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BodyTech's 3-Step Formula For Fast Fat Loss

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Chances are that your success in business not only shows in your bottomline, but it may have impacted your waistline too. If so, here are three proven principles that we use to achieve fast, permanent fat loss for busy people just like yourself. Apply them for four weeks and you'll flatten your stomach by 3cm and in the process, lose 5-9 kilos of fat.

Principle #1 : High Intensity Training

The first part to rapid fat loss is exercise. Exercise can come in many forms, but few are truly beneficial when it comes to fat loss. To lose fat, the most beneficial form of exercise is high intensity strength training using full range exercise machines. Specialist machines such as MedX provide the most productive, efficient and safe way to strengthen your muscles. Strength training builds muscle and increased muscle uses more energy (calories). Combine this with a reduced calorie-eating plan and your body has no choice but to burn fat.

Principle #2 :

Eat Five Small Meals A Day

The second part of rapid fat loss is the reduced calorie-eating plan. One of the key factors in efficient fat loss is to increase the amount of meals per day to five. Keep these small and evenly spaced. This helps maintain the appetite and energy systems at a moderate level. A meal can be a snack or a small amount of several foods.

Research has shown the plan that has proved most effective for the average adult consists of five eating episodes per day for a total of 1,100 calories for women and 1,400 calories for men. All mini meals consist of complex carbohydrates rich in essential vitamins and minerals, with moderate amounts of protein and fat.

The secret to successful fat loss is not how many calories you can burn while exercising, but rather the amount of extra calories you can burn doing nothing at all.

Principle #3

Superhydrate Your System

Superhydration is usually ignored in weight loss plans. Superhydration is the drinking of large amounts of ice cold water each day. Large amounts of water are important for efficient fat loss.

If you don't drink enough water, your body's reaction is to retain the water it does have. Kidney function is hampered and waste products accumulate. Your liver is then called on to flush out impurities. As a result, one of your liver's main functions, metabolising stored fat into useable energy, is minimised. The traditional 8 glasses (two litres) per day is not nearly enough for maximum fat loss.

I suggest 4-5 litres a day. Four litres of ice cold water requires you to expend extra calories to warm the water to core body temperature.

Metabolism

The Key to Fat Loss

Your metabolism is your body's ability to convert calories to energy. Your resting metabolic rate (RMR) is the amount of calories you need to consume if you do nothing but rest, over a 24-hour period. The secret to successful fat loss is not how many calories you can burn while exercising, but rather the amount of extra calories you can burn doing nothing at all. These three strategies are designed to do just that. That is, to burn more calories at rest, by increasing your metabolic rate. And you do this by stimulating your lean mass or muscle through high intensity strength training. If you're interested to learn more and apply the 3 step formula, enquire about a fat to muscle program at Bodytech 623 3383.