

5 Fat Busters – Starting Now

Get In Shape for End of Year Celebrations



Goal 1. Food Intake Ratio (approximately 50% protein, 30% carbohydrates, 20% good fats)

The majority of your meals should be rich in protein (i.e. chicken breast, fish, steak, kidney beans, cottage cheese, tofu, chickpeas, lentils, soybeans). Have one day a week set aside for a splurge of what foods you love, but all in moderation. This is a ratio guideline as it will depend on how active you are and the type of exercise you do.

- *The food pyramid was created several decades ago. It is no surprise it has undergone numerous changes since then as it was actually upside down when it was first created, with the carbohydrate allocation being way too high.*
- *There are good fats and bad fats. Believe it or not good fats (unsaturated fats) actually help you burn fat and aid weight loss, help brain function and reduce heart disease risk. Good fats include those found in avocados, olive oil, nuts, seafood – a good combination of omega 3s, 6s and 9s.*
- *Have quality protein bars and shakes (that contain at least 16 grams of protein) on hand so you grab these when you are hungry instead of the carbs.*
- *Foods labeled “low fat” may not be good for you. A low fat label means yes, the fat has been stripped out, but often so too has 99% of the nutritional value. Low fat foods may also contain fillers or sugar substitutes to enhance the bland taste. Read low fat labels carefully.*
- *Be mindful of foods that cause a rapid rise in blood sugar levels. High blood sugar levels can increase your risk of diabetes, obesity, heart disease and they cause havoc with your energy levels. Blood sugar levels rise when you consume foods with easily converted carbohydrates. To help guide you, select foods based on the Glycemic Index (GI). This index uses a scale of 0 to 100, giving higher values to those foods that cause a rapid rise in blood sugar. The lower the GI ranking, the less impact there is on your blood sugar levels. It is best to stick to low and medium GI foods that are 69 and below on the GI scale.*

Check food GI rankings here:

<http://www.medindia.net/patients/calculators/glycemic-index.asp>

Goal 2. Do some form of exercise at least 4 times a week. For best results do a combination of both strength training and cardio on separate days.

- *Cardio done first thing in the morning on an empty stomach burns 200% more fat than doing it later in the day because your body is using fat as energy. It is harder to do first thing in the morning because your energy levels are lower at this time but it is definitely worth the effect.*
- *Strength training (i.e. weight and resistance training) is vital for weight loss because it burns more fat. One pound of muscle burns approximately 6 calories a day, whereas a pound of fat only burns approximately 1.98 calories a day.*
- *Strength training is also effective for improving your body's insulin sensitivity and delivering more glucose to the cells. This is a good thing as the muscle acts as a storage space for the glucose that in turn builds muscle mass and this helps keep your glucose levels within normal ranges.*

Goal 3. Have a bottle of water by your side at all times. Think then drink. Grab the water first on a ratio 5:1, instead of the soda, wine or beer. Keeping hydrated is vital.

Coffee in moderation is good for you. Those who drink 2 to 3 cups of coffee daily have a 25 per cent lower risk of death from cardiovascular disease than non-drinkers, a study of 100,000 adults found. More recent studies have found that more than 4 cups of coffee per day may attribute to some health problems.

Dehydration causes histamine levels within the body to build, that result in joint and muscle pain, itchy skin, runny nose, dry eyes, low concentration and energy levels, mood swings, bloating and weight gain to name a few.

- *Water supports all forms of life. Next to oxygen it is the most important nutrient in the body.*
- *The body cannot store water. We must therefore have fresh supplies of water every day to make up for the natural losses from our lungs, skin and urine.*
- *Dehydration affects us at a cellular level. The cell membrane is coated with cholesterol to retain precious water within the cell. When water dehydration is not addressed over a period of time, the cholesterol coating thickens and interferes with the transfer of substances like nutrients from entering the cell that in turn disrupts normal cellular communication.*
- *Our body depends on us to keep it nourished and hydrated.*
- *To check how much water your body needs, take your weight and divide it in half (i.e. if you weigh 128 lbs, you need to drink 64 oz of water every day; if you weigh 150 lbs, you should be drinking 75 oz a day).*

Goal 4. Evaluate yourself on a regular basis. I find the best way to do this is to have a pair of jeans in the wardrobe that I must fit into every four months. Once you start exercising and seeing the results of your hard work, you will be amazed at how all aspects of your life change for the better. Be realistic and strategic when it comes to your weight loss goals (i.e. outline your vision, list out the goals that will get you there with timelines, then take action).

- *Be aware of what you are eating and drinking. If you are overindulging for three days in a row, plan to exercise and eat clean for the next five days.*
- *Don't stress if you haven't got the right exercise gear. Pull out the old T-shirt, shorts and track shoes from the back of the wardrobe. It doesn't matter what you wear when you exercise.*
- *Most bad food choices occur when a person is over tired, over stressed, short on time, travelling, hungry, and just not concentrating. Always have some healthy food choices (protein) on hand for when these moments occur.*
- *Never go grocery shopping when you are absolutely exhausted and hungry.*

Goal 5. Get Some Additional Kick Starters and Set Yourself a Reward

To help you get motivated and on your way, buy some good quality fat burning supplements and protein shakes.

Remember the protein verses carbohydrate ratio explained above.

- The right health supplements kick start your metabolism and will help you reach your weight loss goals faster.
- Healthy cells need a lot of energy to function properly and carry out metabolic processes. [Stem Cell Supplements](#) help speed up your metabolism. Remember [liquid health supplements](#) provide a much higher absorption rate of nutrients (up to 95% absorption) compared to pills and capsules that provide a 10% to 20% absorption rate at best.
- Set yourself a weight loss goal now and write it down. This will be your goal to reach by December 20th, just in time for Christmas and New Year celebrations. Put this weight loss goal in your calendar, place it next to your bathroom mirror and put it on your refrigerator.
- When you reach this goal make sure you reward yourself (i.e. buy a new outfit, get a makeover, book that holiday, plan that weekend away with your friends).