

# THE TRUTH ABOUT WEIGHT LOSS

By Ronnie Husberg



Before you go ahead and plan your weight loss period there are a lot of things you need to know so that you can go about the weight loss in a natural and safe way.

This will not only help you lose weight but also help you keep the fat loss permanent along with the new improved health of your.

Here follows the most useful facts and information I could find to help you achieve your goals and speed the whole weight loss period for you. Remember with good planning comes good results!

## **How To Work Out Your Belly To Keep It Flat And Firm**

By Al Rayman

Fat loss or weight loss can be a difficult task if you do it chaotically or if you ignore some basic facts. It is very important to understand your body and to understand your body type. If you are somewhat fatty or chubby you should not choose a program that fits a skinny guy but with fat around his waist

This are two completely different types of people with completely different sets of requirements. For example the skinny guy needs intensive exercises and proper nutrition, just like the fatty guy needs, but, in a whole different manner and degree.

Either way, no matter if skinny or chubby, you must train, right? I mean you cannot expect a firm flat stomach if you don't work it! So, you will do some crunches! That is great, but, you need to do more than just crunches, because the body is an ensemble of muscles, and you use and need all of them. So, when you aim for a flat firm stomach, here is the catch:

### **1. Work Your Legs, Arms and Spine, too!**

Muscles are interdependent on each other and they need a harmonious development. So, if you don't like your belly, work your legs too. Do the crunches, do the torso twist, but not without sit-ups or push-ups. I realize it doesn't sound as sexy as a new gym membership with the ultimate fitness routine, but, is so efficient! A word of advice: do not underestimate the huge power of simple things!

### **2. Take Good Care of Yourself and Eat The Proper Food!**

Do you know what produces the muscles into your body? It is nitrogen. Nitrogen produces amino acids and from amino acids you build muscles. So how do you find some nitrogen to produce some amino acids who will produce some muscles? By eating right, that's how! Eating right means you keep out of fat food. Instead go with a balanced diet (with as less fats as possible) and make sure your meals are made out of plenty of proteins and fibers. You may want to cut some of those carbs, as well.

Another crucial thing while working at your firm flat stomach is sleeping. Yes! If you don't sleep enough, your body lacking sleep becomes stressed. While being stressed, your body will release a hormone, cortisol by name, which will keep you fat! This hormone's business is to store fat around your waist and belly, so, we need to keep our bodies rested and as relaxed as we possibly can.

Again, do not underestimate little simple things: eat proper food, rest well, and relax. Also do all the crunches, sit-ups and push-us you can. It is free of charge and it will yield impressive results while you do this.

Al Rayman, become famous by his "1 minute a day!" free newsletter. Coach for weight loss programs and a healthy lifestyle, husband, father of two, very busy entrepreneur, Al created his motivational free newsletter to help millions of overweight people stay motivated! In just a minute a day, by reading nutrition tips, dieting programs, fitness routines, etc., everyone can find inspiration and motivation to lead oneself toward a lifestyle of results. To read more on Weight Loss Diet Tips and Strategies visit his site: <http://www.easydietsandweightloss.com/>

## How To Lose Body Fat Permanently

By Chris Chew

I have wanted to entitle this article as "How To Lose Body Fat Permanently By Building Muscles" but changed my mind with an after thought. This is because if I retain the originally intended title, many girls will not read the article because most women fear building muscles less they look like some bulky freaks.

This is the ultimate myth about women building muscles that will not go away and I have to repeat this statement - it is very difficult for girls to have bulky muscles because they simply do not have enough muscle building hormone testosterone to do so. What will happen when girls train with weights is that they will develop well toned sexy bodies like those of female fitness models and top movie stars.

Now to make another point clear, it is common to equate losing weight to losing fat which in effect are not the same thing. When you lose weight, you may lose your body fat, water weight and your lean muscles. Losing your muscle is not the condition you want to be in. This is because when you lose muscle, you will lose your body tone, strength and your metabolism will plunge to make you retain fat easily.

So if you intend to go on a starvation diet along with long cardio exercises to shed your extra pounds, you will be committing the cardinal sin of losing weight because you will lose some of your muscles in the process. Anyway, most people think that long boring cardio exercises are the best way to lose weight, well, they are not.

Yes, you can burn up quite a few calories with cardio workouts but once you stop your workouts, your calorie burning capacity will revert to its original status. However, when you train with weights, you will be burning calories during your workout and even a few days after that. This is because your body needs the calories to repair and build your muscles and thus many of the excess calories will not be stored as body fat.

Furthermore, the more muscle mass you have, the higher your rate of metabolism will be. The higher your metabolism, the more calories you will burn. More good news is that your body will need more calories to feed and maintain the muscles you have built and with that, you become a natural fat burner.

This is the main reason why people who lose weight through dieting or by doing cardio exercises often put back the weight they have lost or even more once they stop the programs. This is because they have not made themselves into natural fat burners and worse, by losing muscles, they have turned themselves into natural fat warehouses.

By all means, if you want to lose body fat, do some cardio exercises to keep your heart and lungs healthy, but not long enough to lose your muscles. Yes, go on a mild calorie deficit diet to speed up the process, but do not starve yourself.

However, if you want to lose weight permanently and become a natural fat burning furnace, then you must do some weightlifting. Not only will you lose your body fat this way, you will be on your way to a slimmer, sexier and more attractive body. Isn't that what you've wanted in the first place?

Chris Chew is a sought after fitness consultant who counts models, actors and other celebrities as his clients. Read his free articles at [How to lose fat fast](#) and [Lose fat for women](#)

## **The Easy Way to Lose Weight Fast**

By Jen K. Jones

After someone has made the decision to get rid of some weight the majority of people are keen to lose weight fast. After all, if it's possible to get that thinner look more quickly, why not? While it is possible to lose weight fast and make certain it doesn't come back there are quite a few possible barriers that must be overcome, these can be difficult, especially if the person trying is doing so on their own and not looking for the advice and direction of people that have managed to get long lasting results themselves. It is therefore crucial to find out the best method for losing those extra pounds.

The way most people immediately and intuitively turn to in order to get rid of that weight is simply to eat less. Unfortunately this is the only alternative most dieters consider but there are other ways to lose weight that some find easier. Eating less or even better cutting out entirely those foods that are bad for you is a great idea but reducing your calorific intake too much below the recommended daily amount is certainly not such a great idea. Cutting back on your calories too far below the recommended daily amount will send your body into a mode where it thinks there is a food shortage. The body's response is to retain as much energy as possible as body fat and expend less by reducing its metabolic rate. The result of all this is that it's harder to lose that weight.

Should it be that a dieter has rejected calorie restriction as a viable option then they are likely to choose to change what they eat to just a few foods that they consider to be healthy, it's quite easy to appreciate that diets such as these are hard to stick to and a lot of people flop early on. Most people have heard a friend or two comment that they followed this summer's fashionable diet and consequently shed an amazing number of pounds in only a few days. Regrettably, when you next hear of this person it can easily be the case that they've put all the weight they lost back on and then some more for good measure.

If you are going to try to get rid of some weight fast then there are some things you should keep in mind. How you set off on your diet is a good indicator of whether you will succeed or not. You can make a good start if you know what you're aiming for and having a definite plan will help with this. As usual it's crucial to have the right state of mind. Obviously, if you don't make sure your getting the correct nutrition and diet then being determined won't get you too far.

In order to do well in your diet it's sensible to follow at least the following dietary advice. Firstly, it's crucial to drink plenty of water to flush your system. There are good fats and bad fats in all our diets and needless to say you should try to decrease the bad and boost the good through eating oily fish, more nuts and skipping fried and other foods including things like hydrogenated oils. A common cause of weight gain is of course over-eating. Also it's far too common for people to skip breakfast completely and get most of their calories during the main evening meal. Loading all your calories like this forces the body to produce a lot of insulin in one go and this is not a great situation to be in, you'll likely feel sluggish and tired in the evening as you try to digest all this food but empty and tired at other times of the day. Therefore, if you're trying to lose weight fast, a good approach to eat more often and have your daily allowance split evenly over those meals. Fibre is the last point I'm going to mention, it's a vital part of a healthy diet. Since it's believed that a diet high in fibre will help you to eat fewer carbohydrates and so avoid the resulting high and low levels of blood sugar, then the risk of weight gain is reduced. The way to lose weight fast therefore has the best chance of success if the dieter follows a thorough, well researched program and preferably one specifically designed for their needs.

Jen K. Jones writes for the website Evaporate The Weight which aims to give its readers information, tips and general advice on all manner of weight loss issues. You can find more great weight loss articles and product reviews at <http://www.evaporatetheweight.com>



## **How To Get Rid Of The Belly And Waist Fat Permanently!**

By Adrian Remus

First of all, I want to be clear here that "permanently" is not mistakenly understood by the word "instantly". "Instantly" as a word in weight loss or muscle building programs, does not exist. "Permanently" is a perfectly usable term and is more like a status you reach. However, there are some tips you should pay attention to if you want to reach this status.

### **Low Fat/Low Carbs Diet**

To put it in more simple words, you can eat almost whatever you like, but, try to keep some restrictions regarding carbs and fat. A low to a no carbs diet will first eliminate the fat around the belly area. If you find it difficult, as you may, just begin with eating only half of your usual daily carbs. For example, if you have a burger for lunch, put away one of the two slices of bread, to begin with.

### **Eat 5 Meals a Day!**

Now, this 5 meals a day should be small portions. As I wrote in a previous article, take the size of your palm as a size of your meal portion. Eating more often than 3 times a day increases the activity of your metabolism and, as important, balances your insulin level.

### **Beware of Cortisol!**

Simply put, cortisol is a hormone released by your body when you are under a lot of stress or pressure. In such circumstances Cortisol is causing your body to store fat right around the midsection of your body. So to bypass this hormone, we must sleep right and take some time each day to relax and meditate a bit.

Stress is a dominating factor for many people with weight issues, so, getting rid of it, is crucial. Relax, force yourself to relax, if you seem not to relax naturally. Your relaxation reduces the levels of cortisol, thus your body will not store fat around your waist and belly anymore.

### **Train a Bit!**

For better and permanent results, make it a habit to move your body. Walk when you have the chance, keep your abdominal muscles in tension as often as you can and then relax them (you can do this sitting, standing, or lying down). While at home, in the morning before breakfast develop a habit to do a few push ups and sit ups, maybe some crunches, too.

Of course if you will go to the gym and train regularly, or jog in the park and then do some stretching that is even better.

Either way, when you implement these tips into your life you will see results pretty fast. If then, you make a lifestyle out of it, you move towards permanent results. Don't wait until you buy a gym membership, or a fancy gym outfit or a personal trainer. Start with basic steps and then develop into more advanced diets or training regimens. But, start!

## **Not Burning As Much Fat As You Intended To?**

By Johnny Real

If your answer is yes and your a believer in long duration moderate paced aerobic exercise, otherwise known as cardio then I suggest you read on because you like many others are making a very big mistake!

So why are you making a big mistake?

If your exercising at a moderate steady pace every time you exercise what you are effectively doing is burning off body fat.

I know your thinking " but that's what I want." It's not all good news I'm afraid. When you've finished off your exercise and you have burnt off some of that fat, your body worries that it is eventually going to have no fat left. So what it does is starts storing more and more fat for your next exercise.

Yes you may be burning calories like you want to but in the long run you won't be burning off the fat. You could be potentially be gaining fat carrying on this way!

Doing steady paced exercises can also have an effect on your long term health, and not in the good way you hoped for. This is because your body is only going to know a certain pace of exercise. Which means your always be within a limit to what you can do. Thus you will not improve your aerobic capacity, which in turn determines how your body responds to physical, emotional and mental stress.

The upside is you can reverse this. Changing your exercise routines from steady paced to high intensity workouts will have a huge beneficial effect. Doing 15 - 20 minutes of high intense workouts will give you a much better workout oppose to the 30 - 40 minutes of steady paced.

The difference between the 2 and it's a big one is that doing high intense workouts will burn off carbohydrates not fat. What this means is that after your workout your body will start to replenish the carbs burnt using your stored body fat. So your body doesn't get worried about losing the fat and there for doesn't start storing more and more.

So if you long to lose the stubborn fat and live a healthy lifestyle I suggest you change your exercise routine and your start seeing and feeling the benefits.

If you would like to learn more about high intensity exercises and workouts then click here <http://www.unleash-the-potential.co.uk/>



## **How To Lose Weight In The Most Natural Manner**

By Al Rayman

Before you decide to punish yourself for not being able to look like Taylor Lautner does in the Twilight Saga, hold your horses a little bit and listen up. First of all the guy works out since he was a baby, and also, he gets payed to look like that. Actually, that is his job. And I bet he doesn't have a lot of beers and potato-chips, or ice-cream. However, if his body motivates you to take action, then perfect!

Unfortunately, one of my friends decided he cannot lose weight no matter what he does, and, after we saw the movie he opted for a heavy dinner since there was no way for him to lose weight and get fit. He cannot be more wrong I think...

Everybody can lose weight and everybody can be fit. And I do mean everybody. It is all about eating right and move your body. In other words choosing a healthy diet and a training routine.

What does "eat right" means?

It means that the rumor which states that processed foods, beers, sodas, potato chips, carbonated drinks, etc., makes you fat is true. The kind of food I just outlined here are highly caloric foods, not healthy for your body. So, as weird as it may sound, it is naturally to avoid them and, in time, you will naturally lose weight, since you do not consume them anymore.

Drink Water, naturally...

Yes! Another natural remedy to lose weight is to drink plenty of water. Make sure you consume those 2-3 liters per day, during the entire day, even if you must use the toilette more often. It will keep your metabolism running properly and naturally.

Make Sure You Eat Fibers And Proteins...

Fruits and vegetables - fibers - must be present at your every meal and bite. Leaving aside that they taste good, they also give you a feeling of fullness, thus you will eat lesser calories and therefore, lose weight, naturally. The fibers help with the digestion process of your body transforming whatever your body does not need in waste. Proteins also keep the natural fire of our metabolism and a well balanced metabolism means, no fat.

Work Out

It is natural to move your body. It is! We are movement inside us, our very nature yells "MOVE!" so, we can move scientifically and transform our movements in a work our routine. It doesn't have to be a very advanced fancy training routine. You can just dance, or go jogging, or take a quick stroll... Also combine your efforts with some home basic gymnastics, stretching. The idea here is that we should move... Naturally!

## A Look At Some Of The Best Diets

By Henrik A Jonsson

With so many different types of diets available, it can be somewhat difficult to settle on one. There are many advantages to beginning a healthy and effective diet plan, making this a decision worth the effort. Of course, giving up certain foods that the diet may not permit can be difficult, but there are a variety of reasons to endure this aspect. If you are contemplating this, take a look at some basic information on the best diets around.

There are many benefits associated with dieting. The most obvious and most widely cited reason for this venture is weight loss or weight control. Being overweight or obese can cause serious short term and long term health issues. Choosing which diet is right for you can be difficult. Different individuals will have differing needs, so consider speaking with a doctor or a dietitian about which specific diet will benefit you the most. With that being said, have a look at some of the more popular dietary changes available to you.

Choosing an effective and healthy diet should be based on many factors, so consider these things when choosing. An obvious aspect is weight management, but one must also consider the overall, long term effects to health. Some diets tend to be very complex, requiring some specific knowledge. Of course, some are also very expensive as well, so keep these things in mind as you explore.

There are many types of vegetarian diets that becoming extremely popular. Vegetarian diets generally mean that an individual will eliminate meat from the diet, opting to get their protein fix from other sources. It has been shown that individuals who subscribe to this type are less likely to be overweight, will generally suffer from fewer diseases and chronic health problems, and tend to actually live longer.

Raw food diets are also gaining in popularity. This type aims to eliminate food and drinks that are processed. Most of the food allowed is typically plant-based and tends to be organic in nature. There is also an emphasis on eating food items that are not cooked in any way.

Another popular choice is the low-carb diet, also known as Atkins diets. This type aims to control the level of insulin in the body through a careful monitoring of the intake of refined carbohydrates. When insulin levels rise, the body tends to store fat deposits for energy.

One very beneficial type of diet, and one that is extremely popular, is known as the low-fat diet. Essentially, this type will aim to severely limit the amount of fat, especially saturated fat and cholesterol, found in meals. This method is ideal in controlling weight, but there are also many health benefits involved in limiting the amount of fat consumed.

Remember that some of these options may not be right for everyone. The human body is very complex, therefore, some trial and error may be involved. If you are confused or are unsure as to where to start, consider seeking professional assistance and make sure that a consultation with a doctor takes place to make sure that it is a healthy option.



## **Best Exercises Personal Trainers Use for Weight Loss**

By Benjamin Hanbridge

The biggest mistake I see people make day to day when training in a gym is doing the wrong exercises for their goals, even personal trainers give clients the wrong exercises. The most common mistake people make is to do endless sit ups or crunches to attempt to get flat abs or achieve weight loss!

The truth is that you can't burn fat from specific areas on your body as your body 'decides' where the fat is going to be taken from. Doing sit ups will not burn fat from your stomach, this exercise does not burn much energy in fact. The best exercises for weight loss are those compound movements which involve lots of muscles working at once with a multi joint exercise. This is going to burn lots of calories and help to build your muscle which in turn burns more energy thus increasing your metabolism.

So what are these exercises which are the best? The first one is squats. Squats are commonly used but also commonly neglected as an exercise. This exercise mainly works your quads, gluts and core. You may do this just body weight only or by using a variety of weight such as a bar, dumbbells and kettle bells. Lunges are another good exercise working similar muscles while slightly activating your gluts more due to the positions of the exercise.

Progressions of these two basic exercises can add more benefit by adding an upper body segment to the exercise to greater enhance weight loss. For example you could add a shoulder press to the squat to make it a squat into a press to work your legs, upper body and core all in one go. This can be quite a challenge when combining these together. The same can be done to lunges. It does not always have to be a shoulder press either, it can be a bicep curl, forward raise, lateral raise and so on. There are endless combinations of compound movements.

The best way to approach this is to build up slowly by starting with the basic exercises and then add the variations and progressions once comfortable with the basic version. So not try to jump straight into it by opting for the most complicated version at the start.

The main thing you have to remember and the main point I am trying to make is that you do not have to be doing an exercise that mainly works your abs to get your body to burn fat from your abs or to get effective weight loss from your stomach. You may do a leg or arm exercise that burns energy that is created from stored body fat from all over your body.

Ben has been [Personal Training in Manchester](#) with a group training programme which includes training sessions, nutritional support and coaching for weight loss and toning up.

## Five Kinds of Food to Eliminate the Fat in Your Body

By Lv Hongyu

For the women who want to lose weight, they are always very particular about their diet. They tend to keep away from many kinds of food. However, they do not realize that some kinds of food can eliminate the fat and help them lose weight. Following are some typical foods suggested by the experts, which all have such an effect.

First, bamboo shoots

Bamboo has the characteristic of low fat, low sugar and high fiber, so it is the best food for people who want to lose weight. Eating bamboo shoots not only can promote intestinal peristalsis, promote digestion and prevent constipation, but is also helpful for the prevention of colorectal cancer.

Second, frozen bean curd

When bean curd is frozen, it can produce an acidic substance. This acidic substance can damage the fat in the body. Eating frozen bean curd regularly is conducive to the excretion of fat, so that the accumulation of fat in the body will be reduced, and the purpose of weight loss is achieved.

Third, mung bean sprouts

Mung bean sprouts have the effects of clearing away the accumulation of cholesterol and fat in the vascular wall, and preventing cardiovascular disease. Regular consumption of green bean sprouts can clear away heat, detoxicate, promote urination, etc. What's more, often eating bean sprouts can play the role of cleaning the stomach, whitening the teeth, and preventing the formation of fat in the skin.

Fourth, papaya

The [papain](#) contained in papaya can decompose the fat into fatty acids. Papaya contains an enzyme that can digest protein and is conducive to the digestion and absorption of the food in human body. As a result, it has the function of invigorate the spleen and promote digestion. At the same time, it can also treat edema and beriberi, and can improve the joint.

Fifth, pineapple

The fruit of pineapple is very nutritious. It contains the essential vitamins such as vitamin C, carotene, thiamine, niacin, etc, as well as some trace elements like calcium, iron and magnesium, which are easy to be absorbed by the body. The protease contained in the juice, peel and stem of pineapple can promote the digestion of protein, so it is very suitable for those who have just had a big meal.

Besides what we have mentioned above, foods such as cucumber, tomato, celery, bell pepper, etc, all have the effect of eliminating the fat in the body. As a result, people who want to have a slim figure can eat more of these kinds of food in their daily life.

Lv Hongyu is the freelance writer for e-commerce website in the chemistry. [LookChem.com](http://LookChem.com) is just a place for you to Look for Chemicals! Our LookChem provide the most convenient conditions for the international buyers and let these leads benefit all the business person.

## **Know the Best Ways to Lose Weight**

By Joy Nev

Being overweight or some people call it obesity is common to some people nowadays. It became a problem for some because it merely affects their health. There are various reasons why people became obese. People can easily gain weight to the extent that they will become obese, but the worst thing is that, losing weight is very difficult. Eating too much, too much carbohydrates and fiber lack are the reasons for obesity. With this article, you will learn effective ways to lose weight. When you use weight, you are about to diminish the calories present which really makes you look fat. By having diet, exercise, or even having both is very effective for you to diminish the calories in your body.

First, Healthy balanced diet, which means you are about to eat the food under the three classification of food which are the go, glow and grow foods. They are categorized according to the nutrients present on that food. Balance eating of this food will help you keep away to imbalance diet. These nutrients are present in meat, fruit and vegetables. Moderate intake of fat and calories will result to weight loss. Eating good carbohydrates is also helpful as well as eating foods rich in fiber. Some people also having the method of skipping their meal, because they believe that they will lose weight in a short period of time. But they don't know that by having this method this will also bring illnesses. It can really affect our health.

Water is also a reason for gaining weight. By drinking a lot of water, it can cause swelling. Don't wait that you will feel too thirsty, because there's a tendency that your body will long for water and by this you will tend to drink large amount of water. So better avoid this attitude. Proper hydration could really improve your sense of well-being and which really motivates you to lose weight. It is recommended that we should drink 8-10 glasses of water a day.

Proper exercise is another effective way to lose weight. This will help you to keep on being fit and help your body at tone. The best exercise that really work are those exercise that targets large muscle groups. But there are 3 questions to consider before engaging into exercise. 1. Is it safe for your body? 2. Are you physically and mentally ready for the activity? 3. Do you believe that you will enjoy doing it? These questions are helpful on what field of physical fitness you should leaning to. Make sure that you will not be into it because you have been forced by anyone. Do it with your own will.

With this article, you will learn the effective ways to lose weight. If your goal is to lose weight, so you should have discipline with your diet. Everything lies on your own hand. You have to decide for your own, not others should have the decision. They maybe give you the ideas, but be sure to have some self check so that you will end up blameless.

Joy Nev writes great articles with information, reviews, and tips for all moms who want to lose weight. Find out more about "[Best Ways to Lose Weight](http://www.helpinweightloss.com/free-report/)" and get your FREE eBook at <http://www.helpinweightloss.com/free-report/>.

If you enjoyed the tips and techniques revealed in this report, then I have good news for you. I'm just barely scratching the surface here. There are 3 really advanced step-by-step guides that's going to reveal to you everything you need to lose weight fast and easy. They're called: "the diet solution program", "truth about abs" and Fat burning furnace". If you're looking for systems that really works, and gets you instant results, there here you have it. They get my highest recommendation. Hundreds of people all over the world have use these programs to see results fast, and now you can too. Take a look

a find the one that works for you at: [\*\*The Diet Solution Program\*\*](#), [\*\*Truth About Abs\*\*](#) & [\*\*Fat Burning Furnace\*\*](#). Go now, and you'll be glad you did.

