

## Top 10 Fat-Fighting Rules

### Rule 1 – (Only Eat When Hungry)

For long term fat loss and effortless sharp abdominals, this is the best way. You must become more discerning. Recognise the difference between true hunger or just some other emotion (such as boredom) disguising itself as a hunger need.

### Rule 2 – (Only Eat Until Full)

How many people exhibit self-control and do not eat more of their favourite food than they should. If you can master this habit of only eating until full (you will be able to utilise the benefits of Rule No.3), you are headed for spectacular results.

### Rule 3 – (Eat All Types Of Food - Practicing Moderation)

One day a week you can eat whatever you like, providing that you don't 'over-do it'. Do not eat excessive amounts of food detrimental to your health (eg. high fat) or until you 'feel sick'.

### Rule 4 – (Change Your Beliefs about Yourself)

Set yourself some high standards. Just because you may have failed in your attempts in the past, it does not mean that you cannot succeed this time. Accept the importance of supportive beliefs rather than self-destructive and the self-defeating type actions.

Realise that in order to quickly and permanently change you need to create what is known as leverage. You will need to create many reasons for wanting to make this change (the more reasons the better) only by doing this, can you realise the many benefits that will be derived if the change is made. This can be further reinforced or leveraged by attaching immense pain to no change. However, do not focus primarily on the pain aspect - focus more on the benefits to be derived from the new 'you'.

Rule 5 – (Do Not Eat High Fat Foods In Combination With High Sugar Foods – Especially Late At Night) Understand how eating high fat food in combination with high sugar foods (especially late at night) maximises fat retention. High sugar foods elevate Insulin levels, the higher the Glycemic index, the greater the Insulin response. One role of Insulin as a potent hormone is to store dietary fats, therefore, if you eat a high fat food with a high sugar food, you are placing your body in a physiological state to store dietary fat and you are also supplying the dietary fat that will ultimately be stored.

### Rule 6 – (Weight Train – Muscle Mass = faster metabolism)

Weight training is not very effective at burning body fat directly. The body prefers to use Carbohydrate to fuel your workouts. However, weight training has a large effect at burning body fat indirectly. This is due to the fact, that the greater the muscle mass present in your body, the more energy you need just to exist. Your metabolism becomes faster.

The greater the muscle mass, the greater the Calories burnt. An added benefit is the temporary increase of metabolism for many hours after weight training.

## Rule 7 – (Do Some Aerobic Work)

Aerobic work burns fat calories. The most efficient intensity for fat burning is conversation pace. Weight bearing exercises such as running and walking burn more calories per hour than non-weight bearing such as swimming - so if you are limited for time, do weight bearing exercises.

Preferably do the aerobic work straight after weight training when your Glycogen levels are low. This will help burn more body fat. Two to Three, 30 - 45 minute sessions per week, are sufficient. Do not overdo the aerobic work. Excessive aerobic work can lower your Testosterone levels and this hormone helps keep you lean and muscular. Most fat loss will occur because of your diet.

## Rule 8 – (Take The Fat Weight Off Quickly With A Keto-Genic Type Diet)

A Keto-Genic diet (such as the Atkins Diet or other low carb diets) keeps initial motivation high due to the rapid results delivered.

## Rule 9 – (Regulate Your Protein Intake)

Keep your protein intake at around 2.2 grams per kilo of bodyweight per day. This will help minimize the chances of losing valuable muscle tissue when dieting.

## Rule 10 – (Learn The Previous Nine Rules And Put Some Of Them Immediately Into Practise, So That They Become A Habit)

This is a major key to success in any endeavour. We are literally creatures of habit, the trick is to become a 'master of good habits' rather than a 'slave to bad habits'. Establish the things necessary to achieve your goal as habits.

*TRAIN WITH DESIRE, DESIRE TO BE BETTER TOMORROW THAN YOU ARE TODAY.*

