

FAT LOSS: The Truth on Fat Loss and how to Achieve it!

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**By Mandy Gibbons**

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Fat Loss in General

This morning I conducted a search engine "search" on the word fat loss. "Fat Loss" and "Fat Loss Supplements", being the most popular keywords, came up with a combined 1800 links, in one search engine. I went to the next search engine I ran a word count on "fat loss" rather than a link count. The results came up as 46106! WOW! Why is it that fat loss / losing body fat related information and products are so much in demand, yet obesity and being overweight are on the up and up, and are actually at the highest rate ever. With the health and fitness industry booming it seems absurd that this is occurring. Doesn't it?

Temptation and Obstacles Effecting Your Attempts at Fat Loss

The fact is that losing body fat or fat loss is not easy. We are tempted every day with fast fatty and sugary foods with super deals of quick easy meals involving drive through access and home delivery. These fast food meals are "fast" and often "affordable" with meal deals for a family of four sometimes costing under \$10 – \$12. Who wouldn't pass this up! Before you know it, it's the end of the day, the family is hungry, dinner time is drawing nigh and your beat. I can fully understand why people choose this option when our lifestyles are so hectic.

The Alcohol "Social and Relaxation" Temptation

An odd heading for this paragraph, I know, but I needed to draw your attention to the fact that alcohol will not help your fat loss efforts. I know we hear the saying so often that "doctors say that it's healthy to have one or two wines per day", however this is in regards to the properties of red wine assisting in the prevention of clogged arteries – not a fat loss miracle! If red wine is necessary for medicinal purposes and perscribed by a doctor then obviously your health comes first. However the topic here is fat loss.....

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My views are "everything in moderation". BUT I DO KNOW THAT if you want to make a genuine effort to lose body fat that a couple of alcoholic drinks per day could easily effect your fat loss attempts. So unless your's is the case above then I would seriously think about "cutting back".

Since I began as a trainer years ago I have found that it is usually junk food or alcohol that prevents my clients from losing body fat. Just going without those few EXTRA drinks after work or consuming less alcohol at social gatherings will make a considerable difference to how much body fat you lose.

### Quit Fooling Yourself

Do not fool yourself by thinking that if you just fat burn or exercise for one extra session per week you can rid yourself of all those extra calories and fat from alcohol and food. Unfortunately our bodies aren't that easily fixed.

### Why Most People Don't Succeed at Losing Body Fat

Other than the temptations mentioned above people tend not to succeed at fat loss because they are either not committed, not well informed on fat loss or they are committed for the wrong reasons. In other words you either aren't abiding by the rules, or have been misled by some other belief or you are trying to lose body fat because you are trying to keep other people happy by doing so rather than yourself.

### Making Sure You are Trying to Lose Body Fat to Please YOU, Not Everyone Else.

Think about why it is you want to lose body fat. Make sure you really want to put in 100% effort.. You want to feel great about making this decision not obliged to do it. Losing body fat can help increase your self-esteem as well as boosting your health so giving it your best shot with a positive frame of mind is always the "way to go".

### Things that You Should Do Before You Get Started!

First you may want to make notes on what time of the day, when and where that you will most probably find it the most difficult to stick to this program. If, say for instance, "calling in at the drive thru for fast food on the way home from work or picking the children up" is where you find that you are most likely to go wrong then be prepared for it by making the appropriate changes. eg Having a meal which is already partly prepared in the fridge so that it will only take an extra 10 – 15 minutes to cook. Being organised with food preparation is very very important. It is exhausting coming home after a long day and realising you have to then organise something for dinner (amongst other things) You can bet the children would jump for joy if you offered them Mac's – so you do – at least there is no washing up the dishes after dinner either...Sound familiar?

### Re-organising Your Lifestyle – Don't Make it Difficult on Yourself!

Re-organising your lifestyle may be quite a challenge for most people and families. But if you want to succeed at fat loss I am sure you want to be able to do it without tearing your hair out. Your goal is to

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re-arrange and plan your day so that you, your family and your new lifestyle can run smoothly. Such as planning your low-fat meals and recipes in a diary. Planning your grocery shop with a shopping list to prevent you from buying unnecessary junk food is also a great idea. Pre-preparing meals, making appointments for your exercise time slot etc all needs to be written into your appointment book or diary. You can tick each appointment off as the day progresses. When planning your shopping list remember, that unless you have the time, don't go getting all creative with lowfat banquets etc for lunches and dinner. Choose simple to prepare ingredients and meals.

### What Exercise Should I be Performing to Burn Body Fat?

There seems to be alot of controversy over what to do and what not to do when it comes to "fat burning" exercise. Mostly it depends on your fitness level and if you have any type of injuries, back pain or medical conditions that may affect what you can and can't do. Make sure you check with your doctor first before starting any type of exercise or eating program, so he / she can indicate and provide you with a letter verifying that it is "ok" for you to start exercising and at what level.

### Different Types of Exercising for Fat Burning

Treadmills, indoor cycles, cardiovascular machines etc any of these are great for performing fat burning exercise, provided your doctor says it's cool to go ahead with it. If you enjoy being outdoors then walking and cycling are also great. Finding a program that suits your bodies needs and fitness level is important. Make sure you add variety to your fat burning program as you advance adding hills, inclines and speed rather than increasing the time. A reasonable time for fat burning is approx 20 – 30 mins.

You should also know that if you increase the time of your fat burning session, and not the intensity and other variations, you will find that as you advance your program your sessions may become too long. This will only encourage you to think that your exercise is becoming too time consuming and a chore – which will lead you to "throwing in the towel". So keep up the variety to keep it interesting.

### The Wrong Program for You: A Common Mistake that Leads to Lack of Fat Loss

Have you ever read a successful fat loss story that you, and everyone else you know, tried only to find that it didn't work that well for you or them? Did you stop to think that maybe the person in the success story had their program specifically designed for their body type, not yours! If you really want to "kick some fat loss butt" you need a program that is designed to suit your body type and fitness level. Don't expect super results from a program that someone else used, remember they may have had a different metabolism, fitness level, body shape and eating program to you, which makes it very difficult for you to reach the same levels of fatloss as they did.

### FREE FAT LOSS EXERCISE Sample Program:

This program is a sample program to give you an idea of the variations you can use for your fat burning programs.

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Where to go from here.....

After reading this article you should have a greater knowledge of where you may be going wrong with your fat loss or how to get started on a new fat burning program.

If you are keen to get started on your own personally designed health and fitness program please feel welcome to visit my web site: <http://www.virtualfitnesstrainer.com>.

I look forward to seeing you again soon.

Happy Training!

Kind Regards

Yours in fun, health and fitness

Mandy Gibbons

Virtual Fitness Trainer

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This article was written by:

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**Fat Loss Supplement**

**By Rolf Rasmusson**

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### Fat Loss Supplement - what is it?

What is a fat loss supplement? The term "fat loss supplement" is familiar to almost everyone nowadays. It is a dietary supplement that is designed to help people who use it to achieve a considerable loss of weight. Currently many high protein and low carbohydrate diets in the US market are promising quick and easy weight loss. Examples of fat loss supplement products include but are not limited to Solidax ADX, Phentermine, Kava - Herbal, Xenical, Fat Absorber TDSL, Bontril, Meridia, and many more.

### Fat Loss Supplement - which to use?

There is a huge variety of fat loss supplement products available in the market nowadays. Because there is no scientific proof of the effectiveness of most of the fat loss supplement products, there is no suitable way to help the patients compare the different fat loss products available on the market. The best thing to do is to consult with your doctor or other health professionals. Also look very carefully at the labels.

### Fat Loss Supplement - exercising.

When someone is using some type of fat loss supplement product, it is important that you also follow some type of exercising program. Exercising is a key for most of the weight loss programs. But unfortunately, according to many health researchers, the dramatic benefit of exercise is not fully understood by more than half of the patients previously involved in a weight loss program.

### Fat Loss Supplement - diet.

Diet is also very important to follow when you are using some type of fat loss supplement product. With many weight loss programs the greatest benefit is achieved when diet is combined with the use of fat loss supplement. Consult with your doctor for the best possible combination of diet and supplements.

Additional interesting content at [www.nutritional-supplement-4u.com](http://www.nutritional-supplement-4u.com)

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