

## 20 Must Do Tips For Fat Loss

Here are 20 fat loss tips that will not only help you burn fat from your body but also help you to build muscle and get in fantastic health. Try to implement 5 today and then every day for the next 15 days try to add another. By the time you have got all 20 added into your life you will already be seeing great results and they will keep on coming.

1) Drink quality water – Being dehydrated will slow your metabolism down so you burn less fat. Every chemical reaction in your body requires water. To work out how much water you should drink take your bodyweight in kg and multiply that by .033, that is how many liters of water you should drink per day. For example if you weigh 80kg multiply by .033 = 2.64 liters.

2) Don't restrict fats from the diet – Fats don't make you fat! They are vital for the body and the fat soluble vitamins A, D, E and K only come in foods that contain fat. Also saturated fat is in eggs, meat and butter which are all very nutritious healthy foods so saturated fat is not your enemy. The fat to avoid is hydrogenated fats and vegetable oils.

3) Take a quality multivitamin and mineral supplement – Supplementing is not ideal and I wish we didn't have to do it but unfortunately today it is necessary. Food just doesn't have the quantity and quality of nutrients it used to, this means that we are not getting as many micro nutrients (vitamins and minerals) as we used to. Also people often think they are eating healthy but are actually just not eating processed junk, that doesn't mean they are getting a wide variety of foods and nutrients. Pretty much everyone is deficient in something so a multi vitamin and mineral complex will act as a safe guard to make sure you start on a clean slate with no deficiencies and then the food you eat will send you into optimal health levels.

4) Cut back on carbohydrates – Carbohydrates are in my opinion the main cause of peoples fat problems. A lot of peoples 'healthy' diets consist of something similar to this:

Breakfast –

Fruit juice (Carbohydrates (so heavily processed its as good as sugar water!))

Cereal (Carbohydrates (again heavily processed so not at all nutritious))

Snack -

Piece of fruit (Carbohydrates (The first piece of natural nutrition, but still all carbohydrates))

Lunch -

Pasta salad (Carbohydrates)

or

Sandwich (Carbohydrates + small amount of protein and fat from the meat or cheese)

Dinner-

Meat with vegetables or salad (First and last good meal of the day = Fat, Protein, vitamins and minerals)

or

Pasta (Carbohydrates)

or

They feel they have been good throughout the day so have a cheat meal!

When you give your body more carbohydrates than it needs for your activity levels (sitting in the office!) it will store it as fat. You are not only storing carbohydrates as fat but you are also under eating fat and protein which further cause you problems.

5) Don't overdo cardiovascular training – How many calories you burn in the gym actually has minimal effect on your fat loss. What's more important than that is the calories you burn in a day. If you do resistance training then you can not only burn calories while you train but also for the next couple of days while your muscles repair themselves. Also your metabolism will be higher with more muscle, so build more muscle!

Overdoing cardiovascular training will further stress out an already stressed body (pretty much everyone has high stress levels nowadays) which will cause havoc with your bodies hormonal system which will lead to loss of muscle and gains in fat.

6) Eat organic as much as possible – Not only does organic have a higher quantity and quality of nutrients but it also doesn't have the chemicals in it which can mess with your bodies hormonal systems. For example you will end up with low testosterone levels and high oestrogen levels which will lead to fat gain and muscle loss. Also the chemicals that are eaten and then stored in your body have a good chance of leading to some sort of disease or illness further down the line.

7) Eat plenty of protein – A very important and under eaten macro nutrient. Protein are the building blocks of your body so without them your body will not be able to effectively carry out its constant replacement of your bodies tissues.

8) Supplement with omega 3 fatty acids – The ratio of omega 3 to omega 6 fatty acids in our diet should be 1:1 or at the very most 1:4. Most people are around 1:20 and some even closer to 1:50. It is extremely important to cut omega 6 fatty acids (vegetable oil has high quantities) and supplement with omega 3 fatty acids. Omega 3 fatty acids are thought of as the most important supplement that you can take. Go for a quality oil though as you really do get what you pay for.

9) Cut out vegetable oil – Very similar to the point above but its such an important dietary intervention to take on that I though it needed its own category! As mentioned above vegetable oils have high levels of omega 6 fatty acids which most people need to lower in their diet. Also vegetable oils are often highly processed during the pressing of the oil. An example of this would be the heat they use to extract the oil which makes it go rancid. Extra virgin olive oil is a fantastic replacement or even coconut oil, which is talked about later.

10) Do resistance training to build muscle – Doing resistance training will not only burn calories for the few days after you finish training where your muscles are repairing themselves but having more muscle on your frame will raise your metabolism when you are watching television, travelling to work and even when your sleeping! It will also cause much less trouble with your hormones than if you were to do cardiovascular training.

11) Cut out processed food – This one is an obviously one that doesn't need much explaining. Processed food puts a stress on the body, makes you eat more of it, poisons you etc.

12) Cook with and eat coconut oil – Coconut oil is saturated fat (note – saturated fat is not bad for you) so it can be heated to a very high temperature before it goes rancid. You can heat coconut oil up to 190 degrees where as olive oil can only be heated up to 163 degrees and a vegetable oil like sunflower oil is only good up to 100 degrees. When you pass these heat thresholds the oil will start to produce free radicals which do things like speed up ageing and cause diseases.

13) Add a small pinch of sea salt to your water – There is a big difference between the refined salt that you might use as table salt and natural sea salt. Apart from the fact that there are often things added to table salt which do damage to the body, it also stays within the body long after its done tis job, causing joints to swell and kidney problems to develop. Unprocessed sea salt contain

magnesium, calcium carbonate and many other trace minerals that have benefits to your body, serving many important regulatory and nutritional functions.

Adding a small pinch of sea salt to your water will replace the trace minerals that you have lost through exercise and the flushing out of them by drinking more water. It will also stop you needing to go to the loo so often now that you are drinking more water.

14) Don't purposefully cut calories – Cutting calories will cause your metabolism to drop which will cause you to store more body fat. It will also make your body eat away at your muscle because it needs to break it down to use the protein in the muscle for a more important uses. Along with this you will also be making yourself deficient in nutrients as your not feeding your body the correct amount.

15) Correct your posture – Having bad posture puts a strain on your system that effects many different organs and glands. This can lead to illness and disease which ultimately will lead to fat gain. Also posture being in bad posture will result in your mood changing as your in constant stress, this can be a time where your most likely to cheat on your diet.

16) Go to bed at 10.00pm – Going to bed at the correct time will obviously make you feel so much better in the morning and for the rest of the day. With regards to fat loss, not going to bed on time will result in your hormone levels being all over the place which will reduce your muscle and store fat. From about 10pm – 2.00am your body is going through physical repair and from around 2.00am onwards the immune repair energies are more focused on pycchogenic (mental) repair which lasts until waking. This can be, and often is the one and only thing that is holding people back from achieving their health and fitness goals. You can have a fantastic diet and exercise really well but not be able to shed that fat you so badly want to get rid of. Just bringing your bed time back 2 hours can send you in the right direction again.

17) Eliminate stress – This is sort of related to the point above. Stress comes in many forms (physical, chemical, electromagnetic, psychic or mental, nutritional, thermal) and each stress can be good or bad. However today we are bombarded with way more stress than the body can cope with. This leads to our stress hormones being elevated for long periods of time along with many other hormones imbalances which leads to lots of problems, one being (and the one you want to know about!) fat gain and muscle loss.

18) Get more active – Simply try to stop being so lazy! Where you could have walked or cycled rather than taking the car do it. Take the stairs rather than standing and waiting for the lift. If you have an office job, take regular breaks to walk around and get some fresh air. This will not only de stress your system but increase your energy output for the day. Think of ways that you could make your day a more active day.

19) Avoid all wheat and most grains where possible – Avoiding wheat is one of the most important things to do when looking at carbohydrates. It has the same influence on blood sugar levels as plain table sugar. The Gliadin family such as oats, wheat and spelt are the most common allergen. Besides raising insulin levels in the body and their rapid carbohydrate uptake, grains also release cortisol which is a stress hormone. This raised cortisol will lead to fat gain among other things.

20) Consume carbohydrates with fat and protein – Consuming carbohydrates with fat and protein will slow down the release of the carbohydrates into the system. This will lead to a steadier supply of energy and reduce the chances of a carbohydrate energy crash later on.

You will see that these fat loss tips are not just pure fat loss techniques, they are also going to build muscle, strength, health and fitness. That is because fat loss is not about tricking or forcing the body

into doing something it doesn't want to do, it is about treating the body how it wants to and should be treated. This will result in your body looking the way that it was designed to.

Remember if you are fit, healthy and strong then your body will look that way. If you are undernourished, weak and emaciated then your body will look that way also.