

This Free E-Book is brought to you by Natural-Aging.com.

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

Tips to Help You Lose Excess Fat

By Anthony Ellis

Tips to Help You Lose Excess Fat by Anthony Ellis

Believe it or not, losing a little or a lot of fat involves pretty much the same concept – consistent dieting coupled with cardiovascular exercise and weight training. This is how the professionals do it, and it works. If you are overweight, you may be hesitant to start a weight training program, but the benefits far outweigh any reservations you may have.

Weight training enhances your fat loss by increasing your muscle mass and more muscle means more calories burned (faster metabolism). It also it gives your skin a more tone, tight appearance, lowers your blood pressure, strengthens your bones, improves your agility, increases your flexibility, strengthens your immune system and gives you more energy and a brighter outlook on life. If you have a high level of body fat, or you have never been able to successfully lose fat, you should consider trying a complete, well-rounded program that not only focuses on dieting, but also includes adequate cardiovascular activity and weight training.

If you are already very muscular, and you just want lose a little body fat, then a fat loss program that includes regular cardiovascular activity and weight training is perfect for you. The best way to get ripped and maintain as much muscle as you can is to diet slowly.

The truth is, when you are on a low calorie diet, your body prefers to use muscle tissue for fuel rather than excess body fat. So, the slower you lose weight, the more likely you are losing fat and not muscle. Ideally, you should aim to lose no more than 1lb – 1.5 lbs per week that's it. If you are obese, then you should try to lose no more than 1% of your bodyweight per week. Any more than that and you are sacrificing muscle.

Women do tend to lose fat at a slower rate than men, but don't let this discourage you. Women simply store fat more efficiently than men because it is needed during and after pregnancy. As your body fat levels drop, you will notice that the fat loss comes off in reverse of how it was put on. So, the most recent fat gains will come off first, while the old fat that has been there for a while will take the longest to lose.

Tips to Help You Lose Excess Fat

The most difficult fat to lose usually centers around the waist, belly and lower back areas for men, and the upper thigh and buttocks, area for women. The fat in these areas are the most difficult to totally get rid of. These areas are comprised of mostly brown adipose tissue (fat). This type of fat is difficult to lose because the low blood flow in these areas hinders the fat mobilization. So, if the fat can't be moved into the bloodstream to be used as fuel, those love handles will never go away.

That's why thermogenic supplements help to improve fat loss – they increase circulation into these hard to reach areas and mobilize the stubborn fat.

Remember that you cannot spot reduce!

What I mean by this is that you can't pick and choose the areas that you would like to lose the fat and

do exercises that work those areas expecting the fat to just magically disappear in those areas. Your body does not work that way. The only way to decrease the amount of fat in certain key areas is by lowering your total body fat levels.

As you lose fat, it will come off all over your body, not just in specific areas. If you follow a complete diet and weight training program for at least 12 weeks, you will begin to see dramatic changes occurring with your body, and I'm not just talking about the obvious physical changes, I'm also talking about the psychological and physiological changes.

You can expect lower body fat (of course), increased muscle mass, increased metabolism, increased sense of well-being, more energy, lower bad cholesterol level, increased good cholesterol level, decreased risk of heart disease, deeper more restful sleep and most important, increased self-confidence.

To be successful, your fat loss program should include the following:

- * A calorie restrictive diet, which requires you to eat no less than 12x and no more than 15x your LEAN bodyweight in calories.
- * Regular cardiovascular activity for at least 30–45 minutes 3–4 times per week. Some recommend a moderate pace while other recommend a vigorous pace — it doesn't really matter as long as you are exercising.
- * Weight training.
- * Supplementing your diet with vitamins, minerals and amino acids. Vitamin C, L-glutamine, and a good multi vitamin are the bare essentials.
- * Adequate dietary fat, including high amounts of Essential Fatty Acids (Omega-6 and Omega-3).
- * Regularly monitor your progress. If you don't track your progress you won't know if your diet program is working! Looking in the mirror or just relying on the scale is NOT adequate. Here's a great

Tips to Help You Lose Excess Fat

composition tracking software that I highly recommend <http://www.comptracker.com>

It will let you know exactly if what you are doing is working.

* Finally, make sure that the program you decide on is compatible with your lifestyle and schedule.

You can have the greatest program in the world, but if you cannot implement it then it is worthless. There are thousands of fat loss diets and workouts that will work, but the hard part is finding one that works for you and the specifics of your diet and schedule restraints.

Fitness Consultant Anthony Ellis has helped thousands of individuals lose fat and build more muscle. To read more about his fat loss recommendations please check out his site at <http://www.fatlosstips.com>

Tips for Weight Loss

By www.FatFreeKitchen.com

Tips for Weight Loss by www.FatFreeKitchen.com

Tips for Weight Loss

Copyright www.FatFreeKitchen.com

[You have permission to publish this article in your web sites, ezines or electronic publication, as long as the piece is used in its entirety including the resource box, all hyperlinks (clickable) and references and copyright info.]

For a healthy body, it is very important to have ideal body weight. Try to reduce your weight gradually. If you lose weight quickly, you will gain it back fast and sometimes even more! Quick weight loss is not the answer to obesity.

Given below are some tips for weightwatchers. You will lose weight gradually and become fit over a period of time.

Tips for Weight Loss

Reduce fat: Fats have more than twice the calories than protein or carbohydrate! Our body converts excess dietary fat to body fat.

Limit sugar & alcohol: Foods with a lot of added sugar and alcoholic drinks are just empty calories.

Drink at least 8 glasses of water every day.

Eat plenty of vegetables, fruits, & whole grains.

Eat slowly: You eat more if you eat fast, as it takes about 15 minutes for our brain to get the message from our stomach that we have eaten enough.

Include a low fat protein-rich food like tofu, beans, eggs, and low fat milk, yogurt or cottage cheese with every meal.

Tips to Help You Lose Excess Fat

No prepackaged foods, powders, or bars will make you slim.

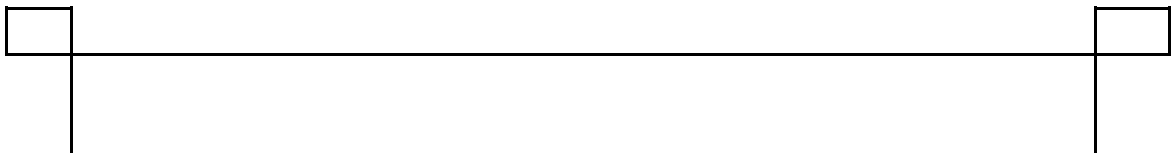
This article has been written by www.fatfreekitchen.com.
Visit the web site

for more weight loss ideas.

This article has been written by www.fatfreekitchen.com. Visit the web site
for more
weight loss ideas.



This Free E-Book has been brought to you by Natural-Aging.com.



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