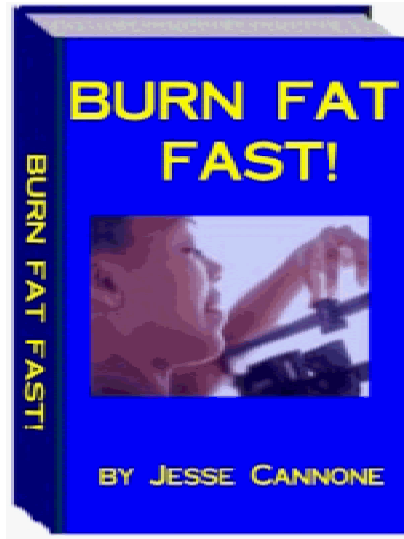


BURN FAT FAST!™



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Care has been taken to confirm the accuracy of the information presented in this manual. The author, editors, and the publisher, however, cannot accept any responsibility for errors or omissions in this manual.

The information in this manual is intended for healthy men and women. People with health problems should not follow the suggestions in this manual without a physician's approval. Before beginning any nutrition or exercise program it is recommended that you consult with your physician.

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What's Your Goal?

Sounds like a pretty simple question. Many people have goals, but usually they are nothing more than generalizations. Try to be as specific as possible when outlining your goals. Yes, this means you need to write them out! Write down every health and fitness related goal you have and then pick the top 3. These are the ones you will prioritize. Below are some questions you should ask yourself when writing out your goals.

- What is it exactly that I want to achieve?
- Am I happy with how I currently feel?
- Why did I purchase this program?
- What will happen if I continue doing what I have been doing?
- Where would I like to see myself in the next 6 weeks, 6 months, or 6 years?

It's safe to assume one of your goals is to lose weight, or better put, burn off some body fat, otherwise you would not have purchased this program. One thing you should always remember is, everything you do should be taking you one step closer to your goal! This is why it is so important to have specific goals. Without specific goals you can't have a specific plan!

Dispelling the Myths

Unfortunately, many people are misinformed and are also misled by the many promises of the weight loss industry. Everywhere you look, you see or hear of people promising "Dramatic Weight Loss" with products such as "The Fat Trapper", or "Exercise in a Bottle". Then you also have the hundreds of diets out there such as "The Zone", "Sugar Busters" or "The Atkins Diet". I'm sure you have heard of many of these yourself. You might have even tried some of them. Unfortunately, these products and diets are not the quick fix, or the miracles they are portrayed as. They are also usually very dangerous.

Below are some common misconceptions among people with regard to exercise and nutrition.

1. You need to exercise to burn fat.

The truth is **you don't gain body fat because of a lack of exercise.** You gain it because your blood sugar levels exceed what you are using. Basically, you are eating too many calories at one time.

2. Your metabolism slows down once you hit 30.

WRONG! Actually, hundreds of research studies have shown that the slow down in metabolism is due to a loss of muscle tissue. And the loss of muscle tissue is directly related to a lack of hard physical activity!

3. Pasta and bread are fattening.

Anything is fattening! Lettuce can be stored as fat! Any food or drink, which contains calories, can be stored as body fat if it causes your blood sugar levels to exceed what the body needs at that time. Bread and pasta are actually great sources of complex carbohydrate! The key is how much you eat and when you eat it.

4. Eating after 7pm will make you fat.

Absolutely false! It all depends on whether or not the body needs that amount of calories at that time. Keep in mind your body is constantly burning calories, 24 hours per day, just the amount varies.

5. Strength training will make you bulk up.

Another NO! It seems as if mostly women are concerned with this one. Muscle size is primarily affected by genetics and hormone production; therefore, most women don't have the potential to build very large muscles.

Muscle burns calories, so the more muscle you have, the more calories you burn which makes easier to burn fat and harder to gain it!

By no means is this a complete list! There are so many I could write a whole book just about them. The key is in education, but not by reading fitness magazines!

Understanding Your Body Weight

Many people become frustrated and stop exercising and eating well when they don't see their weight go down. That is the worst thing you could ever do. **Never judge your progress solely on your scale (body) weight!**

Many people, including physicians, still believe that body weight is important. It's not! It's what your weight is made up of!

For example, John weighs 210 pounds and he thinks he needs to lose 20 pounds. So does his family doctor. According to the Body Mass Index (BMI), based on his age and height, John should weigh only 190 pounds.

So John begins a diet and exercise program and after three weeks he quits because his weight hadn't changed one bit! What John and his doctor fail to realize is that the BMI does not take into consideration individual differences such as muscle tissue, bone size and density, fluid retention, and of course body fat.

John learns that your body weight is made up of those 4 factors and decides to have his body fat tested. It turns out that John's body fat is only 20%, which means he only has 42 pounds of fat on his entire body, and it is impossible and unhealthy to try to get rid of it all!

A healthy body fat percentage for John is 18%, therefore John actually only needs to lose about 5 pounds of body fat, not 20 pounds of scale weight! If John was to lose 20 pounds he would probably also lose precious muscle tissue, which is not a good thing!

You should now have a good understanding of the differences between scale weight and body fat. I highly recommend having your body fat tested at least every couple of months and using that to determine how well you are doing. You can have the test performed by a qualified fitness professional, or you can also purchase one of the many products out there, which measure your body fat.

There is a company called TANITA, which makes numerous high quality scales, which also measure body fat. Don't be too concerned with the exact accuracy. All that matters is that you use the same testing methods each time and that the numbers are going down.

Right now you are probably wondering what a healthy body fat percentage is for you. Well, listed below are some general guidelines for body fat.

Men

Ages 18-25 ----- 4-14%

Ages 26-35 ----- 8-18%

Ages 36-45 -----10-20%

Ages 46-55 -----12-22%

Ages 56 + -----15-24%

Women

Ages 18-25 ----- 13-21%

Ages 26-35 ----- 13-23%

Ages 36-45 ----- 15-25%

Ages 46-55 ----- 18-27%

Ages 56 + ----- 18-30%

Setting Realistic Goals

Before starting any exercise and nutrition program it is very important that you have goals and a plan, but your goals must also be realistic and attainable. Due to all the misinformation out there, many people have totally unrealistic expectations. When it comes to fat loss, a goal of 2-4 pounds a month is realistic.

The human body, if necessary, can only metabolize 2-3 pounds a week with a miracle! That is the most! Again, we are not talking about body weight; we are talking about body fat. So, the next time you hear someone say you can lose 30 lbs in 30 days, you'll know that it's totally unrealistic and unhealthy!

Let's say that you are going to follow the recommendations in this program and follow it consistently for 6 weeks. **A realistic goal for a 6-week program is 4-6 pounds of fat, not scale weight.**

The Importance of a Plan

The next thing you must do to be successful is map out a plan. What is it going to take in order for you to meet those specific goals? One of biggest reasons people fail, with any goal, is because they lack a detailed plan! For example, where do you go if you have a cavity? Dentist. Where do you go for maintenance on your car? Mechanic. Why do you go to these people? Because they are professionals, they have a detailed plan to follow, and that's what they specialize in.

So why would anyone attempt to meet their health and fitness goals without the help of a professional? My guess is that most people feel like they know enough about exercise because they have done it before, or maybe because they read Muscle and Fiction (oops, that should read Muscle and Fitness) or Shape magazine. I have quite a few books on taxes, yet I still don't leave my finances up to me! I use an accountant. Why? I don't specialize in taxes. The same reason I take my car to a mechanic. I'm not a mechanic. Even if I was to attempt to fix my car myself, I definitely would need a well thought out, and detailed plan for me to follow.

Don't under estimate the importance of a plan! This program provides a basic format or outline for you to follow, however that does not mean you can't make modifications based on your individual situation.

How Your Body Uses Fat for Fuel

Why does your body store fat? Do you really understand why the human body stores excess calories as body fat? Most people don't, and that is one of the reasons most people are unsuccessful at trying to get rid of it.

The body stores excess blood sugar (energy in the blood stream) in fat cells. Think of these fat cells as water balloons. Once these fat cells fill up they then begin to overflow. If that happens, the body will build a new fat cell to store the overflow. The problem is once your body adds these new fat cells; you can't get rid of them! You can empty them, but they're still there.

Body fat is the last thing your body wants to use for energy, especially if blood sugar levels are constantly up and down. **The whole reason we store fat is to have a reserve for when the other fuel sources aren't available!**

What are the other fuel sources?

- 1. Blood Sugar**
- 2. Muscle Tissue or Glycogen (muscle energy)**
- 3. Body Fat**

Blood sugar, which can be a combination of carbohydrates, proteins, and dietary fats (not body fat), is the first fuel source. After the body has used what's in the blood stream, it will then do one of two things. One, break down any unnecessary (unused) muscle tissue or it will tap into stored glycogen (muscle energy). What determines this is your level of activity.

During periods of light to moderate activity the body will break down the muscle tissue. If the level of activity is high (hard physical work), then the body will use glycogen. Then, if the body has utilized all of the above it might mobilize body fat stores. This is a big might. It depends on whether or not the body still needs fuel (you probably have eaten again by this point).

This scenario also tells the body that there is a problem and it automatically slows down the metabolism to conserve fuel by burning less fuel.

This is a major problem for most people. They think that if they don't eat breakfast, and then they exercise they will have to burn fat. Sorry, but that is not the case. Hopefully I haven't lost you yet. I know that this is a bit complicated but it is best if you really understand how the body uses energy.

3 Steps to Success

The reason this program works so well is because it satisfies the 3 most important elements of a successful weight loss, or fat-burning program.

- 1. Stabilize blood sugar**
- 2. Increase muscle tissue**
- 3. Deplete and replenish glycogen (muscular energy)**

Let's look at these 3 points and talk about what they mean and what is required to ensure you do all three.

Before we talk about stable blood sugar I'd like to ask you another question. What is metabolism? This is another area where people have some serious misconceptions. We talked briefly about this earlier in the Dispelling the Myths section, but I'd like to go into just a little more detail.

Metabolism is the rate at which your body burns calories for sustaining all chemical processes that take place in the body. More simply put, how much fuel your body uses to sustain itself.

As stated earlier, the main reason your metabolism slows down is because you have lost muscle tissue. And you lost muscle tissue because you haven't supplied a consistent need to maintain that muscle. I refer to the "need" as a stimulus.

If you make the body feel as if it needs that muscle then you won't lose it. As the old saying goes, "**Use it or lose it**".

One thing that might drive this point home even more is the hundreds of research studies that have been done on human metabolism. All of them show that the primary reason for a decrease, or slow down in metabolism is a loss of muscle! **One study in particular showed that in 8 weeks, 87-96 year old women tripled their strength levels and increased muscle tissue by 10%!** If that doesn't prove the point and motivate you, I don't know what will.

Stable Blood Sugar is a Must!

In order to stabilize blood sugar you must feed your body the right amount of food at the right time. Think about your activity levels throughout the day. How many times a day, are you working really hard, I mean physical work? Or let me put it this way, how many times a day are you burning 800 or 1000 calories at one time? Probably never! Then why do you eat that many at one time?

Many people fail to burn fat because they are always supplying an overflow, or excess of fuel. Have you heard the "rule" that if you take in 500 less calories per day than you burn, you will lose one pound per week? This equation stem from the fact that one pound of fat contains 3,500 calories.

Unfortunately, real life is not that simple. Your body is constantly using energy, and the amount being used depends primarily on your activity level. Even when you are sleeping your body is burning calories. So when you think about your activity levels on an average day you'll see that it fluctuates throughout the day. If the amount of fuel being used varies, then so should your intake.

For example, if you are really active in the morning, then that is where you should position a large portion of your calories for that day. Not at 6 o'clock at night, when you're not nearly as active!

The key to stabilizing your blood sugar is to match your eating to your activity levels! In order to stabilize blood sugar you must eat small, frequent, and balanced meals/snacks every 2-3 hours! Don't forget that your body is constantly burning calories so you should always supply it with food. Skipping a meal, or waiting more than 2-3 hours between meals is like trying to drive your car on empty. However, you should only give it what it needs at that time.

In order to easily find your trouble spots, create a timeline below and chart your meals (and drinks) and activity levels. Draw a line that represents your activity level throughout an average day. Then list all meals, snacks, and drinks at their appropriate times. You should be able to see where you are not supplying any, or enough calories, and also when you are supplying too many when not needed.

Wake up

Go to bed

Stable blood sugar is by far the most important factor when it comes to burning fat! If you are to do only one thing, STABILIZE YOUR BLOOD SUGAR!

Increasing Muscle Tissue is Increasing Metabolism

I touched on the importance of strength training earlier. Adding muscle tissue is very important for numerous reasons. The main benefits are increased strength and ability, increased bone density, and increased metabolism to name a few. **Remember, muscle burns calories all day long, even while you sleep!**

Just because you strength train, that doesn't guarantee that you are adding, or even maintaining muscle tissue! Many people strength train 4-5 times per week and never add muscle! **The key to adding muscle tissue is PROGRESSIVE strength training!** Progressive strength training means challenging your muscles to work harder each time. That means you should not be doing the same weight each workout!

I come across so many people who can't figure out why they're not adding muscle. All you need to do is challenge your muscles with hard work, not a lot of work, and they will respond by getting stronger. This does NOT mean you need to join a gym or buy any fancy home fitness equipment either. You can challenge your muscles with your body weight, dumbbells, and even a rubber exercise band!

The Importance of Cardiovascular Exercise

The role of cardiovascular exercise is very important in any fat burning program. However, not for the reasons most people believe. **Doing aerobics, or cardio workouts in an attempt burn calories to help lose weight is ridiculous!** Yet, so many people think that it's their lack of cardiovascular exercise that caused them to gain weight.

You are probably wondering why then I recommend doing cardio workouts. Most people are under the assumption that easy and moderate workouts burn more body fat. They do burn a larger percentage of their calories from fat, however the total amount of calories is less!

For example, let's say that you do a 45-minute fat burn workout (easy pace). You burn 150 total calories and 70% are from fat. I do a 20-minute hard workout and burn 200 calories, which only 30% come from fat. Well, it looks as if your easy workout burned more of its calories from fat. Great, right? Not really. I burned more calories in less than half the time, I depleted muscle energy stores because I was working hard, and my metabolism will now stay elevated for the next 4- 24 hours!

Not only do hard cardio workouts burn more total calories, they also deplete glycogen stores. Whenever your glycogen stores are low your body will make it a priority to refill them. You're asking, so what does that matter? We'll, that means your body will be taking a lot of the calories from your next few meals to replace the glycogen that was used. This also means you are a lot less likely to store any excess calories as body fat! **Hard cardiovascular workouts are the most productive when it comes to burning fat!**

This is not to say that easy and moderate exercise doesn't have any benefit. They do, they're just not effective at burning fat!

Putting it All Together

Now that you know what needs to be done it's time to get to work! **If you can follow the advice and recommendations presented in this program, I guarantee that you will be successful at burning fat, and keeping it off!**

If you find that you have difficulty follow this program outline please contact me and I will see what I can do to make it easier for you to make things happen.

In the next section you'll find a Sample Weekly Exercise Schedule, and a Sample Meal Plan. These are for you to copy and use.

Always keep records; otherwise you'll never know what worked!

There are a few great journals out there for tracking your progress. The one I recommend is called the Daily Exercise + Nutrition Journal. It's available in 8 and 12-week versions. With this journal you can chart your exercise and eating for the day... all in one book! Plus it's full of tons of other great fitness and nutrition tips, guidelines, and recommendations. For more information on the Daily journals, visit my website at www.achieve-fitness.com or call 240-731-3724.

Sample Weekly Exercise Schedule

Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
Strength Workout (20 mins)				Strength Workout (20 mins)		
20 mins Hard Cardio		30-45 mins Moderate Cardio		20 mins. Hard Cardio		30-60 mins. Easy Cardio

Sample Strength Training Routines

Full-body Workout

Perform 1-2 sets of each exercise until you feel you cannot complete another repetition in good form. This workout could be completed twice a week in 30-40 minutes.

Remember to move the weights slowly... momentum makes it easier and easier means less improvement! Challenge yourself and be progressive. You should be attempting to increase your weight and/or repetitions at nearly every workout.

- Lat pull down
- Shoulder press
- Leg curl
- Seated row
- Peck fly
- Leg press
- Bicep curl
- Triceps extension

Below is a strength routine that can be done at home with no equipment except for a rubber exercise band, which can be purchased for under \$20. Because this workout is not as intense as a machine-based workout it can be performed up to 3 times per week.

If you would like more information on rubber home exercise bands visit my website at www.achieve-fitness.com or call 240-731-3724.

Perform each exercise 2-3 times and work each exercise to the point of fatigue, or muscle failure.

Home Exercise Routine

- Band row
- Band chest press
- Wall-sit
- Band straight-arm pullback
- Band lateral shoulder raise
- Hamstring bridge
- Band bicep curl
- Band triceps extension
- Body weight squat

Sample Meal Plans

1.

Breakfast 7am

- Whole grain cereal w/ skim milk
- Fruit

Snack 10am

- Hard-boiled eggs (2)

Lunch 12:30pm

- Tuna w/ cheese on whole grain bread
- Small salad

Snack 3pm

- Sunflower seeds

Dinner 6pm

- Salad
- Whole grain rice w/ Sautéed vegetables (broccoli and mushrooms)
- Grilled chicken

2.

Breakfast 7am

- Scrambled eggs w/ mushrooms, onions, and tomatoes
- Whole-wheat toast

Snack 10am

- 1/2 protein bar

Lunch 12:30pm

- Grilled chicken sandwich w/ lettuce and tomato

Snack 3pm

- Fruit
- Pretzels

Dinner 6pm

- Angel hair pasta w/ sautéed shrimp and vegetables

These are just a few examples. You will need to adjust the times of the meals, the size of the meals, and maybe also the food choices. The reason these meal plans work is because they provide the body with stable blood sugar (stable energy levels).

When you eat is just as important as what you. And how often you eat is the most important. Strive to eat small, balanced meals and snacks and you will do great!

How To Eat Right When Eating Out

Eating out and fast food are probably one of the biggest problems people have when it comes to burning fat.

Unfortunately, most restaurants don't offer many healthy choices. However, that does not mean you should give up and have a Super Sized Big Mac Value Meal.

There are a few places that you can go when you want to eat out and still make a good choice. Below is a partial list of restaurants that will support your healthy eating.

- Subway
- Blimpie Subs
- Boston Market
- Chicken Out

Plus, some of the not so great places to eat are now offering some healthy choices. For example, McDonalds, Burger King, and Wendy's all offer a grilled chicken sandwich, which is a fine choice... just no fries or soda!

Often times poor eating is simply due to poor planning. If you leave your meals unplanned and up in the air you will most likely end up eating something on the run, and it is likely to be a bad choice.

Always carry a few healthy snacks in your car, purse, briefcase, or bag. You never know when you'll need a quick snack. Don't forget your water bottle too!

Additional Resources

- ***Health and Fitness News***

Monthly print newsletter offering tons of great information on every aspect of health and fitness!

- **Daily Exercise & Nutrition Journal**

8 and 12 Week Journals can be used to track your nutrition and exercise for each day. By tracking your program you can effectively analyze whether or not it's working and when and where you need to make adjustments.

- **Low-fat Cook Book**

Eat healthy and enjoy it! So many people don't eat right because they think healthy foods don't taste good... well they're wrong! Learn how to prepare quick and easy meals, snacks, and deserts.

- **Polar Heart Rate Monitors**

Make sure your workouts are as productive as possible by monitoring your heart rate. Polar heart rate monitors are the best in the industry and now you can get them at affordable prices. Visit the products page on our website.

- **FREE Articles, Reports, and Consultations**

Expand your fitness knowledge by reading. There are lots of great free articles, reports, newsletters, consultations, and more are available on our website.

Many FREE resources are available to you by phone, fax, e-mail, or on the Internet. Visit our website at www.achieve-fitness.com

About Achieve Fitness & Rehabilitation

Achieve Fitness & Rehabilitation offers personal and group fitness programs in area health clubs, corporate fitness centers, and in-home. In addition we also offer massage therapy and physical rehabilitation programs.

All of our programs are backed by a 100% money back guarantee. If you don't meet the goals, which are set at the start of your program, you are entitled to a full refund.

We are one of the only companies in the mid-Atlantic region to offer such a strong guarantee. Our guarantee is just one reason why stand above our competition.

Does your gym, health club, or fitness program guarantee your success?

Our clients achieve their goals by learning and implementing safe and effective exercise and nutrition programs. We believe the key to success is in education. Our focus is on teaching people how to meet their health and fitness goals, not just put them through workouts!

To hear about some of great progress our clients have made visit the Success Stories page on our website.

If you would like to receive more information on our products or fitness programs, please give us a call at **240-731-3724** or visit us on the web at **www.achieve-fitness.com**