



10TIPs

TO *BURN BODY FAT*

If you really want to lose body fat then
you need to have a **REALISTIC** plan

1. Know YOUR Goal.

So you want to lose that wobbly, lumpy, soft and squishy body fat.

To do this you really need to start with a clear picture of your end results in mind. This has to be a detailed picture of what you will look and feel like when you achieve your goal. So please spend some time answering these questions.....

How will having less body fat make you feel?
Have you ever looked this way before?
How long have you let yourself “go” for?
How badly do you want to change your body and your health?



These are all the important questions that you will need to ask yourself.

Have you considered how changing the way you eat is going to change your everyday life, how are you going to organise your meals and snacks for when you are at work?

What will happen when you attend social functions, dinner with friends or family events, extra special occasions like anniversaries and birthdays?

Are you really prepared to make the changes that will help you to banish some body fat from YOUR body? If you are, then you will need a plan.

One of the most important things you will need is someone to help you stay focused on the end result.

Someone that you know will help you stick to your plan on the tough days when you want to eat everything in sight, and someone you can be accountable to.

They need to be a positive upbeat person that will support you and encourage you every step of the way.

A vision board can be a great help with some inspirational words, quotes or photographs that will remind you of the way you want to look. These will go a long way in helping you achieve your goals.

Be Prepared with your food so you aren't caught out and about with any fast foods available.

When I was getting ready for my body building contests I every day I was working in an RSL surrounded with all sorts of temptation.

There were cakes and chocolates always being offered around the staff and some times people would get quite “put out” if you said no to these treats.

But I would simply say to myself; “If I eat that today, how will I look standing onstage?” Simple, yet effective. The mental picture of bodyfat in all the wrong places made it an easy decision to say “NO Thank you!”

2. Are You Inhaling Your Food?

If you want to lose body fat then YOU have to have self control!

If you struggle with speed eating then you must be honest with yourself or you will never shed yourbody fat.

If you are serious about losing bodyfat, then you will need to devise a strategy for attacking any personal demons that you have in relation to eating.

Think about how you currently eat your meals.

Do you sit down and concentrate on the actual meal or are you shovelling food into your mouth while watching your favorite TV program or reading a book.

Do you even notice what your food tastes like or even what it was!

Some people eat like they think their meal is still alive and about to run off their plate, even worse are those with their arms wrapped around their plate to defend their meal from invaders!

If you are an Inhaler then try this popular strategy that we advise all our clients to do.

Sit at a table and eat your meal.

Use nice plates and cutlery, even if you have taken your lunch to work you can still purchase a nice sealable container that makes your food look inviting and “special”.

Enjoy your meal. Look at it, savourthe flavours and appreciate the nutritional benefits that this food will be providing you with.

Then stop and think about your end goal and actually CHEW your food!

I know that you will desire more food, but just simply stop and enjoy.

Enjoy each mouthful and the results you know you will receive from eating this way.

Still hungry? Then just be patient and wait for 5 maybe 10 minutes and I guarantee you that the food that you have just eaten will be starting to be processed by your body.

Suddenly, you will start to feel full. Satisfied and pleased that you took the time to enjoy each mouthful.

Can you think of a time when you have eaten, then eaten, and kept eating until you were over full?

I am sure we all ca... Christmas usually springs to mind

How did you feel?

I bet that you felt stuffed, bloated and sick!

Well eating the right foods will still let you feel full but instead of bloated and sick you will feel and energised!



3. Muscles Burn Calories!

Your muscles can do one of two things. They either shrink, or they grow.

Now before I say anything else..... Ladies..... when I say grow, I do NOT mean that you will look like Arnold Schwarzenegger, when your muscles grow – quite the contrary actually.

Any female that strength trains will tell you exactly how hard it is to gain ANY muscle at all, they have to work their butt off for every gram of muscle!

Us females are hormonally NOT set up to gain huge amounts of muscle – so ladies do not worry!

You have no idea how many times I have had a female client say to me “I want to get strong but I don’t want to get “bulky”!”

Well I have been training with weights for over 10 years now and I DO want to get “bulky”, so you better believe me when I tell you that it’s taken me 10 years for me to grow the muscle mass I have, nope you won’t be getting bulky in 3 months 😊

So how do muscles shrink or grow?

From the age of approximately 30 years young, if you do not strengthen your muscles they shrink, this means they waste away – simple as that! No matter who you are.

What is worse is that they can waste at the rate of up to 0.5kg / year.

Wow, that’s 5kg’s of meat (muscle) that can actually leave your body every 10 years! Have you ever held 5kg of raw steak and seen how much that is?

The reason this is important is because not only do all your muscles keep you breathing, standing, sitting, moving, lifting, and ensure you have wonderful posture they also BURN CALORIES of fuel!

When you strengthen your muscles, your body turns into a fat burning machine!

The more muscle mass you have the more calories you burn even when you are sitting on the sofa reading a book.

To gain muscle mass you need to strength train using resistance. You can use weights, exercise machines, resistance bands and body weight, but you need to grow those muscles to burn those calories and unfortunately the older we get the harder it is to grow muscle mass.

But no matter what age you are you can still improve your muscle mass, your posture, your strength your calorie burning machines with strength exercises.



4. Do I Walk Or Run?

I'm not sure if it's because I am a Personal Trainer, but once people know what I do, I very rarely hear that, no matter who I am talking to, they are completely satisfied with their body.

Not surprisingly, inevitably, the topic, in more than 95% of situations, rolls round to what they can do to "Lose me beer gut", "get rid of that roll over the jeans" or "reduce my thunder thighs".

Basically just about everyone is looking to lose body fat and lose it fast!

Popular exercise wall charts in local gyms will show us that if you are exercising at lower heart rates and lower levels of intensity you should be simply melting fat away!

Similarly, according to the charts, as our exercise level of intensity increases, so too does our cardiovascular demand and consequently our fitness increases.

Whilst this theory is in some ways correct, in many ways it fails to give an understanding as to the process that occurs.

To put it very simply, while you are exercising, your fuel source will be from fat and carbohydrate stores.

When you are walking, the percentage of fat burned is proportionally (as opposed to the fuel you burn from carbohydrates) greater.

However, although you are burning a greater percentage of fat as a fuel source (as opposed to carbohydrates), the total amount of fat burned may actually be less (as a total amount), due to the amount of total calories burned.

So what does this mean in your real world....

Basically if you are working at a lower intensity (say walking at a steady pace) then you will need to exercise for a longer time than if you are jogging.

If you are working at a higher intensity (jogging) then to burn the same amount of calories you will be able to exercise for a shorter period of time.

But don't forget you still need to adequately fuel your body with the right sorts of food to lose body fat.



4... You still haven't said Which is Best?

So, do YOU walk or run to burn body fat?

If we use walking as an example of a lower intensity activity and running for more intense activity, then that higher intensity activity will ultimately burn more fat.

However keep in mind that exercising for a longer duration at a lower level may also produce the results we are after and in a lot of cases a long steady walk is going to fit into your current fitness program easier than being expected to run if you are not up to that level of intensity.

But understand that the higher intensity activity doesn't have to be running!!

What you are trying to achieve is a higher HEART RATE, so your body doesn't actually have to be moving faster, but your heart rate does have to go up.

I have never been a comfortable runner, so to complete a higher intensity workout I will cycle and then change the gears so it's like I'm climbing a hill (because there really are no hills on Bribie Island!) or if I'm walking I will add in periods of step ups or toe taps, basically anything that will increase my heart rate.

But what is the right heart rate for YOU?

Well a "steady state" lower intensity heart rate is worked out through this lovely equation $220 - \text{your age} = Y$ so then it's 65% of Y
The higher intensity rate would be $220 - \text{your age} = Y$ then it's 85% of Y



A far easier way to work all that out is this... when you are working at a steady state you should be able to say 4-5 words before you need to take a breath.

The higher intensity workout should be at a level where you have to take a breath after 2-3 words. If you can walk and hold a full on non stop conversation with your friend or dog, you are not "working out", you are strolling.

The best thing to do is, if possible, have both types of cardio training in your programme.

For instance, if your program has 4 sessions of cardiovascular exercise a week, you would want to alternate between low and high intensities. So on Monday and Thursday try a 30 – 40 minute jog or or a walk that includes steps and on Wednesday and Friday go for an hour long walk at a steady pace.

Not only will this help you include both in your training, it will also keep your program interesting and varied. On top of that you are also getting all the diversity that your body needs to lose fat.

5. Are Carbs The Enemy?

Carbohydrates are the hot topic at the moment!

No matter who you talk to, they are on a modified carbohydrate diet, the famous “Atkins diet”, the Keto diet, eating carbohydrates by themselves, taking carb blockers and even not eating any carbohydrates at all!

Now, if you read those horrendous gossip magazines, you will see Hollywood stars whipping themselves into shape by “eliminating carbohydrates” of course fully complimented by the photo-shopped, in perfect lighting, after shots that show “amazing results”

So can we eliminate carbohydrates from our nutrition all together?

Are carbohydrates our friend or foe?

Let's look at some facts:

- Carbohydrates are your body's preferred source of energy
- Carbohydrates are useful for your brain functioning – most useful!
- Over consumption of carbohydrates can trigger off a dramatic Insulin response which can make you fat!

Your body needs carbohydrates, it also needs the vitamins, minerals and fibre that we get from carbohydrates!

Honestly, everything in MODERATION! Use the food you eat to fuel your changes.

We do recommend you include carbohydrates in your nutrition plan. We also recommend that they are reduced or removed from any meals after 3pm.

Now just to be clear, I'm talking about those starchy carbs. Things like potato, pumpkin, pasta, bread, rice. These are all perfectly okay to have in your nutrition plan but they are there to give you energy to MOVE.

So if you decide to have a huge curry and with a ginormous pile of rice for dinner, then after sitting around for a couple of hours watching TV, you roll off the sofa and into your bed, guess what... The only thing your body can do with those carbohydrates is turn them into body fat ready for when you get up and run that marathon tomorrow at 4am....

So are you planning on running a marathon tomorrow? No? okay so your little pile of body fat your body made during the night will sit around your middle and the next night you sit down to a large plate of roast and potatoes... guess what's going to happen again ... and so your middle layer of squishiness grows slowly but surely.....

But if you had those same meals at lunchtime, (yes, you still have to watch the portion sizes) then you will most likely use up those carbs moving around in the afternoon especially if you include a walk in the evening before dinner.



6. Your Scales Are Wrong!

You have no idea how often my clients tell me this! Unless of course, the number on the scales is smaller than the week before, then my scales are perfectly amazing wonderfully RIGHT!

Have you ever jumped on the scales and thought; “these scales must be wrong”.

You wonder how could you possibly weigh the same or (gasp, shock, horror) higher when you have been eating the all the right foods and exercising.

Here’s a real big tip...

The scales are one of your worst measures of success, and if you are silly enough to step on your scales every day all you are doing is driving yourself crazy!

Yes we use them with our clients, but that’s so we can see movement one way or the other to make sure that our clients really are doing what we ask. We don’t care what the number is, we just want to see what sort of movement is happening.

And over the years we have found that also show hormone levels cycling in women of any age!

OK, OK, I do agree that yes, TV shows like that ridiculous Biggest Loser do show some very inspirational weight changes, 30, 50, 70kg! Impressive stuff. But remember the weight shown on scales includes everything, fluid, muscles (that are 70% water), fat, and other vital parts. So scales really don’t give you an accurate assessment of your body composition.

However, your best measure of success will come with taking regular measurements that give you greater, and more accurate snapshots of how much fat you are actually stripping!

With many of our women clients over 40 we find that measurements can dramatically reduce while the scales hardly show any weight loss at all. Even though the scales don’t change the way our clients change shape is incredible.

Of course the best method of measuring fat loss is when your underwear falls down, yes some days it feels like we can not win as Personal Trainers. One day our clients are moaning because the scales don’t seem to be moving, the next day they are moaning because their underwear is loose and baggy and now they have to go and buy the next size down!!

When we run our 12 week challenges, we always include a \$50 eftpos voucher for the winner as we know at the end of the challenge they will have to go and buy new undies ☺



7. Kilograms, Skinfolds, Measurements Or Percentages?

Kilograms – yes, we know it is nice to see those number on your, or our, scales go down, but they really are only one part (and the least critical) in the assessment process!

Measurements - This is the classic method for assessing the body.

It allows us to track the change in girth measurements of your body & provides useful feedback.

We use tape measures that lock themselves to the numbers so we can't "Cheat" and make your numbers larger when you start and smaller when we choose.

We measure 7 sites on your body so that we get an overall picture of your body responding to good nutrition and more movement.

Percentage Bodyfat - this indicates your bodyfat (that has dropped) and gives feedback on your muscle content (which has either remained or increased).

Some trainers use scales that measure percentage of bodyfat.

While our scales can do this, we don't because we have found them to be far from accurate.

They do not really take into account what the client is wearing (because we don't make our clients get naked to be weighed!) We have checked out scales to the percentage from a DEXA Scan and they are not even close to correct, so in the end they give a "change" not an actual factual measurement of body fat.

Skinfolds - Using the skinfold calliper we are able to give an approximate assessment of your actual bodyfat (expressed in millimeters).

Everyone has bodyfat & the thickness of the pinch is what determines how much you have.

Obviously, the thicker the pinch, the more bodyfat you have and vice versa.

The final figure (expressed as a sum of skinfolds) is what we generally work with as our final figure. This "sum" can also be used to calculate your approximate percentage of bodyfat.

BUT... unless you are already under around 20% of bodyfat it is extremely difficult to use calipers as the layer of fat under your skin is just too big, sorry, sad but true.

DEXA Scan – this is an excellent way to have your body composition measured.

A DEXA scan is like an x-ray machine, and is also used for bone density tests. These scans give you a true reading and if you are serious about changing your body fat they really are worth the cost of having done one regularly. Unfortunately we don't have one but they are readily available at physiotherapists and other health professions.

Quite simply if you want to accurately track how much fat is being shredded from your body, then you need to be having your measurements, and body composition tested in at least one



8. The Diet Merry-Go-Round

I'm sure you know all about this but very simply, the Diet Merry-Go-Round goes like this.....

1. You are not happy with your appearance and want to lose body fat. "No big deal I'll just go diet."
2. You deprive yourself, for what seems to be a lifetime, and all those magazines tell you the best way to do this is to eat really low calories, so you stop eating just about everything you like and wow! There are those results.
3. You hit your goal, weight / size / measurement. Of course you are starving, grumpy, exhausted, your skin looks dry and wrinkly, and if you ever see another lettuce leaf you will scream.
4. But Hallelujah! You reached your goal soooooooo....You go completely crazy! You eat all those foods that you have literally starved yourself of during those 2 or 3 months. You get back onto alcohol, and chocolates and bread and all that yummy stuff that you thought you loved!
5. You eat it & feel disgusting afterwards, because you have broken your plan, your body just can't handle these foods, your bowel movements are irregular, you feel about 10 kilos heavier....but that's okay because you convinced yourself that you just HAD to eat it!
6. But hang on now those new jeans don't fit and your scales cringe when you head towards them.
7. You plan your next diet...and the cycle continues!

So are you now sitting there and thinking "Yeah, I've been there and done that!" Well I guess then that the next question that needs to be asked is "What are YOU going to do about it"?

The first thing we tell our client is that food is not your enemy!

There is no such thing as "Bad" foods, just some that you don't want to be eating every single day.

It's important to enjoy what you eat, because obviously, in the past, if you have overeaten it's because you have linked more pleasure to eating and enjoying certain foods than being the shape or weight you dream of being.

Yep, that pizza with everything is suddenly so much more important than fitting into that dress for your birthday party, or even your wedding dress!



Or maybe it's that certain flavour of donut that calls your name everytime you stop for petrol, that you can sneak while sitting in the traffic and no one needs to know you had it... After all if no one knows you ate it, the calories don't count, right?!? Ummm wrong.

So how do you get off that merry-go round....

8.... Getting Off Your Merry-Go-Round

Changing the way you think about food, takes time and practice, but you CAN do it.

If you constantly think about healthy food and flavourless “rabbit food” then you are never going to look forward to eating it.

For a start nutritious healthy whole foods definitely do not have to be bland and boring, in fact a lot of herbs and spices have fat burning properties, so you definitely want to add them to your meals!

Start to link pleasure to the foods that you will consume to get the shape you are after.

Rather than thinking “Oh, this diet food is terrible”, consider how much more energy you have, how good you are feeling, how great you will look and what this will do for you!

It feels good, doesn't it?

I had a client who constantly referred to her nutrition as “That boring bland stuff” and then would SIGH! Well guess what, with an attitude like that she never lost any body fat because when ever we went over what she had eaten during the week she would always say.. “Oh, I couldn't eat that boring bland stuff so I had...” and you can guarantee the food she was choosing instead was not helping her get to her goals at all.

You can still eat the foods you love and enjoy – just remember you need to make this conditional when you are really trying to get your goal.

Our nutrition suggestions always have one day or one meal (depending on the clients goals) where they can eat anything they want.

For example, if you love to have a beer, then make 1 night a week you anything night, You will enjoy it more than if you have beers everynight!

And DON'T TRY TO EXERCISE OFF THE CALORIES YOU ATE! That is a terrible habit to get into!

From someone who has been fat, I understand first hand what it's all about when you are changing your habits; however creating this change is critical and you owe it to yourself.

And MOST IMPORTANTLY Don't punish yourself if you “accidentally” inhale a block of chocolate or a bag of chips!

Eventually everyone will have “one of those days”.

It could be that there has been a family emergency and you get stuck at the hospital with only snack food in the vending machine.

The main thing is not to use the HICCUP as a reason to GIVEUP!

As soon as you can get back into your plan and move on!



9. You Want Me To Eat Fat!

Won't I Get Fat?

FAT IS NOT YOUR ENEMY!!

Nearly all of our clients are shocked when we tell them to throw away all their “Lite” foods and go and get the full fat version!

Some of the “lite Youghurts” have more sugar than Icecream!! Because typically the manufacturers of these foods take the fat out of the products and then add extra sugar to make sure the products still have a flavour!

And so we advise our clients to eat full fat yoghurts and cheeses, full fat milk (if you like it) and to also make sure they include other healthy fats in their nutrition.

This includes; Almonds and various nuts, avocados, flax seed oil plus oily fish like tuna and sardines.

Having good fats in your nutrition will teach your body to actually use fat as an energy source; you are less hungry as it is very satisfying and your sugar cravings drop dramatically!

One of the reasons why this happens is because you are not eating all that extra sugar that is hidden in the “low fat” foods.

If you really don't believe me, next time you go to the supermarket, check out the packaging on marshmallows... it will say 100% fat free! As if that will make them a healthy choice! What they won't tell you is that they are 100% sugar!

There is no such things as “bad” foods, your body knows how to process fat and there are vitamins such as Vitamin E that need fat for your body to absorb them.

Be aware of what you are eating or you could be fighting a losing battle with your weight loss.

Don't believe all the marketing!! The advertisements are there to make you spend your money on their products, the manufacturers really do not care if their products make you fat.



10. You Have To DO IT!

You can read all the ebooks in the world but if you don't actually take charge of your nutrition you are never going to lose that lumpy, frumpy, saggy, baggy body fat that is making you unhealthy and most likely unhappy.

You need to be really honest with yourself and write down the reasons why you really need to do change your nutrition and lifestyle.

Is it for a special event, or a lifestyle change?

Yes it would be wonderful to fit into smaller clothes, but how long will it be before your Merry-Go-Round clothes are too small again.

Do you need to do this to improve your health?

Do you need to do this to stay alive and be there for your family?

Think about how wonderful you will feel and how being fitter, healthier and stronger will make such a huge difference to your whole life and that of your loved ones.

Losing body fat is not just about fitting into that pair of jeans or your favorite T shirt, this should be about the rest of your fabulous fit and fun life!

So put down this ebook and make those changes!

Of course if you need someone to help you lose that body fat and make those changes then Why not give the Fitness Professionals at Fit Beyond 50 a call and book in for a FREE one hour Chat.

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