

GOLD SOURCE LABS

HOW TO LOSE FAT, BUILD MUSCLE AND STAY MOTIVATED



ERIKA GREY

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1. Introduction

It is no great secret that to stay healthy for longer we need to keep fit and active as well as eat all the right foods. No doctor in this world can ever prescribe anyone a keep fit tablet or other form of miracle medication because it simply does not exist. There has been far too much personal self-neglect these days that is evident by the percentage of obesity figures globally (specifically in the western part of this world). Bad diets and lack of exercise have become a way of life for many. Exercise and healthy eating is the only miracle cure if we hope to live life longer and enjoy life to the full.

This is not fantasy; it is scientifically proven, backed up with very strong undisputable evidence. For those that do regular exercise, these people have significantly less chance of contracting many different chronic diseases like heart disease, stroke, certain cancers and type 2 diabetes. There are many advantages for taking regular physical exercise as proven by medical research, these include quality of sleep – increased energy, a more positive outlook to life and boosted self-esteem.

Furthermore, regular exercise reduces the risk of you suffering from depression, dementia, Alzheimer's disease and stress.

This eBook gives you a superb insight into extremely important considerations with regards to crucial information and tips on losing weight, different forms of exercise, food facts, diet plans, controlling hunger, muscle building, motivation techniques and other simple yet powerful psychological mindset tips to help you along the path to your success. This is your chance to turn your life around for the better, to live longer, happier and to enjoy life to the full.

2. Lose Fat

How To Lose Belly Fat Fast



There are a number of reasons why fat that accumulates in the abdominal area is especially dangerous. First, belly fat has been linked to both heart attacks and diabetes. Another reason why belly fat is so dangerous is because it is close to the vital organs and its secretions of [adiponectin](#), a hormone typically secreted by fat cells which reduces inflammation, regulates metabolism and is believed to reduce the risk of developing Alzheimer's disease, is close to zero.

Excess belly fat can also inhibit the functioning of the lungs, making it more difficult to breathe, as well as cause unnecessary strain on the muscles of the lower back because of the physical imbalance belly fat causes. All these things, and more, mean that if you have an excess of fat in your abdominal region, then you are not in as healthy a state as you should be. That is why this article is for you — it will tell you how to lose belly fat fast and, more specifically, how to lose belly fat in 2 weeks, through a combination of diet and exercise.

Losing belly fat is easier than you might think; easier, in fact, than shedding fat from other areas of the body. It is less stubborn than, for example; buttocks or thigh fat, so when you do things that make you lose weight, the abdomen is almost always the first area to be affected. Many of the steps given below will speed up this shedding process, and you'll learn how it's possibly to lose belly fat in 2 weeks through a combination of diet and exercise.

Planning your belly fat loss regimen

Like any weight loss regimen, shedding abdominal fat requires a detailed plan and some concrete, short-term goals. Rather than telling yourself, "I am going to lose weight in the near future," a better goal would be, "I am going to lose anything from two to four pounds within the next two weeks." Make sure that your goal will stretch you, but also be sure that it is something that truly lies within your abilities. Otherwise, you will be setting yourself up for failure and disappointment, which in turn will discourage you from any future attempts to improve your life. Note that we said two to four pounds.

That, in the opinion of [MedicinePlus](#), is the most anyone can expect to lose in that span of time. And that will make a significant effect on your looks, your health and your motivation as well.

The next step is to determine how many calories you will take in and burn each day during that period. You can buy yourself a fitness notebook so that you can keep a record of how many calories you take in and how many you burn each day, or you can use any of the thousands of fitness apps that you can get, either for free or for sale.

[Click here to learn a little-known secret for losing belly fat](#)

Diet

It's commonly held that losing a single pound requires a 3,500-calorie deficit. What this means is that over a given period of time, if you burn 3,500 more calories than you eat, you will lose one pound. You do not want to reduce calories too quickly though, or the body will not burn fat as efficiently. So in our previous example of wanting to lose 4 pounds in 2 weeks, you would have to burn 1000 calories more each day than you eat to make up the 3,500 calories.

You control this by increasing your exercise levels and duration (burning calories) eating a reasonable amount of healthy fats, and minimizing the amount of carbohydrates you eat (avoiding calorie intake), MOST importantly, eliminating as much sugar from your diet as possible.

[Learn about a fantastic new fat-burning superfood and sugar-substitute](#)

An effective belly fat loss diet should consist preferably of organic foods that have little or no fat, as well as vegetables and fruits high in fiber. Yogurt and other dairy products contain beneficial bacteria which can also assist in reducing abdominal fat.

It is important to consider the type of fat present in a given food to decide if it is good for you. Poly- and mono- unsaturated fats and Omega-3 fatty acids can help rid your body of bad fat (i.e. saturated and trans-fat). Olive oil, dark chocolate, walnuts and almonds are among the foods that are high in good fat. You should also drink five cups of green tea each day, especially just before a workout, as this is particularly helpful in boosting your energy while stimulating your metabolism.

Exercise

What types of exercises are best when it comes to shedding stomach fat?

Many people are under the mistaken impression that strengthening the abdominal muscles will help get rid of fat. But in fact, the belly may be storing a layer of fat beneath those strong muscles. The only truly effective way to achieve your fat loss goal is to engage in vigorous cardiovascular exercise, specifically high intensity interval training (HIIT). This means that you warm up for a while, then speed up at fixed intervals throughout the workout, slowing down immediately afterwards to regain your breath.

Increase the number of cycles as well as the total length of each workout as you progress. Exercising in this way enables the body to actively use fat as a source of energy rather than accumulate it. “Steady state” cardio workouts actually increase the body’s production of cortisol, which is the agent that causes fat to be stored in the belly area, so they should be avoided.

In addition to your workout, you should also engage in such activities as swimming, taking a walk or riding a bike. If possible, do these things with other people as it can be a real motivation to have friends do things with you, certainly if you are aiming to lose belly fat in 2 weeks!

Stress and body fat

Earlier in this article we mentioned how a substance called cortisol is partially responsible for fat being stored in the belly. The body releases this substance in response to stressful situations, such as a need to act quickly. Since frequent stress can cause continued production of cortisol, stress is therefore an indirect cause of belly fat, and reducing one’s level of stress is another big step towards becoming slenderer.

High intensity, aerobic exercise is an important component in the battle, and it also helps to do yoga and other stress-reducing exercises that involve meditation.

Getting rid of belly fat requires, above all else, a desire and a willingness to exert yourself in the right direction. It may be hard work, but you can do it and once you succeed in the first few days and begin to notice the results, it will be easy from then on. Next up we are going to show you some great exercises you can do at home.

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Top 5 Exercises To Lose Weight At Home



If you are looking to drop some pounds before summer, you are not alone.

Many people want to lose weight and get in shape around the beginning of the year. Longer days and milder weather remind us that spring and summer are right around the corner. However, whatever weight loss path you take will require some dedication and effort. If you want to lose weight successfully, you have to stay motivated and not give into temptation.

To lose weight steadily, you have to eat a clean diet that is filled with plenty of fruits, vegetables, whole grains and lean meats. Another thing you have to do is exercise regularly. Working out on a regular basis will speed up your metabolism and help you burn more calories throughout the day. It is best

to exercise five days a week for at least 30 minutes to see the best results.

Many people get great results by joining a gym, but if you're the kind of person who is self-motivated once you put your mind to something, then working at home can be just as effective.

What exercises are best for weight loss?

It is possible to get amazing results in your own home without that expensive gym membership by sticking to a proven plan. Here are five simple exercises that will get you started and help you lose weight at home.

[Click here for a proven fat burning exercise program you can do right at home](#)

Walking

It may sound basic, but walking is one of the best ways you can lose weight at home. If the weather is decent, start by taking a 30-minute walk around your neighborhood on a daily basis. In addition to getting a good cardiovascular workout, you can enjoy the fresh air and scenery around you and this will help add to your desire to do it again tomorrow. Walking is something you can do with a friend as well, which can also help with consistency.

Cold or rainy rant weather could present a problem, unless you live in a home with more than one level. If so, a good substitute is to walk or run the stairs up, then walk them back down. This will also work other muscle groups and might even be a good idea to do once in a while even if the weather isn't inclement.

You could also buy one of the many DVD's available that feature cardiovascular workouts, and do them right in your living room in front of your TV. Or if you like to dance, you already have an advantage because dancing is one of the best exercises you can do to lose weight at home.

If you don't have access to a dance studio because there are plenty of dance videos available as well. Dancing will not just help you burn hundreds of calories, it will also tone your muscles, lift your mood and give you practice at something you already enjoy.

Another option is to consider buying a treadmill or elliptical machine. Working out on these machines can help you burn tons of calories and get you in shape fast, regardless of the weather. If you work out on a treadmill or elliptical machine every day for at least 20 minutes, you will start to see improvements in your body very soon.

Jumping Jacks

Jumping jacks will get your heart rate up really quickly and can help you burn a lot of calories. The best thing about jumping jacks is that you can do them anywhere including your bedroom. Doing jumping jacks regularly can really help you tone your arms, shoulders and back as well, areas commonly missed by many sophisticated workout plans.

If you haven't done jumping jacks in a while, you'll be surprised at how effective they are at getting your heart-rate up and working your arms and legs. Just do about 30 of them until you build up your endurance. Eventually, you'll want to do three sets of three minutes of jumping jacks, with three minutes of rest between sets.

Push-ups

Although many people do not like push-ups, they are actually one of the best exercises you can do and carry a low risk of injury as opposed to some other strength-building exercises. Push-ups not only tone those ignored muscles in your arms and chest, but they isometrically tone your abdomen in the process. They also strengthen the shoulder tendons and ligaments, promoting a strong and healthy shoulder joint, and preventing shoulder injuries down the road. If push-ups are difficult for you to do, try doing them on your knees.

Once you build up your strength, you can start doing them with your legs straight. Try to do at least 15 push-ups each day, but eventually you will want to build up to three sets of 15, with three minute rests between. If you do not have a mat, make sure to at least do your push-ups on the carpet. Another method is to do them between two opposed chairs, which allows you to go much deeper and work even more muscle groups.

Reverse Crunches

If you want to tone up your stomach, you should start doing reverse crunches. They are much more effective than regular crunches because they focus more on your lower abs. To do a reverse crunch, lie on the ground with your knees bent. Then, lift your knees toward your chest. Work up to three sets of 25 reverse crunches per day as well and you will see results soon.

Weightlifting

Most people don't realize it but muscle in your body needs calories to maintain itself, so you automatically increase your body's metabolism by having a bit more muscle on your body, which helps to burn fat. Adding just a few pounds of muscle will increase your resting metabolism considerably and you'll burn fat more quickly.

We've discussed some exercises above which will certainly tone your muscles and get them working, but if you want to take it a step further, weightlifting will add muscle mass very quickly. If you have room for a set of barbells, focus on the military press, curls and the bench press. Unfortunately, barbells are both heavy and occupy a lot of space, so you may opt to stick with pushups and perhaps pullups.

If you do these exercises on most days of the week, you will see your body change in just a few short weeks.

Make a specific time each day for the workout and stick to it. Please do not be impatient; the body needs time to respond to these exercises. Just know that if you stay the course your success is coming! To keep motivated, try to do different exercises on different days to prevent getting bored. For example, after your daily walk, you can do jumping jacks and push-ups one day crunches and weightlifting the next day.

If it helps get your spouse, boy- or girlfriend and kids involved. And if you start to get excessively sore, take a day off from exercising and focus on mild stretching. Also, don't forget to drink water throughout your workouts.

As well as the crucial exercise everyone needs in their daily life, there is the fundamental significance of the types of food we feed into our bodies, the importance of which cannot be stressed enough. There is a lot of truth behind the saying, "We are what we eat." We need to feed our bodies the right kind of body fuel in order to stay healthy.

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The Truth about Fat Burning Foods



Congratulations to the millions of people who are trying to lose weight and improve their overall health. From weight loss diets and exercise to spa treatments, there are various ways to lose excess fat and stay in shape. Over the years a number of different foods have been touted as fat burning foods. For example, there are several studies which indicate that people who eat citrus fruits burn more calories than those who do not. Research suggests that fat burning foods have a very high thermogenic effect. Some of them even contain “negative calories”, which means that they require

more energy and calories to chew and digest than they provide.

Thermogenesis occurs when the body raises its core temperature. This process speeds up the metabolism and causes the body to burn more fat. It also increases energy levels and stimulates the central nervous system. A successful weight loss diet should include fat burning foods with thermogenic properties.

The following are the most popular foods that burn fat and improve overall health.

Grapefruit

Grapefruit is an excellent source of vitamin C and dietary fiber. Due to its high content of fiber, it suppresses the appetite and improves digestion. It also contains powerful [phytochemicals](#) such as limonoids and flavonoids. Scientists believe that these chemical properties of grapefruit regulate blood sugar levels and promote weight loss. This fruit also boosts energy levels, strengthens the immune system, and fights against cancer.

Whole Grains

The human body burns twice as much energy breaking down whole foods than refined foods. Recent studies show that people who followed a weight loss program incorporating whole grains lost more abdominal fat than those who ate only refined grains. Oatmeal and whole wheat are

among the best fat burning foods. They are rich in fiber, which takes a long time to digest and reduces the appetite. Regular, controlled consumption of whole grains promotes fat loss, regulates blood sugar levels, and fights inflammation.

Salmon

Salmon contains healthy fats and other valuable nutrients. It reduces cholesterol levels and increases the body's sensitivity to insulin. At only 160 calories for a four-ounce serving, broiled or baked salmon is a great choice for those who want to lose weight. This fish is low in calories and saturated fat and as an added benefit; it regulates high blood pressure, supports cardiovascular health, and prevents certain types of cancer.

Sardines

Sardines may not sound like the perfect diet food, but they are low in calories and contain proteins, calcium, vitamin D, and Omega-3 fatty acids. Due to their high content of protein, sardines reduce hunger and speed up the metabolism. They are ideal for low-carb, high-protein diets. These foods also improve memory, promote stronger bones, and prevent the formation of blood clots in the body. The omega-3 fatty acids in sardines slow down the aging process and improve skin texture.

Nuts

Nuts contain high amounts of protein and healthy fats. Studies suggest that eating nuts five times a week helps lower cholesterol levels by 12 percent. These foods are also rich in antioxidants, vitamins and minerals. Regular consumption of nuts promotes weight loss, reduces free radical damage, and prevents cardiovascular disease. Dieters should eat raw, unsalted nuts. It is recommended to avoid sugar coated nuts because they are high in calories. A balanced diet should include almonds, cashews, peanuts, walnuts, hazelnuts, pistachios, and chestnuts.

Broccoli

Broccoli is one of the most popular foods that burn fat. This [cruciferous](#) veggie prevents chronic diseases, improves memory, and fights against colon cancer. With less than 30 calories per serving, broccoli is an ideal addition to your fat loss meal plan. It also plays a preventive role in many of the chronic diseases associated with obesity, including heart disease, high blood pressure, and diabetes. Due to its high content of vitamins and antioxidants, it boosts the immune system and fights against infection.

Egg Whites

Making egg whites part of a healthy eating plan can help dieters maintain a healthy weight and enjoy better health. Egg whites are rich in protein and antioxidants. They have thermogenic properties, causing the body to burn more calories. These foods are low in fat and contain no carbohydrates.

Avocados

Avocados are a great source of monounsaturated fats, potassium, folic acid, and dietary fiber. The healthy fats in this fruit have been shown to lower blood sugar levels and promote weight loss. They also accelerate the metabolism and increase satiety. Due to their high content of vitamin E, avocados reduce the appearance of wrinkles and prevent premature aging. This fruit also contains L-carnitine, a naturally occurring amino acid that increases energy production in muscle cells and helps the body metabolize fat.

Garlic

Garlic contains allicin, a natural compound that lowers cholesterol levels and fights infections. Scientists claim that this food aids in weight loss and prevents cancer. Garlic also acts as an appetite suppressant. It basically reduces the appetite by increasing the brain's sensitivity to leptin, a hormone that regulates appetite. Its strong odor reduces feelings of hunger and stimulates the satiety center in the brain. Garlic also increases the metabolism, reduces hypertension, and lowers the risk of heart attack.

Pineapple

It is no secret that the pineapple is one of the best weight loss foods. This fruit reduces cravings and aids digestion. Researchers have also found that pineapple contains bromelain, an enzyme that improves skin elasticity and prevents the onset of cellulite. It is rich in water and fiber, two ingredients that support weight loss. A slice of pineapple contains less than 40 calories.

[Lose weight naturally and improve your intestinal health with this fat-burning sweetener](#)

There are many other foods that burn fat when consumed, such as peppers, turkey breast, apples, cucumbers, oranges, brown rice, and seeds. These foods are packed with nutrients that improve health and fight against obesity. Some of them help the body get rid of toxins and purify the blood as well. An effective weight loss diet should include healthy foods that are rich in nutrients and require the metabolism to burn stored energy from fat cells, and should eliminate the boxed and bagged junk we see on the shelves at the grocery store. Your metabolism can also be greatly influenced by what you feed into your body (amongst other things), in the following pages we will discuss ways you can boost your metabolism.

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seltzer with lemon or lime juice, sugar-free teas, and so forth. Another point to remember is that cold water is more effective at increasing your metabolic rate as a result of the body's attempts to heat up the fluid. So make sure that the water you are drinking is icy cold.

3. Turn up the heat with spices

According to some studies, extremely spicy foods can boost your metabolic rate temporarily. Just about all spices contain chemical compounds that can boost your metabolism. Many of them have lots of additional health benefits as well. So, spice up your scrambled eggs with minced jalapeño and heat up the beef stew with chili pepper. If your taste allows, then you're free to go as far as you please with this one.

4. Power up with protein

Protein is a good buddy to a speedy metabolism. It contains plenty of amino acids, which are harder for the body to process than carbohydrates or fat. As a result, the body utilizes more energy to break down such foods. Simply put, increasing the calories that come from protein in your diet can help rev up your metabolism. A few lean sources of protein include chicken, fish, yogurt, legumes and low-fat dairy products. Of course, trimming back sensibly on carbohydrates at the same time will amplify this effect.

5. Drink green tea before working out

Drinking green tea offers the mutual benefits of [catechins](#) and caffeine, substances known to boost the metabolic rate within a couple hours. Two or three cups of green tea consumed before exercise can significantly improve both workout intensity and your results. Green tea contains enough natural caffeine to boost your energy levels without leaving you feeling frazzled.

6. Add a bit of muscle

The body always burns calories, even when you're idle and even while you sleep. This hidden metabolic rate is often much higher in individuals with more muscle. Adding just 5-10 pounds of lean muscle mass can therefore increase your resting metabolism considerably, and as a result you'll burn fat more quickly. In lieu of adding muscle mass, you can also perform resistance training to activate your existing muscles, which in turn will increase your metabolic rate, and again, help you lose fat quickly.

7. Snack throughout the day

Each time you eat, you actually stimulate your metabolism for a short time, so the more often you eat, the more you will increase your metabolism. Having a healthy snack every 3 – 4 hours keeps your metabolic rate cranking, enabling you to burn more calories a day. In addition, snacking will make you feel fuller and shun the urge to gorge yourself. Of course, low calorie and healthy snacks high in protein should be consumed, rather than foods with lots of fat and sugar.

8. Deep breathing

Oxygen is essential for healthy metabolism. It is what your body needs in order to function and keep all systems working efficiently. In this regard, doing deep breathing exercises can certainly help in optimizing your metabolic health. You can even learn a few breathing techniques that will teach you the best way to exhale and inhale in order to get more oxygen. In addition, [deep breathing](#) is a sure-fire way to help reduce your stress levels.

9. Step up your workout

Aerobic exercise might not build huge muscles, but can increase your metabolic rate after a workout. Maximize the number of calories you burn after workout by incorporating high-intensity intervals into your exercises. Alternate three minutes of moderate-intensity biking or running with 30 seconds of maximum effort. High-intensity workouts deliver a better, longer boost in resting metabolism than moderate-intensity exercises.

10. Hit the hay

Skimping on sleep can impinge on your metabolism. According to some researchers, the amount of calories the body burns while resting corresponds to about 60-75% of the overall daily calorie burning you do. Lack of sleep reduces the amount of calories your body burns, which becomes a serious obstacle to weight loss. So you need to give your body the rest it deserves.

These are 10 proven and easy ways to jump start your metabolism quickly and promote high energy levels to sustain a healthy lifestyle.

Small changes, even in simple everyday habits can have a colossal impact on your metabolism as well as your weight loss goals. You can control your metabolism if you implement these tactics and just take things one step at a time. And once you have control over your metabolism, you'll begin to lose weight naturally.

There will be many moments of temptation that will make you want to reach out for the wrong kind of snack foods while seeing all those mouthwatering delights all around you (coupled with those demanding, stomach rumbling; nagging reminders), these temptations can be a true force to be reckoned with. We have dedicated the next section of advice to help you to take full control of the situation. You are the sole administrator of your own mind; do not allow anything weaker than your own formidable inner strength, willpower and sheer determination to ever get the better of you.

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7 Tips For Controlling Your Hunger



Controlling hunger is an important part of your fast weight loss program.

So, if you are trying to lose weight through exercising and dieting, you need to learn how to control hunger pangs. Feeling hungry is normal, but when hunger controls you and forces you to eat constantly, it can be an obstacle to your weight loss motivation and goals.

Keeping your hunger tamed can be hard, especially when you are trying to lose weight and are often consuming in a calorie deficit. However, with a bit of commitment and self-control, you can have your cravings tamed effectively. Below are 7 tips to help control your hunger and prevent cravings.

1. Consume foods that are full of protein

Eating high protein foods will greatly help to manage fluctuations in blood glucose levels, control hunger and leave you more full and content after every meal. A good way to incorporate protein into your meal is to consume protein sources like chicken, egg whites, turkey, fish, whey protein or tuna. A side salad and a well grilled chicken breast can make an excellent snack to keep your hunger levels under control for a couple of hours before your next meal. If you make an effort to consume a complete meal rich in protein regularly, you'll see the difference in food cravings and hunger levels and develop a healthy appetite.

2. Consume fiber rich foods

Foods that are high in fiber will leave you feeling full and also improve your digestive health. Consuming fiber slows down glucose from flowing into the bloodstream, so you'll feel full longer. Fruits, vegetables and legumes are high in fiber so you need to incorporate them into your daily diet to suppress your cravings.

3. Chewing gum

Whenever you feel hungry between meals, chew a sugar-free chewing gum rather than eating unhealthy junk foods. The refreshing and minty flavor of the chewing gum will greatly help you suppress an overactive craving and shift your mind away from food. In addition, the mint taste will make any foods you might eat immediately after the chewing gum a lot less enticing.

[This ancient spice can suppress appetite and help control compulsive snacking](#)

4. Exercise

Another excellent way to help control your hunger hormones and lose weight is exercise. Whenever you start feeling hungry, challenge yourself with short bursts of exercise. Moderate-intensity exercises such as walking can help activate insulin sensitivity thus prevent increased hunger and overeating. In addition, exercise helps to reinforce your self-control and this can be crucial to your weight loss motivation.

5. Drink plenty of water

Water is one of the most powerful hunger suppressants. Since dehydration is always mistaken for hunger, try drinking a few glasses of water the moment you start feeling hungry. Water will fill up your stomach and satisfy your psychological desire to eat something. Drinking plenty of water throughout the day is also important to keep your body hydrated. When the body is dehydrated, it can induce hunger. On the other hand, drinking two liters of water can actually burn 96 calories.

6. Eat at schedule times

Your heaviest meal of the day is influenced by [ghrelin](#), a hormone produced in the pancreas which stimulates hunger. Studies show that it doesn't matter how often you eat; what is really important is to eat at regularly scheduled intervals. For instance, if you usually eat lunch at 1:00pm, but you decide to eat at 12:00pm on a particular day, it's likely that you'll feel hungry again at 1:00 pm. This is because your ghrelin levels are cyclically higher at that particular time

of the day. By eating at frequently scheduled intervals, you create a hunger pattern that you can easily control.

[This new fruit extract can block cravings and help speed metabolism of fat](#)

7. Get enough sleep

Sleep plays a central role in controlling hunger hormones. Studies show that people who don't get enough sleep weigh more than people who get enough sleep. By adapting to a regular sleep

schedule where you sleep for at least 7 hours, you increase your chances of having high [leptin](#) levels, reducing ghrelin levels, as well as controlling your hunger hormones. Sleep is really a powerful element when trying to lose weight.

The challenge of keeping your appetite tamed can be minimized by taking these actions to control your hunger hormones. They range from eating your meals at regular scheduled times and getting enough sleep to making exercise part of your weight loss regime. These 7 useful tips will make sure that you are giving yourself an upper hand to control hunger, follow a healthy diet and succeed in your fast weight loss program.

This leads us on to the creation of a good, sensible fat loss meal program as described in the following pages.

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How To Choose a Good Fat Loss Meal Plan



The goal to any good weight loss program should be to lose fat, not to lose weight.

To emphasize this point, you can lose weight without losing fat in the following two ways, both of which work against your efforts of fat loss:

- 1. You can lose water weight**
- 2. You can lose muscle mass**

Turn on the water

Some dieters actually try to drink less water so they don't retain water weight. This is one of the unhealthiest things you can do to your body. Furthermore, drinking more water, not less water, actually helps you lose fat as it helps your organs (such as the liver, which processes fat) function more efficiently.

Drinking more water also both helps your body absorb more of the healthy nutrients in your food and it helps your bowels function more efficiently. If your bowels do not function efficiently, decayed food stays in your gut which leads to re-absorbing toxins that normally are eliminated swiftly through regular and healthy bowel movements. This all plays a major role in fat storage.

Maintain healthy muscles

Losing muscle mass is the last thing you want to do when trying to reduce your body fat. In fact, it is very important to work on gaining muscle mass because muscles help burn fat fast and more efficiently. You can do this by adding muscle building activities like weight lifting to your exercise routine. This does not mean you want or need to build body-builder type muscles. It does mean that you need to build up your muscles enough that they stay strong so that they may help your body metabolize fat efficiently.

Your fat loss meal plan guide

[Click here to learn about the worst foods that cause weight gain](#)

So again, the focus of your weight loss program should be on losing fat, not on losing weight. The following points should help you learn how to design a fat loss meal plan:

1. Do Not Stop Eating Fat! Focus On Eating Healthy Fat Instead

For several decades, the focus of most diets was to cut fat or reduce fat from the diet. During these same decades, we saw the biggest increase in obesity the world had ever seen up to that point. Eating less fat does not necessarily translate to losing fat! In fact, many research studies have shown that incorporating organic unrefined virgin coconut oil into your diet will help you lose weight.

You need to avoid eating all [trans fat](#). This includes any food that is labelled with “hydrogenated” or “partially-hydrogenated” anything. Trans fat disrupts cell membranes which makes it hard for insulin to work properly. This in turn causes weight gain. University research has shown that some canola oils contain trans fat too, as a result of the way it is processed. Though these are typically only trace amounts, you should be aware. According to The World’s Healthiest foods at www.whfoods.org:

The levels of trans fat in non-hydrogenated canola oil are below 0.5 grams per serving and qualify for a label claim of “trans fat free.” I don’t see any reason to shy away from non-hydrogenated canola oil on account of trans fat.

2. Do Not Eat Genetically Modified Foods (GMO’s)

Genetically modified foods have been shown to cause weight gain. For example, GMO corn fed to cattle and chickens causes incredible weight gain. The best way to avoid eating GMO foods is to buy organic, as GMO ingredients are not allowed in certified organic foods.

3. Do Not Eat High Fructose Corn Syrup (HFCS)

HFCS is actually a GMO food as it is made from GMO corn. There is a strong correlation with the introduction of HFCS into the food supply and excessive weight gain in the United States and in other Western countries.

4. Stop Eating Processed Foods and Fast Foods

Besides being loaded with trans fat, GMO ingredients, and HFCS, processed foods are largely devoid of any real nutrients. Even when they contain ingredients that may seem healthy, these ingredients have been so processed, the vitamins, minerals, and antioxidants have been largely deactivated.

5. Eat Fresh Vegetables and Other Whole Foods

Instead of eating processed foods, try doing much more of your shopping in the produce section of the grocery store. Eat lots of salads with raw vegetables. Eat lots of greens like kale, spinach, chard, dandelion greens, bok-choy, and green herbs like parsley, cilantro, and basil. Greens help detoxify the body and this helps you lose fat. Greens also have more antioxidants than any other type of food you can eat. Many of these antioxidants help you lose fat. Your fat loss meal plan should include as many other fresh organic vegetables as you can.

Stir frying and steaming is the best cooking method to not destroy the fat reducing nutrients. Eat mushrooms as often as possible as these can help you lose fat. Also, be sure to eat berries, nuts, and other whole foods on a daily basis. The more whole foods and the less processed foods you eat, the more you will see the fat melt away.

6. Avoid All Foods That Contain Estrogen Like Hormones

Unfortunately, many of our most popular foods contain estrogen like chemicals that play havoc with the hormonal balance in our bodies. Specifically, in both men and women, these chemicals are so similar to estrogen they act like estrogen in the body. More estrogen stimulates the body to store more fat and not release the fat it has stored! These foods include most meat and meat products like beef, chicken, milk, cheese, yogurt, cottage cheese, and eggs. The only way to avoid these estrogen-like hormones is to buy only organic as these estrogen-like chemicals are not allowed in certified organic products.

In conclusion, the best way to lose fat is to focus specifically on losing fat, not on losing weight. The best way to do this is by making sure that your fat loss meal plan includes eating healthy fats, fresh organic vegetables, and other organic whole foods. Also, be sure to avoid all foods that contain estrogen like hormones.

Next up, discover how to burn up that fat really fast.

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5 Steps To Burn Fat Fast



Everyone wants to burn fat fast, but the best way to do it is in a controlled and safe manner.

If you are wondering about how to burn fat fast, then there are a number of tried and tested methods that have certainly worked well for a whole host of people. What follows are just five tips that you may wish to try out yourself with each one capable of helping you lose some of that fat in a controlled manner that will not put your body at risk through simply starving it and overworking it.

1. Cut your calories.

It stands to reason that if you are eating a lot of calories in any given day, then it becomes so much harder for you to burn fat off with exercise. Look at cutting out those snacks that are high in sugar and fat, and start eating healthy food, as it can still be tasty while also lowering your calorie intake. By doing this, your body is not going to store as much fat as it was before which increases the chances of you being able to burn it off quicker.

[Click here to learn a closely guarded, little known secret for losing your belly fat](#)

2. Exercise more.

Along with reducing your calorie intake, you will also want to exercise more because this will mean your body burns off more calories than it takes in during the day. The outcome of this is that your body burns off some of the fat that it has stored in order to give you energy to do the exercises. So, do a cardiovascular workout that gets you at least slightly out of breath and your heartbeat going faster and you'll start to burn off some fat. Another thing to consider is that healthy muscles also consume fat for energy, so it's also important that you only lose fat not muscle. So exercise more.

3. Eat more fat.

This tip will more than likely confuse people, but what is intended here is to make sure that you eat the right type of fat rather than the unhealthy variety. You should be trying to include more monounsaturated and polyunsaturated fat into your diet and limiting your intake of saturated fats. So this means more fish, nuts, and using olive oil in your cooking, to name only a few things. By eating these types of fats, your body will be able to build muscle easier and give you more energy to workout longer letting you burn fat faster.

4. Increase your protein.

By increasing your protein intake, you will speed up your metabolism, and this is vital if you are going to succeed in managing to get rid of that fat quickly. It is a known scientific fact that your body burns off calories better when you are eating protein than it does if you are consuming carbohydrates and fat. You will also find that you can put on some more muscle mass, and muscles help burn fat. Your body is going to love all of this, you will feel energized and it will all help your body burn fat fast.

5. Eat smaller meals more regularly.

Your body is going to prefer it if you eat five or six small meals spread throughout the day rather than feasting on a main large meal with long gaps between eating. The problem with leaving long time periods between eating is that your body automatically goes into a survival mode whereby it thinks it is being starved and then starts to store things for the future. The main thing it stores is fat instead of processing it, and at the same time, it is going to slow down your metabolism, as well.

By implementing a fat loss meal plan in which you eat small meals more frequently, this survival system will not kick in. So instead of storing fat, your body will use it as fuel, and you will see the difference when you step on the scale. It will also mean your body will not run out of the nutrients it needs to burn fat during the day as long as you are still eating the right things and doing the correct exercise, as well.

Those are five tips for anybody who is wondering about how to burn fat fast. But to achieve lasting results, you need to be willing to put in the effort yourself and stick to the plan, or you will simply get nowhere. How much you lose also depends on yourself and what your target is; but no matter if you want to lose just a couple of pounds or a lot more, you should see a difference by simply employing the five tips that are mentioned above.

People often make mistakes while trying to do muscle building. The following advice should help you avoid making any of the common mistakes made.

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3. Build Muscle



7 Mistakes To Avoid When Muscle Building

Building muscle can be very frustrating if done incorrectly. The process can lead to frustration when the results don't come easily.

Below are seven mistakes that most people make when they try to lose weight and gain muscle that, if avoided, can help you achieve the results you've been waiting for.

Mistake #1: Not Eating After Working Out

One of the biggest mistakes people make when working out is starving themselves. When you finish your workout you must eat, because your muscles need glycogen in order to repair themselves. If you don't eat your body will use the muscles themselves to create the amino acids necessary to convert into energy.

Many experts believe your meal plan should include meals containing a three- or four-to-one ratio of complex carbs to protein for maximum muscle growth. Remember to stay hydrated during your workout with a drink that is high in electrolytes for even better results.

[Click here for tips on building new muscle quickly, safely and naturally](#)

Mistake #2: Excessive Isolation Exercises

A lot of weight lifters these days think that isolating certain muscle groups is the best way to build muscles, but this isn't always the case. Instead, exercises like squats or bench presses use a number of different muscle groups at the same time, causing your body to produce excess growth hormone to help with the increased stress your body undergoes. Basic exercises such as the ones listed above are the bedrock of a successful muscle building program and should make up around half of the exercises in your routine.

Doctors recommend exercises that utilize more than one group of muscles, or compound exercises, because they burn more calories to help you lose weight and gain muscle, and also help with heart health. Isolation exercises such as bicep curls and calf raises definitely have their place when it comes to building muscles, but compound exercises should be part of your routine as well. It is tempting to want to have big arms, but focusing on just your biceps while ignoring the rest of the muscles around them can be counterproductive.

Mistake #3: Too Much Cardio

Cardio can be fun, especially when it involves racquetball with a best friend or running with your girlfriend. The problem is that when you're trying to build muscles it can have the opposite effect that you are looking for. Too much activity can create a situation where your body switches from using extra calories to building muscle for use as fuel. If you are one of those people who is just going for strength and not overall health, then cardio could be taking away from muscle building results. Try cutting your cardiovascular workouts back to around 10 minutes a day to see if it helps you increase the amount you can lift.

Mistake #4: Lack of Sleep

Not getting enough sleep is one of the biggest reasons for failure when it comes to building your muscles. First of all, sleeping too little can sap your energy supply, so even if you think you're having a great workout your body won't allow you to reach the intensity you need to build muscles. Avoid caffeine for at least four hours before you go to bed and you should leave plenty of time after your workout to wind down so that you can sleep. Try to set up a schedule where you go to bed and wake up at the same times every day of the week.

Mistake #5: Too Much Sugar and Simple Carbs

Foods and drinks with excess sugar can have a negative effect on your blood sugar levels, which can take away your energy or make you skip meals that you shouldn't be skipping. Eating too much sugar and simple carbs like pasta or bread will fill you up so that you don't eat the proteins you need to provide the fuel to build your muscles. Sugar is in almost everything, but try to avoid the types that are processed. Avoid soda at all costs and try to replace it with water or sports drinks.

Mistake #6: Not Staying Hydrated

Eating the right amount of protein and complex carbs like the ones found in certain vegetables is really important, but the body needs liquid to help process those nutrients. Experts recommend ten 8-ounce glasses of water every day and 4 to 5 smaller protein-rich meals spread throughout the day. This will help keep your blood sugar levels consistent and will keep your energy high so that you can work out effectively, lose weight and gain muscle.

Mistake #7: Continued Bad Habits

Everyone knows that smoking and drinking alcohol are bad for you, but they can be even worse if you are trying to build your muscles. Smoking adds excess carbon monoxide to your system, which deprives your muscles of the oxygen they need for healing and energy. The more oxygen they have available, the bigger they will get. Drinking alcohol adds stomach fat and lowers your testosterone levels, which can make your workouts a lot less intense. The better shape you get in, the less you'll feel the urge to drink and smoke, so keep at it!

Building muscle can be difficult and stressful.

There will be times when you feel like you're doing everything right but you've still hit a brick wall and can't seem to get any bigger or stronger. Step back and analyze what you're doing and use the list above to make corrections to your routine and habits. You will find yourself getting back on track quickly with just a few minor changes to your workout routine.

Now we are going to combine the last two subjects and give you some great tips to burn fat and build muscle.

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7 Ways To Burn Fat And Build Muscle



Everyone has a different reason why they want to lose fat not muscle and even build up their muscle mass.

Perhaps you have a dream of participating in a bodybuilding competition, or you may want to please your wife with a strong set of biceps, or your husband with a firm tummy, or like most people maybe you just want to add some definition to your body, firm up your muscles

and lose some of that fat that's been plaguing you for years. No matter what your reason is, the following 7 principles will help you to burn fat build muscle and transform your body from wherever it is now to where you want it to be:

[Click here to learn the 3 biggest body-building lies and mistakes](#)

Tip 1 – Follow A Proper Schedule

Hit the gym regularly. Make a proper schedule and train accordingly. However, it is best to start gradually. Perform 3 full-body work outs per week and slowly increase the frequency, duration and intensity. Consult a [fitness trainer](#) if necessary.

Tip 2 – Choose What You Eat

Carbohydrates are the fuel for your exercise. When you exercise in the gym, you burn calories. Food like cereals and nuts are packed with calories. Eat such energy dense foods to replenish your lost calories.

An average adult human needs 2500 calories per day in his diet. For those who work out, the calorie requirement may be as high as 4500 calories per day. To meet such a high requirement, it is advisable to eat small but frequent meals. It may be difficult to digest 3 meals of 1500 calories each, but eating 6 small meals of 750 calories each is more feasible.

Muscles are made up of muscle fibers, which in turn are made up of proteins. To increase your muscle mass, your diet should have adequate protein content. Roughly, your diet should include 1 gram of protein per pound of your body weight. So, if you weigh 170 pounds, try to include 170 grams of protein in your diet per day. Foods like fish, pulses, beans, eggs, meat, milk and other dairy products are rich in proteins. Carbohydrates and fats can give you energy to perform workouts but only protein helps to build the muscles! And when it comes to burning fat, your growing muscles will metabolize the fat on your body as well.

Tip 3 – Give Your Body a Proper Recovery

Beginners need more recovery than pros. Sleep for at least 8 hours every day. Sleep is the time when Human Growth Hormone (HGH) is released. HGH is necessary for the growth of all bodily tissues, especially muscles. Give your body proper rest. Muscles grow when you rest, not when you work out. Do not over train. Over-training will eventually burn out your motivation to exercise as well as your muscles. Taking a couple of days off after a week full of grueling workouts will help you pack up mass.

Tip 4 – Train Properly

If you hit the gym with the purpose of gaining muscle mass, use free weights for training. Do not make machines the focus of your training. Using free weights is more natural, efficient and versatile compared to machines. Progressively increase the weights. Focus on your body as a whole, not just on a specific group of muscles. Do compound exercises that help you build more than one muscle group at a time.

Tip 5 – Types of Exercises

Cardio exercises are an effective way to lose fat not muscle, while improving the health of your heart and lungs. This can be done by using a treadmill or engaging in sprinting and jogging exercises. It is best to establish a routine, but diversification is important. There are several other types of exercises and workouts you could try out. Squats, chest press, shoulder press, dead-lifts, pull-ups and pull-downs are just a few of them.

Tip 6 – Do Not Forget Water and Supplements

70% of our body weight is made up of water. So, do not underestimate its importance. Keep yourself hydrated at all times, and more so during workouts. The water requirement in milliliters is approximately equal to the number of calories that you are consuming, so you can have a rough idea about how much water you need to keep your body hydrated. Proper water intake also aids in the removal of toxic metabolic products from the tissues and helps kidneys to excrete such products effectively.

Apart from eating a healthy diet, it is also necessary to augment your diet with vitamins, minerals and other supplements. Supplements like Vitamin C and E, Selenium, Glutathione and Glutamine act as antioxidants and minimize the free radical damage that may be caused by workouts.

[Click here to see a selection of the best weight-loss and immune supplements available](#)

In addition to these supplements, Creatine may also be used in moderate quantity (1mg per kg of body weight per day) by those who wish to gain mass quickly. However, overzealous use of Creatine may lead to kidney damage so it is wise to consult a medical practitioner before using Creatine.

Tip 7 – Be Consistent

Consistency is the key. You may have the best training instructor, the best diet, and the best gym equipment. But it is all worthless if you are not consistent with your training. Persist and do not stop until you've lost the fat and built the muscles you want.

For a beginner, building muscle mass may initially seem like a hard task but with proper planning, training and guidance and some personal diligence, you CAN burn fat; build muscle and have the body and health you desire.

One important aspect of staying healthy, keeping fit and muscle building is motivation. Without motivation, you are likely to give in too easily. Next up, we discuss about keeping a positive attitude and motivation in this next chapter.

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4. Motivation



Top 10 Tips For Maintaining A Positive Attitude In Your Weight Loss Workout Plan

Loss of motivation is a major reason why people give up their weight loss workout plan before reaching their desired goal.

Whether you are trying to lose weight, maintain a diet, or just trying to get some regular exercise in order to be in better overall health, maintaining a positive attitude is essential to your success. Using the following ten tips will leverage time in your favor and can ensure that you reach your goal, so be sure to work as many of them as possible into your day and start to benefit right away.

1. Don't do it on your own.

Trying to stay consistent with your weight loss workout plan is always easier when you do it with another person rather than going it alone. When you commit to something together, it gives you a personal bond which is something we all desire by human nature. You can also feed off of each other's energy; when one is struggling the other can give them that boost or pep talk to get them through it, and when you see how well somebody else is doing, it inspires you to stick with the exercise plan because you can see the results. Plus, it's just plain more fun to share your aspirations and successes with someone you respect and admire.

[Learn how to attract your innermost desires in just an hour a day](#)

2. Avoid being too critical of yourself.

We're often guilty of being too critical of ourselves for not meeting our goals, which can lead to us to believe that we are failing. The key is not to punish yourself if you make a mistake or don't reach a milestone. Instead, learn from your mistake, move on and satisfy yourself that you're now equipped with the knowledge you need so that it won't happen again. This is called growing and we all need to do it.

3. Be realistic with your goals.

Sure, you want to lose that certain amount of weight or set that personal best time, or lift your record weight – and you want to do it all yesterday. But in order to keep a positive attitude you should never set the bar too high to start with. It's much more effective to set yourself a series of small targets and when you reach one, systematically move on to the next in line and continue to do so in order to make consistent, measurable progress. We automatically work better if we feel we are getting somewhere, so if you are losing weight, then make that first pound your target or lift that certain weight, but do not push yourself too hard. There's a saying that "force negates," meaning if you push too hard, whatever you're pushing pushes back! Learn to master this threshold and you'll move forward much faster.

4. Reward yourself after reaching goals.

When you reach each target, do reward yourself in some way. Also, consider increasing the size of the reward according to the size of the target. Promise yourself that you will buy something nice or treat yourself to a day out somewhere, but only when you get to that target, because as soon as you get that reward you will stay positive and look forward to the next one.

5. Mix it up.

Another old saying is "variety is the spice of life", and it's even more true when you're facing a challenge that requires effort, consistency and patience. People often lose their motivation or positive mind-set when boredom sets in, be sure your weight loss workout plan implements some cross training or make sure that the diet you are following does not include the same meals every single day. By keeping things fresh you'll avoid growing bored and you find it much easier to stick to your plan and ultimately get the results you desire.

6. Keep a diary and make entries daily.

Keeping a diary and noting down what you did each day is a great way to maintain your positive attitude and should be an integral part of your weight loss workout plan. Keeping track of your

daily successes and accomplishments is extremely motivating because we often forget much of what we accomplish during the day and when we take the time to reflect on them we realize the significance of our efforts. And when you hit a day where you feel you are getting nowhere, you can read your diary and see your progress over the last few days, weeks, or months and know that your success is coming if you just weather the day's storm and stay the course. There is no doubt that when you see that you have actually done very well that you will get a lift and that motivation that had disappeared will come roaring back.

7. Choose a role model.

Find somebody, an inspirational figure that was once overweight or unfit, but now looks fantastic. This can be someone one you know personally, or a complete stranger, a celebrity, etc. If possible, keep their before and after photographs, sort of like a dream board, in front of you as you exercise to remind yourself that amazing things can be achieved. On down days go back over the story of this inspirational figure and use it to motivate yourself and to get back on track.

8. Know that the benefits outweigh the negatives.

At those points where you are struggling, you must maintain your mental strength and not give in to emotion. Remind yourself of the reason why you are doing all of this in the first place – the months or years of anguish you've gone through, and how you finally decided to make a change once and for all. You know you'll have your down day, it's no reason to quit, and that just sticking with it, even if you scale down for a day or two, will be worth it down the road. Thinking these positive truths will lift your spirits and inspire you into getting back on that diet or back in the gym. Quite often we start working out or going on a diet because we feel bad about some part of us, so reminding ourselves of what the benefits will be of continuing down this path inspires us to stick with it until we achieve our goals.

9. Predict negative thoughts in advance and reverse them.

This approach is quite clever because it involves you sitting down in advance and thinking of all of the negative things that you know you will come up with when the times get tough and counteract them before you even start your workouts or diet plan. Get them all down on paper and next to each, re-write the reason that they are wrong or untrue or that they no longer will matter. The idea here is to nullify the negative thoughts as soon as they come into your head by replacing them with a more positive mantra before they can take hold in your mind and destroy your positive attitude.

10. Make it fun and not like a chore.

Finally, you need to make working out or dieting fun! Be creative and integrate fun activities, or music, or whatever works for you to your weight loss workout plan. You'll leverage the positive attitude in you and avoid making your workout seem like a chore. By making it fun you will enjoy doing it and when we enjoy doing something we always feel more positive.

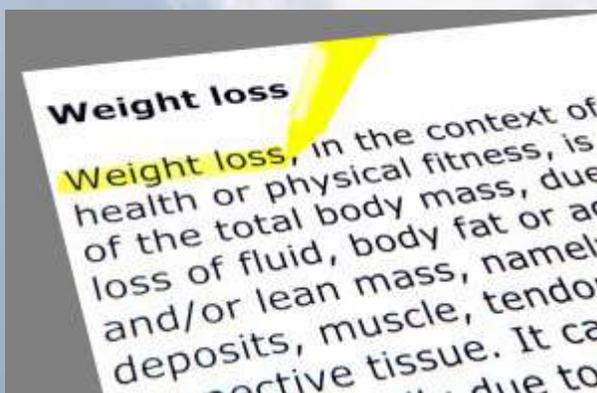
Those are our top 10 tips for maintaining a positive attitude in your weight loss workout plan.

There is nothing complex about these tips, but every single one has helped others to stay positive even when those around them have already quit. Yes you are going to have some highs and lows as you exercise or try to lose weight, and that is entirely normal. However, using these tips you will be in a better position to get over the stumbling blocks and continue to reap the benefits both now and in the future.

There's another important aspect to help keep you on the right pathway to success, we call them affirmations. Affirmations can be a very effective and supportive means of achieving your goals. Read on to learn more.

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Weight Loss Affirmations: A Key To Your Success



Effective use of affirmations can help support your weight loss motivation.

What do you think of when you hear the word affirmation? Do you think of wishful thinking? If you do, then you are not alone. Many people misunderstand the value of an affirmation.

Affirmations are a part of everyday life, whether you know it or not, so it's important to understand how to make them work for you. When it comes to weight loss, affirmations have a huge impact on whether you achieve your goals or not. Following are five reasons why weight loss affirmations are one key to your success.

1. What You Affirm, You Believe

When you say an affirmation, you are claiming that you believe something to be true. For instance, if you affirm that you are not going to be able to resist overeating at a party that you are attending, then you are telling yourself that you believe you are not going to be able to resist.

We all know that not believing in ourselves is a one-way ticket to failure. Even a tiny disbelief about our weight loss abilities can cause us to form more negative beliefs about ourselves. It can have a snowball effect, and soon we don't believe in ourselves at all. This is when we throw our hands in the air and give up completely.

The good news is that the converse is true! If you want to help yourself believe in your ability to succeed, then affirm positive things. For instance, a better affirmation would be that you will not overeat at the party. This affirmation will help you to believe that you can avoid overeating, and therefore give you the strength to eat a sensible amount.

[Learn more about how to use the “Law of Attraction” in your life](#)

2. Affirmations Can Become Permanent

One of the biggest problems with affirmations is that they are not always fully believed at the onset. It is hard to change our beliefs by telling ourselves something once, considering we've

built up our beliefs by telling ourselves something repeatedly for years, maybe even decades. This is why you have to keep affirming positive things about yourself and your weight loss until your subconscious mind takes hold. Then you really do believe it.

Beliefs are formed with time, but it doesn't take as much time as you may think. Beliefs, like habits, take about three weeks to form when the mind is properly trained. The brain needs time to rewire itself. This is why you will often hear that you need to keep affirming something to yourself whether you fully believe it or not.

Think of it this way: You may yet not fully believe that you can lose weight, but if you take three weeks to rewire your brain and empower yourself to really believe your positive weight loss affirmations, then your weight loss motivation will increase and your chances of success will increase dramatically.

3. What You Affirm You Feel

Your thoughts have a direct influence on your feelings, and an affirmation is a thought. If you affirm that you have no willpower, then you will feel that you have no willpower. It's impossible to feel otherwise. It's like having a little nagging person sitting in your head telling you that you will not succeed repeatedly. How are you supposed to feel good about yourself when someone (you) is constantly telling you that you have no reason to feel good about yourself.

In addition, since many of us are emotional eaters, our feelings can have a major impact over whether or not we lose weight. Therefore, in order to succeed, follow the golden rule:

If it makes you feel good about yourself, then affirm it

And be sure to do so with emotion!

4. Affirmations Allow You To Ignore The Unhelpful People

It doesn't matter what other people believe about you, it only matters what you believe. If you believe that you can succeed at your weight loss goals, then that is what will push you forward to success. You are the biggest influence on the direction you take with your weight loss.

Weight loss affirmations help you to believe in yourself even when others are whispering sweet doubts in your ear. They say, "You can't!" and instead of listening to them you affirm, "Yes, I can!"

It is important to remember that everyone has their own set of affirmations that they tell themselves based on their history and experiences. For each of them, they are right, but that doesn't mean that they are right for you. Develop your own affirmations get your juices flowing and describe who you want to be, how you want to look, and how you want to feel.

5. Weight Loss Affirmations, Remove The Negative Words

One big obstacle in achieving our weight loss goals is negative self-talk, or the negative words that we use when we think about ourselves. For example, it's hard to work out for an hour straight when you tell yourself that you can't do it. However, positive affirmations that contain the words 'can' and 'will' give you motivation to exercise and to keep going forward with your plan.

If you watch professional trainers, you will notice that they constantly tell their clients, "You CAN do this!" after their client says they can't. The trainers are trying to instill positive affirmations in their clients, because they know that they work.

In the end, weight loss affirmations are an important tool, a key to your success. You can buy all the right food, join a gym, and count calories, but you must also learn to tell yourself that you are going to succeed, and believe it, for if you make a habit of doing so your success is guaranteed.

Last but not least we have some great tips to get you motivated to exercise.

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7 Ways To Get Motivation To Exercise



Everybody knows that getting fit is important for our overall health – not just now, but for the long term.

Undoubtedly there are a percentage of people that love nothing more than going to the gym for a long workout, or going out for a run and see it as fun. However, most people find it hard to just get started with regular exercise. In fact, studies have shown that the psychological difficulty for some

people to exercise can be likened to the difficulty to quit bad habits, even as difficult as it is for some to quit smoking. It's therefore essential that one develops a solid motivational base to see an exercise plan through. So what follows are 7 ways to get motivation to exercise which, if implemented consistently, will keep you on track to achieve your exercise and health goals.

1. Find yourself a role model who is healthy and fit.

By finding someone who you are inspired by; you will find it easier to start an exercise plan. This does not have to be a famous person, but can be a relative or a friend who managed to go from being unhealthy to being fit. This lets you see that if they could do it, then there is no reason why you cannot do so as well. Keep using them as your yardstick so you continue your exercise plan. By reading about, hearing about and seeing first-hand the weight loss success stories of others, you will understand that it can be yours as well.

2. Do not set the bar too high.

A problem that people tend to have is that they set themselves a target that will actually take a long while to achieve. It's been shown that short term goals of two, three and four months have a much higher chance of being achieved than setting a long-term goal. When the goal appears to be far away it is harder to get the motivation to actually work towards it. Instead, set yourself

lower targets that you can achieve quite quickly. For example, perhaps have the target of working out a certain number of times per week or a target of spending ten minutes on a treadmill, and then build from that base.

3. Find and exercise buddy.

It makes life so much easier if you have a friend that has the same aspirations as you do and is willing to exercise with you. When you both commit to a plan and do it together, the one will encourage the other on down days and vice versa. You'll find it harder to miss out on a session if your training partner is there as you will not want to let them down. Also, you'll look forward to the social opportunity to get together, and sharing these moments is a great way to expand a friendship and deepen those bonds.

4. Make it fun!

If you hate the idea of pounding the streets every exercise day, then mix it up. Look at changing your routine rather than doing the same things time and time again because as soon as it gets repetitive you will be less likely to look forward to getting ready for your workout. If you enjoy bicycling, center most of your exercise around biking, but add jogging and weight-training days. Likewise, if you enjoy hiking, base your plan around your hiking days, etc.

5. Join exercise classes in advance.

Find out what exercise classes are running at your local gym and sign up for them in advance and then use that target date as motivation to begin your program. People tend to avoid backing out of something if others expect them to be there. And if there's a cost involved, that will also be a motivator. People more easily quit when something is free. It's just basic human nature, and understanding this simple trait can help you stay motivated. So look at joining a spinning class or whatever suits you and then force yourself to go.

6. Avoid looking at it as being hard work.

The engineering equation for Work is Force x Distance. So surely any exercise is work. But the beauty is that if you keep the right perspective and keep your goals in mind, you'll find that nothing good ever comes without some amount of force. As soon as you apply a force, things begin to move – and that's how you'll see results. You'd be hard pressed to find anyone who wished they didn't just finish exercising! This is because exercising releases [endorphins](#), invigorates your body and mind and gives you an instant boost in self-worth and confidence. Stay on track by avoiding the negativity of seeing exercise as hard work. Instead, remember that you are not training for some event as a professional, but you are doing it to help your health and live happier and longer.

7. Reward yourself.

Finally, set up some reward system for yourself when you achieve different goals that you have set up in advance. As successive goals get harder to achieve make sure that your reward increases the same way, but be disciplined and only give yourself the reward when you truly do reach your milestone. Remember, the greatest promise that you'll ever keep is one you make to yourself.

These 7 tips to get motivation to exercise will ensure that you achieve your exercise and health goals and become one of the many weight loss success stories. The best thing to do is to decide that it's time for you to start exercising today. Then find a friend who is willing to commit to join you. Then determine your exercise plan, whether it's an aerobics class at the local gym, a home weight training plan, bicycling a few days per week, swimming at the local rec center or taking up a sport such as softball, tennis or even karate. Whatever you do, as long as you do it diligently over time will no doubt give you positive results. And in time you will see yourself losing weight and getting fitter and on your way to living longer and happier.

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5. Conclusion

What you have learned in this eBook will put you at a distinct advantage; you should now be more psychologically prepared and understand a lot more about how food can play a major role in helping you to achieve what you want. Your body is a temple that needs to be respected and taken care of so that it can take very good care of you. By getting yourself into fun exercise routines and to eat healthier foods will reward you; by helping you to look and feel great and get you noticed, help you to be more motivated, to be in control but above all, to be much more positive in your outlook in life and be better able to enjoy a fulfilling life of longevity.

To mention just a few scientifically proven advantages for taking this magnificent step into a healthier lifestyle and committing yourself to regular exercise, you will:

- ✚ Reduce the risk of contracting coronary heart disease and strokes by 35%
- ✚ Be 30% less likely to suffer from depression
- ✚ Reduce the chances of developing colon cancer by 50%
- ✚ Reduce the risk of developing breast cancer by 20%
- ✚ Have a decreased risk of premature death by 30%
- ✚ Reduce the risk of developing type 2 diabetes by 50%
- ✚ Lower the risk of osteoarthritis by a whopping 83%
- ✚ Be 30% less likely to be prone to falls (in older adults)
- ✚ Reduced risk of getting a hip fracture by a huge 68%
- ✚ Be 30% less likely to develop dementia

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