

10 RULES OF FAT BURNING

E.L. Forestal, Certified Personal Trainer (ACE, NESTA)

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This information in this report is for education purposes only. It is not medical advice and is not intended to replace the advice or attention of health-care professionals. Consult your physician before beginning or making changes in your diet or exercise program, for diagnosis and treatment of illness and injuries, and for advice regarding medications.

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Disclaimer: It is recommended that you consult your doctor before starting any exercise or nutrition program. If you've suffered from any cardiovascular disease, pulmonary disease, or metabolic disease such as high cholesterol, high blood pressure, or diabetes, obtain permission from your physician before starting a nutrition or exercise program. See a registered dietician before making any changes to your diet.

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Introduction

Do you want to lose body fat or get the six pack abs that you've always wanted? Well, this report will give you insight on ways to get you there. You'll learn ways to make your metabolism work for you rather than against you. Rather than just thinking about losing body fat, let's do something about it. Put your metabolism on turbo and get ultra lean by following these ten simple rules of fat burning.

Burning fat takes discipline and due diligence on your part, but to keep your metabolism on turbo 24/7, you need to eat every three hours, 5-6 small meals a day. The best way to accomplish this is to prepare your meals everyday so you won't over eat. Not only that, you must choose the right foods in the right amounts to keep your metabolism soaring ([read my Fat Loss Workout Bands E-book, where I reveal good, bad and down right ugly foods](#)). This is the part many dieters seem to miss, they seem to starve themselves which causes their metabolism to slow down.

The ideal way to burn fat is to eat more often, but not necessarily more. Start out eating 5-6 meals per day (space them out to about one every 3 hours). Again you'll be eating more often, but not necessarily more. Fat Loss Workout Bands is designed to rev up your metabolism and shed those unwanted fat near your midsection. Fat Loss Workout Bands uses only body weight and resistance bands to get you looking leaner than ever.

[Click here to test drive Fat Loss Workout Bands, home exercise program for 8 full weeks risk free!](#)

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Rule# 1

Eat Fewer Calories

To lose body fat you must eat fewer calories than your body burns off, but you must NOT starve yourself, otherwise you will lose more muscle than fat! You might say well I don't care as long as I am thin, but you must know that muscle burns more calories than fat. Muscle keeps your metabolism elevated. Muscle as oppose to fat transforms your body into a shapely, firm and toned physique.

No matter what dietary approach you take, never eliminate food from your diet. One of the easiest way to drop calories is to eliminate excessive dietary fat such as butter, oils, salad dressing (low fat or fat-free are okay); remove the skin from chicken: substitute whole eggs for egg whites; avoid high sugar products; and toss out red meats for lean turkey or fish. Keep healthy fats in your diet, such as salmon, mixed nuts, peanut butter and avocados.

Rule# 2

Don't Miss Meals

To maximize fat reduction you must not miss any meals. You must eat 5-6 meals each day. No skipping meals are allowed. Your metabolism increases every time you eat, and a faster metabolism burns more fat and builds more muscle. If you miss meals and end up in a state of chronic hunger, you'll set your body up to lose muscle tissue. The Most critical meal of the day that people tend to skip is breakfast. A national survey of several thousand people who had dropped an average of 70 pounds and kept it off for at least a year found that 78% ate breakfast every day.

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Rule#3

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Plan your Meal

The person who plans his/her meals everyday tends to be more committed to living a healthy lifestyle. The best way to make sure that you are eating every 3 hours is to prepare your meal the night before. You'll need a large, insulated lunch bag to store multiple meals if you're away from home. If possible, grocery shop to stock up on the items you'll need in the week ahead. You'll be less likely to impulse-buy junk food, and you won't find yourself missing ingredients in the middle of the week when you may not have time to make a shopping trip.

Rule# 4

Protein Intake

Not all calories are the same and not all bring the same result. For example, calories from Dietary fat tend to be more fattening than calories from protein or carbs because it's less likely to be used to build your body. Granted, bad carbs can potentially add fat to your body, but it also help fuels your body during training. Protein on the other hand helps build muscle. Fat neither fuels your body nor build muscle, but it's not useless; moderate amount of fat support vitamin absorption and help manufacture hormones. But if you're trying to get ripped and lose weight, you must minimize your overall fat intake. Protein not only builds muscle, it help boosts your metabolism. The body burns more calories processing protein than fat or carbs. That is the main reason diets that include a lot of protein result in greater fat loss, than low protein diets, even when both diets contain the same amount of calories. Your major protein sources should come from lean meat (skinless chicken, turkey breast, and fish) egg whites without the yolks (the yolks contain the fat, so toss them if your trying to loss weight) protein powder (100% whey protein) and low fat cottage cheese. Limit your fat intake by 20%-30% of your total daily caloric consumption.

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Rule# 5

Bedtime carbs alert

Eating high caloric carbs before bedtime might not be a smart idea. When you sleep, you burn less fuel, so eating carbs before bedtime can cause a fat storage increase. It is better to go to bed with just a small protein meal. It's best to stick with small portion of lean protein, such as low-fat cottage cheese, fat free yogurt or whey protein shake.

Rule# 6

Hydrate yourself

Stay away from carbonated drinks and substitute it with water. It is recommended that a person consume 64 ounce of water per day. Water is essential for promoting and maintaining metabolism. Water is your best friend when it comes to reducing calorie intake and burning fat.

Rule# 7

Eat high fiber foods

Substitute fatty, calorie heavy foods for high fiber foods. High fiber foods are healthy and give you a feeling of fullness for a longer period of time. This helps avoid overeating during or between meals. Add some of these high fiber foods to your diet: Fruits, beans, broccoli, whole grain foods (such as whole wheat bread), beans, potatoes and legumes.

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Rule#8

Avoid eating out everyday

During your initial fat burning commitment, you might want to stay away from restaurants or all you can eat places. If you must go to a restaurant for whatever reason, make sure you share your meal with someone. Restaurants have a big tendency of going overboard on their serving sizes. So it's better to share with someone to avoid over calorie consumption.

Rule#9

Implement resistance training

To place the body in a 24/7 fat burning mode you must add resistance training to your daily workout regimen. Fat Loss Workout Bands is designed to put stress on major muscle groups, which causes it to be in a constant fat burning cycle. Research shows that resistance training causes a higher and longer surge in the metabolism than those who simply do cardio. [Start a proven, effective resistance training program like Fat Loss Workout Bands today!](#)

[Click here to try Fat Loss Workout Bands, home fitness program risk free and start losing body fat!](#)

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Rule#10

Institute a proven, effective exercise program

To put it plainly in order to put your fat burning into high gear, you need a workout that kicks butt! That means instituting a killer workout like Fat Loss Workout Bands fat loss program that will bust through any training plateaus. This fitness program is full of incredible workouts that pull no punches. If you're looking for ways to increase your fat loss, flexibility, and strength while boosting your metabolism add the #1 fitness program ever designed. Click below to get started.

[Click here to get the Fat Loss Workout Bands E-book, plus all 7 bonus books below for one great low price.](#)

I am so confident that you'll see amazing results that I've back this product with a generous risk free guarantee. Therefore, test drive Fat Loss Workout Bands exercise program for 8 full weeks, if you don't see amazing results within that time, simply send me an email and I'll quickly send you a prompt and courteous, no hassles, no questions asked, 100% refund.

Here's everything you get:



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