

Top 10 Long Term Fat-Fighting Rules

There are many conflicting opinions with regard to the best way to reduce body fat. If you follow the next 10 important tips, you will by-pass years of trial and error and achieve an outstanding physique starting today.

Rule 1– Only Eat When Hungry

I know this is against the principle of eating six small meals per day, but I cannot stress how simple and effective the method I am about to explain is. For long term, effortless to maintain, sharp abdominals, this is the best way.

You must become more discerning. Recognise the difference between true hunger or just some other emotion (such as boredom) creeping in and disguising itself as a hunger need.

You may eat not out of hunger, but rather for a feeling of security, you may eat for the sensation it causes your taste buds.

Understanding the difference between genuine hunger and habitual eating, can be your key to success. If you only eat when genuinely hungry, and not out of habit, you will literally transform the look of your body.

Rule 2 – Only Eat Until Full

How many people exhibit self control and do not eat more of their favourite food than they should.

If you can master this habit of only eating until full (you will be able to utilise the benefits of Rule No.3), you are headed for spectacular results.

Rule 3 – Eat All Types Of Food - Practicing Moderation

You can eat whatever you like, providing that you don't 'over-do it'.

Do not eat excessive amounts of food detrimental to your health (eg. high fat) or until you 'feel sick'.

Tell yourself, if you do have a tendency to over-eat - that it isn't your 'last supper'. You only have to wait until you are hungry again to eat, and you can eat more of the foods you like - without putting on fat

Rule 4 – Change Your Beliefs About Yourself

Set yourself some high standards. Just because you may have failed in your attempts in the past, it does not mean that you can not succeed this time. Accept the importance of supportive beliefs rather than self-destructive and the self-defeating type actions.

Realise that in order for a person to quickly and permanently change - then they will need to create what is known as leverage. They will need to create many reasons for wanting to make this change (the more reasons the better) only by doing this, can they realise the many benefits that will be derived if the change is made.

This can be further reinforced or leveraged by attaching immense pain to no change. However, do not focus primarily on the pain aspect - focus more on the benefits to be derived from the new 'you'.

In your imagination picture the 'new you', believe he / she is real. By doing this, you are literally sowing the seed to bring the 'new you' to life. There is no need to use stress and strain to force a mental state, just do it in a relaxed state without 'forcing' any particular feelings or thoughts. Guide your imagination - don't push it. The best times to perform this mental exercise / visualization are upon awakening in the morning and before sleep at night.

Rule 5 – Do Not Eat High Fat Foods In Combination With High Sugar Foods – Especially Late At Night

Understand how eating high fat food in combination with high sugar foods (especially late at night) maximises fat retention.

If you really want to combine two types of food - do it - provided you are following the first three preceding rules. However, by understanding how the two foods combined have a synergistically negative effect with regard to fat loss, you can take the necessary steps to avoid it.

High sugar foods elevate Insulin levels, the higher the Glycemic index, the greater the Insulin response. One role of Insulin as a potent hormone is to store dietary fats, therefore, if you eat a high fat food with a high sugar food, you are placing your body in a physiological state to store dietary fat and you are also supplying the dietary fat that will ultimately be stored.

Eating the high fat / high sugar combination just before going to bed escalates the problem as your body will store even more fat during sleep due to the bodies inactivity.

Rule 6 – Weight Train - Preferably Early In The Day

Weight training is not very effective at burning body fat directly. The body prefers to use Carbohydrate to fuel your workouts. However, weight training has a large effect at burning body fat indirectly. This is due to the fact, that the greater the muscle mass present in your body, the more energy you need just to exist. Your metabolism becomes faster.

This illustrates that more Calories are burnt every minute you are alive. The greater the muscle mass, the greater the Calories burnt. An added benefit is the temporary increase of metabolism for many hours after weight training. For maximum fat loss, it is best to exercise early in the day (such as in the morning) to take full advantage of this fact. Exercising late in the day and then going to bed negates this effect as your metabolism slows down when you are asleep.

Find a system of training that works for you and stick to it. There are a lot of training methods, eg. whole body routines, double split routines, triple split routines, one body part per workout, two workouts per day, one workout a week, etc.

To confuse matters even further, the frequency of training is just one variable, another is the intensity of training and still another is duration.

There are heavy duty high intensity routines, 20 sets per body part routines, drop-sets, super sets, pre-exhaustion etc.

Which method is best ? (Now that would be an article on its own).

However, for long term, lasting results, choose a routine that:

- You Enjoy
- Fits in with your lifestyle (Time constraints etc)

- Is sufficiently intense to stimulate muscular growth without over-training and allows sufficient time between body parts for full recovery

I personally prefer a short, high intensity workout which achieves maximum muscular stimulation with a minimum expenditure of energy.

Remember, the goal during the workout is to build as much muscle as you can - not burn as many calories as you can.

When you finally settle on a system of training that benefits you, stick to it. Do not keep changing just for the sake of change. If you hit a sticking point with a routine that has been working well, just make subtle changes to get it working again.

Rule 7 – Do Some Aerobic Work

Aerobic work burns fat calories. The most efficient intensity for fat burning is conversation pace. Weight bearing exercises such as running and walking burn more calories per hour than non-weight bearing such as swimming - so if you are limited for time, do weight bearing exercises.

Preferably do the aerobic work straight after weight training when your Glycogen levels are low. This will help burn more body fat. Two to Three, 30 - 45 minute sessions per week, are sufficient. Do not overdo the aerobic work. Excessive aerobic work can lower your Testosterone levels and this hormone helps keep you lean and muscular. Most fat loss will occur because of your diet.

Rule 8 – Take The Fat Weight Off Quickly With A Keto-Genic Type Diet

A Keto-Genic diet keeps initial motivation high due to the rapid results delivered (see my TRIPLE X Super Fat Burner diet) and helps keep your metabolism fast, so that after you have lost weight, you can keep it off.

Rule 9 – Regulate Your Protein Intake

Keep your protein intake at around 2.2 grams per kilo of bodyweight per day. This will help minimize the chances of losing valuable muscle tissue when dieting.

Rule 10 – Learn The Previous Nine Rules And Put Some Of Them Immediately Into Practise, So That They Become A Habit

This is a major key to success in any endeavour. We are literally creatures of habit, the trick is to become a 'master of good habits' rather than a 'slave to bad habits'. Establish the things necessary to achieve your goal as habits.