the key.**

Now, I'm not talking about living in the gym or spending 4 hours every day on your brand new elliptical trainer (no matter how much you love it!). I'm talking about a half hour on your elliptical in the morning and strength training 2 to 3 times per week for 15 to 30 minutes. This is not a lot. **If you can find the necessary time for exercise (30 to 50 minutes per day), you will be well rewarded with a brand new body.**

In this section, you will find a 12 week exercise program that is designed to burn the maximum amount of fat and tone your whole body, giving you that sleek, muscular look. This program is designed for the beginner and intermediate exerciser. Although it can be nice refresher for you seasoned athletes out there. Remember, the aerobics portion of the program can be any aerobic exercise you choose such as walking, running, swimming or using the exercise machines. I use the exercise machines in this particular exercise program.



The Twelve-Week Exercise Routine

	<i>Beginner</i>	<i>Intermediate</i>
Week 1	<p>Cardio: 3 to 5 minutes on your elliptical trainer, exercise bike, or treadmill on low resistance. Take it easy, no need to go all out – Get used to your elliptical trainer and get a feel for it. Do this 3 times for the week.</p> <p>Strength: 1 session this week using light weights. Perform 10 repetitions of each exercise in the fat blasting circuit workout.</p>	<p>Cardio: Steady paced cardio for 10 to 15 minutes. Set your elliptical, exercise bike, or treadmill on low resistance and the pace should be medium to fast. 4 times per week.</p> <p>Strength: 2 times this week using lighter weights perform 10 repetitions of each exercise in the fat blasting circuit workout.</p>
Week 2	<p>Cardio: Steady paced cardio for 5 to 10 minutes on the elliptical trainer, exercise bike, or treadmill. Keep the resistance on low. Do this workout 3 times per week.</p> <p>Strength: 1 time this week using light weights perform 10-12 repetitions of each exercise in the fat blasting circuit workout.</p>	<p>Cardio: Steady paced cardio for 15 to 20 minutes on the elliptical trainer, exercise bike, or treadmill. Keep the resistance on medium. Do this workout 4 times per week.</p> <p>Strength: 2 times this week using lighter weights perform 10-12 repetitions of each exercise in the fat blasting circuit workout.</p>
Week 3	<p>Cardio: Steady paced cardio for 10 to 15 minutes on the elliptical trainer, exercise bike, or treadmill. Try increasing your intensity by increasing the level on your cardio machine. Try setting the elliptical on low</p>	<p>Cardio: Steady paced cardio for 20-25 minutes. Should be at a fast paced walking speed 4 times per week. Try increasing your intensity by increasing the level on your cardio machine. Try setting your resistance to lo</p>

	<p>resistance for the first 6 to 8 minutes and then on medium for the remainder of the ride.</p> <p>Strength: 2 times this week using light weights perform 10-12 repetitions of each exercise in the fat blasting circuit workout.</p>	<p>for the first 10 minutes and then set it to medium resistance for the remainder of the ride.</p> <p>Strength: 3 times this week using lighter weights perform 10-12 repetitions of each exercise in the fat blasting circuit workout.</p>
Week 4	<p>Cardio: Steady paced cardio for 15 to 20 minutes on the elliptical trainer, exercise bike, or treadmill 4 times per week. Start on low resistance for the first 5 minutes and increase to medium after that. If you have an incline ramp, try slightly increasing the ramp level by 10%.</p> <p>Strength: 2 times this week using slightly heavier weights perform 12 repetitions of each exercise in the fat blasting circuit workout.</p>	<p>Cardio: Steady paced cardio for 30 minutes on your elliptical trainer, exercise bike, or treadmill 5 times per week. Set your elliptical on low resistance for the first 10 minutes and set it on medium for the remainder.</p> <p>Strength: 3 times this week using lighter weights perform 12 repetitions of each exercise in the fat blasting circuit workout.</p>
Week 5	<p>Cardio: Steady paced cardio for 20 minutes. This should be done for 5 days. For the first 10 minutes, set your elliptical trainer, exercise bike, or treadmill on low. For the next 10 minutes, set the elliptical on medium resistance.</p> <p>Strength: 2 times this week using slightly heavier weights perform 12 repetitions of each exercise in the fat blasting circuit workout.</p>	<p>Cardio: Steady paced cardio for 30 minutes on your elliptical trainer, exercise bike, or treadmill. Set your elliptical on low resistance for the first 10 minutes. After the first 10 minutes, set your exercise equipment on medium resistance.</p> <p>Strength: 3 times this week using slightly heavier weights perform 10 repetitions of each exercise in the fat blasting circuit workout.</p>
Week 6	<p>Cardio: Steady paced cardio for 25 minutes. This should be done for 5 days. Start with low resistance for the first 10 minutes. Set your elliptical trainer on medium for the remainder of the ride. If you</p>	<p>Cardio: Three days of steady paced cardio for 35 minutes each. Set your elliptical trainer, exercise bike or treadmill on medium. Continue with 2 days of interval cardio. See the interval guide after this chart. I</p>

	<p>can, try aiming to slightly increasing your intensity.</p> <p>Strength: 3 times this week using slightly heavier weights perform 12 repetitions of each exercise in the fat blasting circuit workout.</p>	<p>suggest going to interval 3. Interval training should be done when you are not strength training.</p> <p>Strength: 3 times this week using slightly heavier weights perform 10 repetitions of each exercise in the fat blasting circuit workout.</p>
Week 7	<p>Cardio: Steady paced cardio for 30 minutes. This should be done for 5 days. Start with low resistance for the first 10 minutes. Set your elliptical trainer, exercise bike or treadmill on medium for the remainder of the ride. If you can, try aiming to slightly increasing your intensity.</p> <p>Strength: 3 times this week using increasingly heavier weights perform 10-12 repetitions of each exercise in the fat blasting circuit workout.</p>	<p>Cardio: Three days of steady paced cardio for 35 minutes each and 2 days of interval cardio. Try going up to interval 3 on the chart below.</p> <p>Strength: 3 times this week using increasingly heavier weights perform 10-12 repetitions of each exercise in the fat blasting circuit workout.</p>
Week 8	<p>Cardio: Steady paced cardio for 30 minutes. This should be done for 5 days. Start with low resistance for the first 10 minutes. Set your elliptical trainer, exercise bike or treadmill on medium for the remainder of the ride. If you can, try aiming to slightly increasing your intensity.</p> <p>Strength: 3 times this week using increasingly heavier weights perform 10-12 repetitions of each exercise in the fat blasting circuit workout.</p>	<p>Cardio: Three days of steady paced cardio for 35 minutes each and 2 days of interval cardio. Try going up to interval 3 on the chart below.</p> <p>Strength: 3 times this week using increasingly heavier weights perform 10-12 repetitions of each exercise in the fat blasting circuit workout.</p>
Week 9	<p>Cardio: Steady paced cardio for 30 minutes. This should be done for 5 days. Start with low resistance for the first 10 minutes. Try doing another 10 minutes on medium and than</p>	<p>Cardio: Three days of steady paced cardio for 40 minutes each. Include 2 days of interval cardio. Continue increasing intensity. Aim for interval number 3 on the chart below.</p>

	<p>set your exercise equipment to medium to high resistance for 8 minutes and then back to low for 2 minutes.</p> <p>Strength: 3 times this week using increasingly heavier weights perform 10 repetitions of each exercise in the fat blasting circuit workout.</p>	<p>Strength: 3 times this week using heavier weights perform 10 repetitions of each exercise in the fat blasting circuit workout.</p>
Week 10	<p>Cardio: Perform three days of steady paced cardio for 35 minutes each. For these 3 days, set your elliptical, exercise bike or treadmill on low for the first 10 minutes and increase to medium for the next 10. After 20 minutes increase your resistance to high for 8 minutes. For the remaining 2 minutes, decrease the resistance to low. Include 2 days of interval cardio. Go up to interval 2 to start with. See interval guide.</p> <p>Strength: 3 times this week using the same weights as last week perform 10 repetitions of each exercise in the fat blasting circuit workout.</p>	<p>Cardio: Four days of steady paced cardio for 40 minutes each. Include 2 days of interval cardio. Aim for interval 4 for this week.</p> <p>Strength: 3 times this week using heavier weights perform 10 repetitions of each exercise in the fat blasting circuit workout.</p>
Week 11	<p>Cardio: Perform three days of steady paced cardio for 35 to 40 minutes each. Include 2 days of interval cardio. Complete interval 3.</p> <p>Strength: 3 times this week increase the amount of weight you are lifting and aim for 8-10 repetitions of each exercise in the fat blasting circuit workout.</p>	<p>Cardio: Perform three days of steady paced cardio for 45 minutes each. Include 3 days of interval cardio. Aim for interval 4.</p> <p>Strength: 3 times this week increase the amount of weight you are lifting and aim for 6-10 repetitions of each exercise in the fat blasting circuit workout.</p>
Week 12	<p>Cardio: Perform two days of steady paced cardio for 40 minutes each. Include three days of interval cardio. Strive to get complete interval 4.</p>	<p>Cardio: Perform two days of steady paced cardio for 45 minutes each; perform four days of interval cardio. You should be completing interval 4 at this stage. Complete the</p>

	<p>Strength: 3 times this week increase the amount of weight you are lifting and aim for 8-10 repetitions of each exercise in the fat blasting circuit workout.</p>	<p>whole interval program.</p> <p>Strength: 3 times this week increase the amount of weight you are lifting and aim for 6-10 repetitions of each exercise in the fat blasting circuit workout.</p>
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Interval Training Guide

Time	Resistance Level
5 minutes	2 - warm up
1 minute	5
Interval 1 - 1 minute	10
2 minutes	5
Interval 2 - 2 minutes	10
4 minutes	5
Interval 3 - 4 minutes	7
6 minutes	6
Interval 4 - 6 minutes	10
10 minutes	7
5 minutes	2 Cool Down

What is an interval?

Intervals are an excellent way to really increase the intensity of your workouts. This is an intermediate/advanced strategy that will quickly and effectively burn the fat right off your body. Once you get to this stage, you are well on your way to transforming your body into a fat burning machine.

An interval is basically alternating high-intensity and lower-intensity exercise such as the elliptical trainer within a single workout.

Interval example: Exercise on the elliptical trainer for 4 minutes at low resistance than increase the resistance to high and exercise at the same pace for 1 minute. This is considered one interval. See the chart above.

Fat Blasting Circuit Strength Training Routine

The exercises listed in the fat blasting strength training routine are designed to be performed one after the other with a brief rest period of only ten seconds in between alternating the muscle groups you are working. This method has been proven to be the most effective in helping you reduce body fat. The intensity of the exercise is high since you are barely resting

between sets. You may end up using lighter weights that you may have used in a conventional strength training program.

To maximize your time, we suggest completing your cardio sessions after you finished your circuit training. **By doing it immediately afterwards, you are accentuating your fat loss.** Once you've finished your fat blasting strength training routine, your body will be low on carbohydrate stores and therefore, the body will tap into its fat stores for energy!

What you want to do is warm up on your elliptical trainer for a couple of minutes and then do your strength training routine. Once you've completed the strength training routine, do your full cardio exercise program.

On days that you don't have any strength training routine, you will want to do a full cardio session as prescribed above in the 12 week program.

Your strength training program will look as follows:

Strength training program:

Exercise 1: Bench press

Exercise 2: Squat

Exercise 3: Dumbbell clean and press

Exercise 4: Bicep curl

Exercise 5: Lunges

Exercise 6: Lateral raise

Exercise 7: Barbell row

Exercise 8: Medicine ball abdominal crunches

Perform the prescribed exercises in the order described above. Use the 12 week exercise chart's guidelines above. Remember, drink plenty of water while you are exercising and have a little something to eat once you are finished working out. Please find the illustrations and descriptions for each exercise below.

1. **Bench press:** Lie back on the bench with your feet firmly planted on the floor and back pressed firmly against the padding. Take a tight grip of the barbell (overhand) with your thumbs roughly 3 feet (90cm) apart. Make sure that your grip is balanced between both sides of your body.

Once your grip is set, press your shoulders down and back into the bench. This will push up your pectoral girdle and allow for a much better stimulation. Lift the bar from the rack. Take the barbell from the rack and lock your elbows at the top position.

Lower the barbell to the middle area of the chest, slowly and under control, keeping your elbows away and outward from the trunk of your body. As the weight lowers, be sure not to bounce the weight - very important - do not bounce the weight from the chest. Lightly touch the chest and push the weight back up in a controlled fashion.

Beginners may find that the weight starts to fall forward or backward or that the weight is rising unevenly because one arm is stronger than the other. Don't worry too much about this and concentrate on the movement itself. After a couple of weeks you will develop a groove and this movement will be second nature.

2. **Squat:** Stand with your feet shoulder width apart. Keep your back straight and slowly squat down with your butt out behind you until your thighs are parallel to the floor. Press up from the heels and return to standing straight.
3. **Dumbbell clean and press:** Stand straight with your feet shoulder width apart. Grasp two dumbbells with your palms facing inward and in one motion, pull the dumbbells up to your shoulder level. Hold them at your shoulder level. Press both weight upward over your head and then slowly lower to the starting position.
4. **Bicep Curl:** Stand straight with your feet shoulder width apart. Hold a dumbbell in each hand with your palms facing inward. Flex at your elbows, curl the dumbbell up towards your shoulder, and tense your biceps at the top of the exercise. Slowly lower the dumbbells back to the starting position.
5. **Lunges:** keep your back straight, step forward on your right leg until your thigh is parallel to the floor, then lift up, and bring your left leg forward to meet your right leg. Repeat with the left leg lunging forward.
6. **Lateral raise:** This exercise can be performed standing or seated. With both hands, grasp the dumbbells with the palms facing each other. The arms must be bent in order to stress the lateral deltoids.

If you are standing, make sure your feet are firmly planted on the floor spaced evenly at a little less than shoulder length. If you are seated, make sure your feet are firmly planted on the floor and the ankles almost touching each other.

Keeping elbows slightly bent, raise the dumbbells in an arc from the side of your body to level with your head. Slowly lower the dumbbells back to the start position. Repeat movement.

7. **Barbell Row.** This exercise can be done while on a block or bench. Grab a barbell with your hands placed about 24" (60cm) apart and remove the bar from the racks.

Place your feet at shoulder width and keep them flat on the ground. Slowly bend forward at the hips keeping your back flat. Slightly bend your knees and keep your head as high as possible.

Remember to keep your torso parallel to the floor and keep your lower back flat and your butt thrust outward. In a controlled fashion, pull the bar upwards until you touch the lower part of your rib cage. Lower the weight until your arms are straight. Repeat the movement without letting the bar rest on the bench. Keep the movement fluent, slow, and controlled.

8. **Medicine Ball Abdominal Crunches:** Lie on a medicine ball and place your hands behind your head. Keep your feet on the floor or raise them so that your knees are bent at around 90 degrees. Using your abdominal muscles, lift your upper body from the floor towards your legs, careful not to pull on your neck. Tense your muscles while in the crunch and slowly lower back down.

Keeping yourself Motivated

Now you know what to eat and how to exercise, but it can be difficult to stay motivated and stay on track. Weigh yourself once per week to detect changes in your weight. Choose a particular outfit that was tight when you started and try it on regularly and you'll likely begin to notice it fitting differently. Some people like to take measurements and track the inches lost week by week.

You may want to have your body fat percentage measure at the start of the program and again after 12 weeks. Typically, a range of 18-25 percent is considered healthy for women and for men, the range is 10-18 percent.

Consider adding positive daily affirmations to help you overcome the "I can't" or the "this is too hard" attitudes. By adapting a daily 'mantra', you can help keep your attention centered and focused on the task at hand. Some ideas of mantras include "I can do it", "I have a strong, healthy body", "I feel great", "and fit feels great".

Another way to stay motivated is to enlist the support of a family member or friend who can help you when temptations run high or when you're enticed to skip a workout. There are also many terrific online support



groups where you can connect with others who are on the path towards healthy living!

Take the Next Step

The eating and exercise plans provided in this report are guidelines only. Feel free to adjust the foods and exercise routines to meet your individual needs. The key is to make healthier food choices, keep your body fueled so that you don't succumb to a snack attack, and to exercise regularly with both cardio and strength training.

Why not start tomorrow by following the suggested eating and exercise plans offered in this report. Don't forget to speak with your Doctor before starting any exercise program so that you can discuss your health and the important changes you plan on making. By making the commitment to your long-term health, you are guaranteeing yourself an improved quality of life and a happier, healthier you! Good luck.

Exercises Illustrations And Descriptions

1. Bench Press



Lie back on the bench with your feet firmly planted on the floor and back pressed firmly against the padding. Take a tight grip of the barbell (overhand) with your thumbs roughly 3 feet (90cm) apart. Make sure that your grip is balanced between both sides of your body.

Lower the barbell to the middle area of the chest, slowly and under control, keeping your elbows away and outward from the trunk of your body. As the weight lowers, be sure not to bounce the weight - very important - do not bounce the weight from the chest. Lightly touch the

chest and push the weight back up in a controlled fashion.

Beginners may find that the weight starts to fall forward or backward or that the weight is rising unevenly because one arm is stronger than the other. Don't worry too much about this and concentrate on the movement itself. After a couple of weeks you will develop a groove and this movement will be second nature.

2. Squat



Stand with your feet shoulder width apart. Keep your back straight and slowly squat down with your butt out behind you until your thighs are parallel to the floor. Press up from the heels and return to standing straight.

3. Dumbbell Clean And Press



Stand straight with your feet shoulder width apart. Grasp two dumbbells with your palms facing inward and in one motion, pull the dumbbells up to your shoulder level. Hold them at your shoulder level. Press both weight upward over your head and then slowly lower to the starting position.

4. Bicep Curl

Stand straight with your feet shoulder width apart. Hold a dumbbell in each hand with your palms facing inward. Flex at your elbows, curl the dumbbell up towards your shoulder, and tense your biceps at the top of the exercise. Slowly lower the dumbbells back to the starting position.

5. Lunges



Keep your back straight, step forward on your right leg until your thigh is parallel to the floor, then lift up, and bring your left leg forward to meet your right leg. Repeat with the left leg lunging forward.

6. Lateral Raise



This exercise can be performed standing or seated. With both hands, grasp the dumbbells with the palms facing each other. The arms must be bent in order to stress the lateral deltoids. If you are standing, make sure your feet are firmly planted on the floor spaced evenly at a little less than shoulder length.

If you are seated, make sure your feet are firmly planted on the floor and the ankles almost touching each other. Keeping elbows slightly bent, raise the dumbbells in an arc from the side of your body to level with your

head. Slowly lower the dumbbells back to the start position. Repeat movement.

7. Barbell Row



This exercise can be done while on a block or bench. Grab a barbell with your hands placed about 24" (60cm) apart and remove the bar from the racks.

Place your feet at shoulder width and keep them flat on the ground. Slowly bend forward at the hips keeping your back flat. Slightly bend your knees and keep your head as high as possible.

Remember to keep your torso parallel to the floor and keep your lower back flat and your butt thrust outward. In a controlled fashion, pull the bar upwards until you touch the lower part of your rib cage. Lower the weight until your arms are straight. Repeat the movement without

8. Medicine Ball Abdominal Crunches



Lie on a medicine ball and place your hands behind your head. Keep your

feet on the floor or raise them so that your knees are bent at around 90 degrees. Using your abdominal muscles, lift your upper body from the floor towards your legs, careful not to pull on your neck. Tense your muscles while in the crunch and slowly lower back down.

Building Muscle101 Training Diary
Notes/Cardio Here

Recommended Resources

1- [Burn The Fat And Feed The Muscle](#)

2- [How To Firm And Flatten Your Abs](#)

3- [Advanced Dieting Secrets](#)

4- [Elliptical Trainer Reviews And Info](#)

4- [Building Muscle 101](#)

Disclaimer

The information in this guide, “getting rid of fat...and keeping it off” is strictly for information purposes only. This guide is not intended for use as a substitute for consultation or advice given by a qualified medical practitioner, health practitioner, or fitness professional. Before beginning any exercise and diet program, you should consult a physician. All matters regarding your health require medical supervision. Building-muscle101.com shall not be liable or responsible for injury, loss, or damage occasioned to any person acting or refraining to act as a result of any information or suggestions in this guide.

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building_muscle@nf.sympatico.ca

Thank you.

Notes/Grocery List: