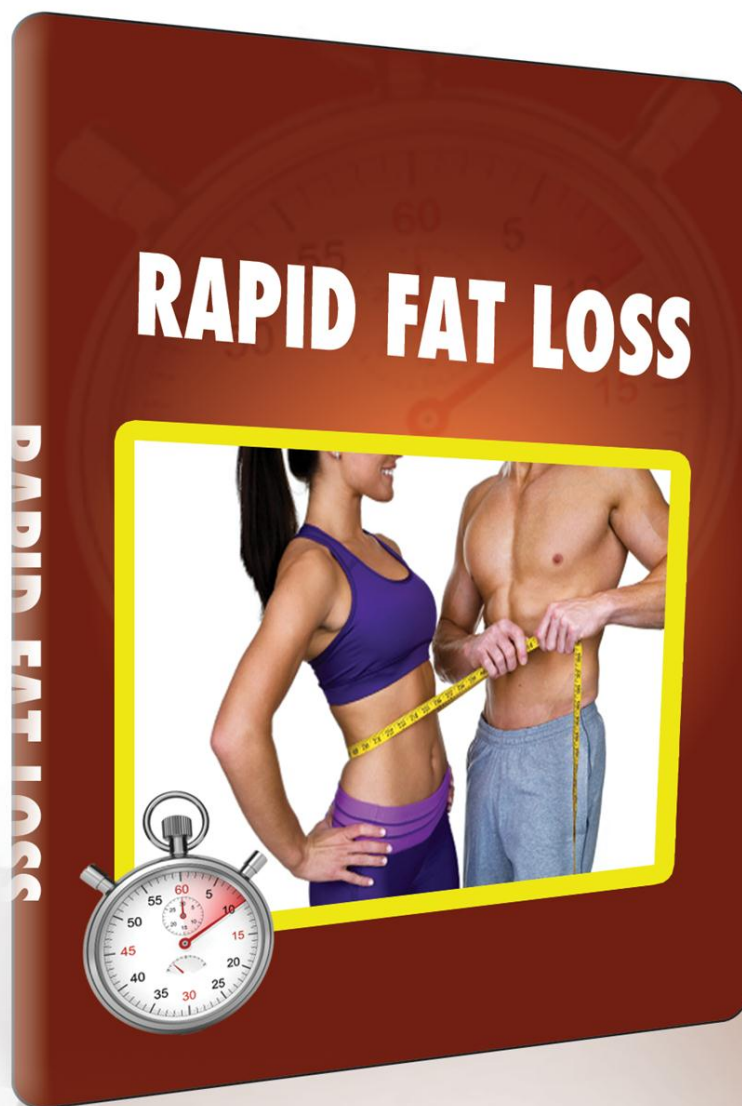


# A Secret Guide to Rapid Fat Loss



# Introduction

Losing pounds of weight overnight sounds like something ‘unheard of’ – in fact, it is unheard of. The truth is weight loss doesn’t come that easy. It requires lots of dedication, knowledge and hard work. All that matters is you play your cards right, especially if you plan on losing the extra pounds without consulting a fantasy wizard or a genie. Just following the right steps at the right time can do the magic for you, and you can lose the extra weight you desire without compromising your health.

So here is a secret guide to ‘Rapid Fat Loss’.

## Tips to Lose Weight Rapidly

A lot of people exercise, but very few do it the right and effective way. Naturally, each one of us is made differently, with very different genetics which play a major role on how rapidly we lose weight. The fact is, you can influence your workout results drastically with the right habits. Here are few tips to remember:

- ➡ Make sure your workouts are effective. Working-out without doing the right thing will not give you the results you seek.
- ➡ Keep your workouts short or reasonably long, depending on what works for your body.
- ➡ Know exactly what to do and when to do it.
- ➡ Warm up before every exercise session to reduce workout injury risks.

# Exercise More

Exercises are often a missing component in most people's fitness and lifestyle. People fail to realize that working-out is crucial to being healthy. To have a healthy body, having a 30 minutes exercise or workout session at least 3 to 5 days a week is what is recommended. However, for those of you who actually do exercise at least 30 minutes a week, but that doesn't seem to be doing much good, you will need to increase that time. Unfortunately, just spending 30 minutes in the gym may not be of much help if you're aiming at rapid fat loss. Increasing the amount of time you spend on all your workout activities (such as treadmills, swimming laps, pumping iron, etc.) is what will be required.



Let's say you spend 30 minutes of intense exercise a few days every week, you may have to double that to a 60 minutes session and increase the number of days as well. Your body may find it difficult to adjust to for the first couple of days, but it will soon settle in just fine. Just keep a check that you don't overdo it, because if you're already pushing yourself hard by spending an hour over your workouts, you can't double your time at the gym. Doing that will instead have a negative effect on your health, leaving you fatigued and reducing the body's fat-burning ability.



# Modify Your Lifestyle

Fat loss means much more than just working-out a lot. Along with exercise, you will also need to modify your lifestyle by changing your work habits, home activities and much more. This may sound scary but really it's not. You just need to chip in a few minor changes here and there, and you'll be well on a successful plan. For example, instead of taking the elevator to your office you can take the stairs, doing 20 sit-ups or push-ups at scheduled times and firing the lawn boy so you can mow your lawn yourself. In a nutshell, rapid fat loss is all about being in control and more physically active in your daily lifestyle. Now the question is, how do you stick to this plan? Consider the following strategies and rest assured they are easy to follow:



1. Commit to the changes you plan on making and only implement them when you are fully comfortable and ready to start them.
2. Make yourself motivationally strong. Make a list of things that are important to you to keep reminding you to remain motivated and focused. Find a way to conquer your temptations.
3. Don't set unrealistic goals for yourself. Think about the process and set goals that are achievable. For example, losing 10 to 15 pounds a week is as unrealistic as it sounds. Take it easy; begin by losing just 1 to 2 pounds a week.

## Improve Your Eating Habits

To lose the maximum amount of fat, you need to be very thoughtful of what you eat. People usually 'reward' themselves with some tart after a heavy work of 1 or 2 weeks. These are always packed full of calories, so unfortunately, you will need to stop that if want to lose weight rapidly.

Trimming down on your fat fast means trading out on anything that does not benefit your body and good health.



Yes, the thought of having canned pasta or whole milk sounds very attractive. You will have to trade on these for whole-wheat pasta and skimmed milk instead. You will essentially need to base your diet solely on fruits and vegetables. Sounds boring right? But there are ways of making diet foods interesting. Try some different recipes by tossing in some egg whites, skinless chicken

breasts, fish or soy products. It's very easy to follow special dietary recipes, and for what it's worth – you will be on a healthy diet, at the same time losing fat rapidly.

## Keep a Check on the Amount You Eat

Eating less is easier said than done. While you are trading in on low fat foods for fat-filled ones and trading out on desserts for fruits, eating a controlled amount of food will also help a great deal. 1,050 calories a day is the lowest and most



healthy amount you can safely consume per day. However, dieticians consider 1,200 calories as the norm for each day. Here are three easy tips to trick your tummy into feeling less hungry:

1. Drink more water – Increasing your intake of water keeps the body healthy overall. In addition to that, it works as a hunger quenching mechanism, so you don't feel as hungry. Drink  $\frac{1}{2}$  body weight in ounces.
2. Increase the number of times you eat – increase the number of times you eat from three meals to five or six. Just like drinking more water, eating more often (as long as the meals are smaller than your typical breakfasts, lunches, and dinners) causes your body to feel full throughout the day. Ultimately, this prevents you from accidentally getting so hungry that you throw all your hard work away on two cheeseburgers and a pile of greasy fries that are calling out your name.
3. Eat on fixed times – Learn to follow proper fixed meal times. This will prevent you from eating more than necessary. Only eat when you're sitting

down at a proper dining room table. Don't spend much time sitting down for meals? Then you'll either be really hungry or learn to make time for sit-down meals. This tip isn't to force you to slow down and enjoy your meals, though that is a nice perk. Rather, it's to keep you from eating more than you realize. It's much more difficult to keep track of your calorie and fat intake when you're on the move. By sitting down, you can write down what you're eating and can make sure you're not eating more than you ought too.

## **Consult Your Physician Every Step of the Way**

At the end of every book or article, authors are always careful suggest that you consult a physician on your fat loss quest. The simple reason behind this is to keep you safe from the negative consequences of projecting your body to sudden changes. Especially in cases where people are going through fat loss programs but still have problems dropping the extra pounds, physicians help determining whether the problem is related to some other serious health issues (for example, diabetes and thyroid diseases). Regardless of your weight, consulting a physician is always beneficial for everyone. Physicians help in keeping a close watch on your rapid fat loss activities, and suggest safe ways on how to approach the entire fat loss process.



## Summary

Rapid Fat Loss is based on providing you safe tips on how to lose fat rapidly in a safe way. With a step-by-step plan on how you can battle your weight issues, this eBook gives you a guideline on how to achieve your fat loss goals and to do so healthfully.

P.S. If you aren't currently involved in a workout regime you can visit [www.fit1bootcamp.com](http://www.fit1bootcamp.com) and check out our Bootcamp training packages and enroll in a [2Bucks for 2Weeks Trial](#) of Bootcamp fitness to help you move towards shedding those unwanted pounds. Just click on the complimentary link, register to activate your trial and you're ready to go.

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