



# **Fat Loss Tips To Help You To Succeed**

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## **Fact: Too Much Fat Can Kill**

Did you know that when you step on the scales you're not measuring how fat you are but how heavy you are?

Sounds simple but it's a common mistake to assume that your weight correlates to your body fat level. And now that obesity is considered as deadly as smoking it's time we all took a long, hard look at our true body fat levels.

The only way to work out your true fat level is to calculate your BMI (Body Mass Index).

There are three steps you need to take in order to do this correctly:

1. Multiply your weight in pounds by 703.
2. Divide that number by your height in inches.
3. Divide that number by your height in inches again.

So, for example, a woman who weighs 145 pounds and is 5 foot seven inches tall has a BMI of 22.7.

A woman who is 5 foot seven inches but weighs 260 pounds has a BMI of 40.7.

Anything over a BMI of 25 is considered overweight while if it is 30 or above you are considered 'obese.' Once you hit 40 or above you are 'morbidly obese' and your health is at risk.

One problem with BMI is that it doesn't take into account that muscle mass weighs heavier than fat so that even prime athletes come in as 'morbidly obese.' A more reliable indicator, therefore, is your waist measurement.

Studies have shown that women with a waist measurement over 35 inches are at greater risk of developing diabetes and heart disease while for men the benchmark is 40 inches.

There is, therefore, a direct correlation between excess abdominal fat and life-threatening diseases.

It is particularly easy to put on weight after the age of 40 when, for women, hormones go haywire and the menopause sets in.

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For both men and women, busy lifestyles as we get older and more laden with responsibilities mean that we don't often get as much exercise as we need.



Worryingly, statistics show that there is also a marked decline in exercise even among younger people which means that more and more are also being diagnosed with dangerous levels of excess fat.

If you fall into this at risk group, it's time to re-evaluate your eating and exercise habits. You need to adopt a regime that will trim down your fat levels while also lowering your overall BMI.

Cardiovascular exercise will help as will adopting a healthy diet but it is vital to recognise that these changes must be a long term lifestyle choice rather than a short-term quick fix.

## The Importance Of Muscle

Did you also know that by the time you hit your thirties you will have started to lose about half a pound of muscle every year?

You might think that's a good thing (less weight for heaven's sake!) until you realise that for every pound of muscle lost your body actually burns fewer calories.

This is why it becomes so tough to lose weight as you get older and why that fat packs on frighteningly fast. And don't think if you're under thirty that you can simply smile and turn the page. Research has proven that the sooner we start to build muscle, the leaner we will remain.

The good news is that you can do something about it relatively easily and quickly. Strength training builds muscle and should be an essential part of any exercise regime.



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You need to maintain a healthy level of muscle mass simply to exercise so the more you build it, the more you will be capable of achieving. As your body becomes more efficient, so your excess body fat will disappear all the faster.

Strength training creates microscopic tears in muscle. Although this sounds painful it is, in fact, beneficial. These tears fill with protein which creates brand new muscle tissue.

This is the reason you should leave a day between strength training workouts so that the muscles have time to repair themselves.

These are some other ways in which strength training will improve your health and ultimately banish any excess body fat:

- You'll sleep better – more sleep equals less stress which leads to a flatter belly thanks to a reduction in cortisol production.
- You'll minimize the appearance of cellulite – building firm muscles helps smooth out the lumpy fat that causes cellulite.

- You'll reduce your risk of diabetes – having more lean muscle tissue helps stabilize blood sugar.

Another great reason for building strong muscle is that it also helps protect and build strong bones. For women, especially, this is essential as they also start to lose bone mass in their thirties.

Bone loss can lead to accidental breaks and even curvature of the spine which, in addition to making it impossible to stand upright, causes the belly to protrude which adds to an overall appearance of being overweight.

The new, stronger muscle tissue you get through strength training creates that firm, toned look we all want.

Strength training also increases your energy which means that you will be more active throughout the day and will therefore naturally burn more calories.

Every effective exercise regime designed to tackle excess weight should contain it as a core component. Without it, you are doomed to failure in your efforts to get rid of that ugly excess fat.

## Why Mindset Is Vital



There is, however, one other vital component of a truly effective exercise routine and that is the right mindset.

Without adopting the correct attitude to your healthy and bodyweight, you are setting yourself up for that yo-yo cycle of frustration.

We've all been there at one time or another – enthusiastically embarking on a new, miracle diet regime or throwing ourselves into a killer exercise routine.

It all goes well for a week or two and then one of several things starts to happen. We might get:

- Bored
- Frustrated at slow progress
- Worn out by trying too hard
- Injured by excess, unsafe exercise
- Just plain old hungry
- Depressed
- Fed up with feeling deprived

Any of those sound familiar to you? The thing is, they can all be solved by the same thing and that is adopting the right attitude. Get your mindset straight from the start and you are guaranteed to succeed where, in the past, you have failed over and over again.

Making a change to a new diet is a big deal. You are literally changing your lifestyle. More than likely if you were a bad eater before, you are going to have to give up a lot of food you enjoy.

This is the point where you will become the most discouraged. However, there is a way to overcome this discouragement. The key is to replace the enjoyment you used to get from food with other more healthy activities. Take the time ride a bike with your children. Go for a walk with your partner. Enjoy the beauty of a sunset or sunrise. You will be pleasantly surprised how good these little things will make you feel.

Studies have shown that for a great many overweight people, junk food or excessive eating is an emotional problem rather than a physical problem. Therefore you will need to consult a professional counselor to root out the problem. Once you know the real reason behind your weight problem, your motivation for getting rid the weight

will skyrocket.

To assist with your dieting motivation consider getting your mind off food altogether. When you stop thinking about food you will be surprised how your cravings for food will decrease. Keeping busy is the key to sticking to a diet, and this means taking up hobbies or reaching out to others. Find a passion in your life and the cravings for food will seem like a distant memory.

Results from dieting can often be slow to show materialize. But don't let that ruin your motivation! You can speed up the weight loss process by combining it with exercise with the result being faster weight loss.

Once you do start seeing results your motivation can skyrocket. It is this first sign of your new body that literally makes you never want to go back to your old bad habits. The first time you have a glimpse of what your body is working towards then motivation is rarely a problem.

So what else can you do to motivate yourself to stick to that diet? Rewards are an excellent idea if you are still craving that chocolate cake or soft drink. It's not necessary for you to eliminate every single food or drink that you enjoy. The process of dieting is about reduction and moderation, not elimination.

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Set yourself a goal to stick to your diet for 4 straight days, then on the 5th day you can enjoy that chocolate cake or ice cream (in moderation). When you know you will be having a treat, rather than making it the forbidden fruit, it will do amazing things for your motivation.

Dieting motivation is all in the mind; if you have control of your mind then you can also have control of your body!

Good luck with your weight loss ambitions. I did it, so be motivated to keep at it!

Kind regards,

John Marshall

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