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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

4 Keys to Weight Loss

By Chad Anderson, CSCS

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First off, let me start by saying this list is by no means exhaustive. However, if you can manage these 4 important components of a weight loss program, you will be on your way to a slimmer body.

Build the Foundation

Many people begin a weight loss program with their basal metabolic rate (BMR), which is the amount of energy (calories) your body uses in a resting state, in the gutter. The key then is to increase your BMR so that you are burning more calories throughout the day, every day. Increase the amount of calories you burn, increase the amount of fat you lose. Makes sense, yes? The best way to increase your BMR is through adding muscle tissue. Females often shudder at the idea of adding muscle due to their fear of becoming "bulky." Relax babe! It's a little harder to add that kind of muscle mass than you think. Besides, a little muscle mass goes a long way toward achieving a leaner body. And this is what you want, right?

Specificity of Program

Not just any exercise program will do for weight loss. Simply burning calories is not good enough. The program must be designed to elicit specific hormonal responses that are conducive to weight loss. I'll give you a hint...hours and hours of cardio is NOT the answer!

Consistency

This one pretty much speaks for itself. Have you ever achieved anything great with an inconsistent effort? Unless you consider failure a great achievement, you probably haven't. You must exercise consistently to get the results you want! It amazes me how many people put so little effort into their exercise program and complain about not seeing results. Even the most well designed programs are useless if they are not adhered to on a consistent basis.

Diet

Again, this one goes without saying. You can't expect to achieve a leaner body by continuing your unhealthy eating habits. This isn't to say that you should drop everything in your diet immediately and exchange it for "healthy" food. You would end up miserable and revert back to your old habits within a month. Instead, practice moderation and don't overindulge. Also, phase certain unhealthy foods out of your diet while introducing healthier foods. The transition will be easier to make and a lot easier to maintain.

Chad Anderson, CSCS operates an online fitness programming and in-home personal training service. He holds a BS degree in exercise science with a minor in nutrition and is a Certified Strength & Conditioning Specialist through the NSCA. You can visit his website at

Weight Loss Supplement

By Rolf Rasmusson

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Weight Loss Supplement - what is it?

The term "weight loss supplement" is familiar to almost everyone nowadays. Weight loss supplement is a dietary supplement that is designed to help people who use it to achieve a considerable loss of weight. The weight loss supplement can be based on various chemicals, vitamins, minerals, herbs, etc. Examples of weight loss supplements include but are not limited to Solidax ADX, Phentermine, Kava - Herbal, Xenical, Fat Absorber TDSL, Bontril, Meridia, and many more.

Weight Loss Supplement - variety.

There is a huge variety of weight loss supplement products available in the market nowadays. All these products have some benefits and some drawbacks which distinguish them from one another. Some of weight loss supplements are cheaper than others. Some require longer period of use than others. Another example of differences would be the requirement of exercising and diet for some weight loss supplements, compared to other ones available.

Weight Loss Supplement - safety.

Even though the large number of weight loss supplement pills is available in the current market, a lot of them have proven to be ineffective. Also many of them have not been scientifically tested so you can not trust all of the claims made by manufacturers. You are also should be sure that the weight loss supplement is safe. Consult you doctor and other health professionals before using some type of weight loss supplement. In other words the weight loss supplement needs to be both effective and safe

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to use.

Weight Loss Supplement - which one is better?

Almost everyone who wants to loose weight asks himself or herself the question: "Which weight loss supplement is the most effective for long-term weight loss?" You will need to read any available research about the weight loss supplement you would like to use, consult with professionals, and make sure the supplement will work with your diet and exercising program.

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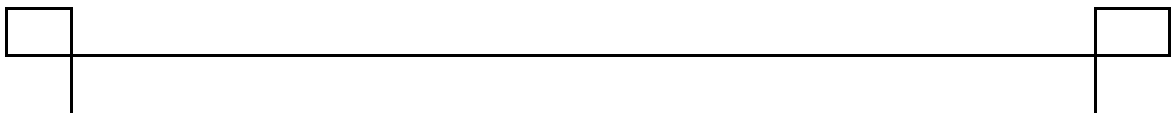
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