

6 EASY FAT LOSS SECRETS TO HELP YOU LOSE WEIGHT NOW

As you may know AG-FIT does not promote or endorse any gimmicky training and fad diets that we are fooled into thinking works but in reality does nothing but waste our time and money. What I believe in for myself and for my clients are practical and sustainable ways to lose fat and build muscle and keep our bodies healthy and vibrant overall and for the long term. In this ebook I will be sharing with you my 6 easy fat loss secrets. I wanted to share this with you to give you some simple tips that to many out there trying to lose weight might not be so obvious. These aren't tips for the short term, these are tips that will help you lose weight if you implement them consistently, but also help to keep the weight you lose off for the long term. My clients have found that once done consistently these tips are easy to maintain and they have loved the benefits and results they have seen from implementing them.³

Tip 1) Start Each Morning Off By Drinking 16oz Water

Before you put anything in your body to start your day, get your metabolism firing by drinking 16oz of water. This is only two cups of water, and could be kept by your bedside and should be consumed all at once right after taking your first step out of bed. After consuming your water wait about 30-40 minutes for it to absorb and then have your first meal, do not drink right before your first meal as this will dilute stomach acid and result in negating the benefits described below and result in poor digestion of your food. Doing this will have a great fat burning effect on the body and will serve as an insurance policy for your hydration status for the rest of the day, even if you aren't consuming water regularly throughout the day, although you should be in moderate amounts of a half a cup to a full cup of water every 1 to 2 hours.

As most of us know, water is responsible for several important functions that regulate our metabolism and thus our ability to lose fat effectively. Water helps in the breakdown of what we eat and how it gets absorbed by our body as well as the removal of wastes and toxins from our body. Research from The Journal Of Clinical Endocrinology and Metabolism showed that consuming 16oz of water in a fasted state (upon waking) increased metabolic rate by 30% in both men and women and that this increase was observed within 10 minutes and was sustained for more than 1 hour. Therefore, for best fat burning results we want to consume 16oz of water first thing in the morning upon rolling out of bed, it will work wonders for your metabolism and get your day started off on the right track for fat loss.

Tip 2) Cut Out Carbs At Breakfast and Dinner and Replace With High Protein, Moderate Fat, Low Carb Breakfast and Dinner

If you're looking to lose fat then carbohydrate intake at breakfast and dinner should be non-existent. Upon waking from sleep, our bodies are in a fat-burning state after having fasted for the typical 8 plus hours of sleep from the night before along with the time spent before your last meal. Therefore, we want to prolong this fat-burning cycle by eliminating carbs at our meals closest to when we are going to sleep and waking from sleep. This tip alone when implemented consistently can produce great fat loss results in as little as one month. When implementing this tip you want to keep your food choices to lean proteins, good fats, and fibrous carbs. When doing this it's very important to not restrict food and eat very small portions, these foods are packed with vital nutrients that give us the building blocks for fat loss and lean muscle, so eat enough to where you are satisfied but not too full to move. Along with the fat loss benefits you will also notice that when you structure your daily eating schedule in this fashion you will have an elevated mood and feeling of mental clarity and alertness, you will experience better sleep and improved immune function as well.

Tip 3) Take Psyllium Fiber Twice Daily

Research shows that 90 percent of Americans are lacking the daily recommended intake of fiber. Supplementing with psyllium fiber is a necessity for anyone looking to achieve a flatter stomach and better overall health. Studies have shown that supplementing with psyllium fiber can lower risk of heart disease, control blood sugar, and help keep weight off by controlling cravings by acting as a bulking agent that absorbs liquid in the body and helps you maintain a feeling of fullness when taken in between meals. Psyllium fiber should be dosed at one serving per day for one week and moved up to two servings by the second week. The best times to take psyllium are in the morning with a meal and before bed. When taken in the morning it will give your body a greater sense of fullness which will reduce cravings throughout the day and when taken before bed it will also reduce the likelihood of late night snacking. Psyllium fiber must be taken with lots of water throughout the day and should not be taken with your vitamins and minerals as it can interfere with absorption, therefore it's best if vitamins and minerals are taken at least 30 minutes after you take your psyllium fiber supplement. A word of caution, this is not the best tasting supplement and the taste alone of the typical brand can turn people off to taking this supplement, if taste is a concern I would recommend going with the second link I've provided below.

Here is a link to the brand I personally use:

https://www.amazon.com/Yerba-Prima-Psyllium-Powder-Ounce/dp/B00012NG1W/ref=sr_1_6_s_it?s=hpc&ie=UTF8&qid=1476755399&sr=1-6&keywords=psyllium%2Bhusk%2Bpowder&th=1

Tastier fiber supplement:

https://www.amazon.com/Species-Nutrition-Fiberlyze-Fruit-Servings/dp/B01HDUYIM0/ref=sr_1_4_s_it?s=hpc&ie=UTF8&qid=1476755597&sr=1-4&keywords=fiberlyze

Tip 4) Do Cardio On Empty Stomach In Morning Or After Weight Training

The most effective way to burn stored body fat with cardio is to do your cardio in a carbohydrate depleted state. Our bodies are most carb depleted and primed for using fat for fuel when we first wake from sleep and after weight training when we have used our stored carbs as fuel for lifting weights. When our bodies are not in this depleted state and say we go for a mid day jog as a form of exercise, the body does not burn fat for fuel, it burns carbohydrates, reason being is that when our heart rate increases over 135 beats per minute our bodies shift into burning stored carbs for energy and holds onto fat, so while you may be burning 400 calories during a 45 minute jog, the vast majority of the calories being burned are coming from stored carbohydrates not body fat. Therefore, to maximize fat burning we want to do our cardio in a fasted carb depleted state and keep the intensity (heart rate) moderate, and the duration moderate to long. Below I've outlined a protocol that if followed along with the other tips in this ebook will guarantee to strip away body fat quickly.

Fat Loss Cardio Protocol:

Week 1

- 3 days per week cardio on bike, elliptical, treadmill, or outdoors walking first thing in the morning on empty stomach, just water, 30 minutes heart rate between 120-135 beats per minute
- 2 days per week after workouts cardio on bike, elliptical, or treadmill for 20 minutes at heart rate between 120-135 beats per minute

Week 2

- 3 days per week cardio on bike, elliptical, treadmill, or outdoors walking first thing in morning on empty stomach, just water, 40 minutes heart rate between 120-135 beats per minute
- 2 days per week after workouts cardio on bike, elliptical, or treadmill for 25 minutes at heart rate between 120-135 beats per minute

Week 3

- 3 days per week cardio on bike, elliptical, treadmill, or outdoors walking first thing in the morning on empty stomach, just water, 50 minutes heart rate between 120-135 beats per minute
- 2 days per week after workouts cardio on bike, elliptical, or treadmill for 30 minutes at heart rate between 120-135 beats per minute

*After 3 weeks of increasing the duration you will want to assess the results you are seeing and if you continue to see progress do not go over 50 minutes for a single cardio session. Once your body adapts to this stimulus your body will require different variables of your cardio training to be manipulated to see continued results. This

template works very well as a starting point to shed off body fat in conjunction with the other tips listed here.

Tip 5) Eat 3 Meals Per Day Plus Always Consume A Protein Shake As A Snack Daily

For effective fat loss while building or preserving lean muscle tissue so we have a toned and defined look we must keep our metabolism stimulated with a minimum of three whole food meals consisting of lean proteins, good fats, and fibrous carbs like vegetables. In addition, adding a quality whey protein shake into your diet will do wonders for preserving and building muscle tissue and supporting healthy bones and immune function. Research has shown that when adding 1-2 quality whey protein shakes into an average person's diet that overtime subjects showed increased lean muscle tissue and reduced body fat, even in subjects that did not exercise. This small tweak can produce greater recovery from workouts as well and should be consumed directly after workouts on weight training days. Although this may seem like an obvious suggestion, I was shocked to learn that many of my clients were not taking a whey protein supplement post workout or as a snack during the day they had off from weight training. Since I've had them implement this into their routine they have seen increases in strength and improved recovery from workouts, along with consistent weight loss. One crucial thing to remember is that not all brands are created equal and when it comes to whey protein you get what you pay for and buying quality products will produce the best results. Fortunately, I've done lots of research and tried lots of products and can with certainty recommend two brands that I personally have found have the best taste and quality. Link is below. You can take whey protein as a snack between meals or before bed on days off from weight training, and immediately after workouts on days you are weight training.

Low Carb High Quality Whey Protein

https://www.amazon.com/Species-Nutrition-Isolyze-Chocolate-Supplement/dp/B00OIC442G/ref=sr_1_2_a_it?ie=UTF8&qid=1477678819&sr=8-2&keywords=species+isolyze+protein+powder

Low Carb High Quality Whey Protein Pudding (Great For Snacking)

https://www.amazon.com/Species-Nutrition-Protolyze-Chocolate-Pound/dp/B00OKD3GA4/ref=sr_1_2_a_it?ie=UTF8&qid=1477678893&sr=8-2&keywords=species+protolyze

Tip 6) Improve Your Sleep Quality With These Supplements And Tricks For Better Fat Loss and Lean Muscle

One of the most important and under mentioned aspects of fat loss and muscle building is sleep quality. Poor sleep quality can lead to an overproduction of the stress hormone cortisol, which breaks down muscle tissue and causes fat storage and adrenal stress, leading your best efforts at fat loss and muscle building to be stymied by this one factor. Nobody wants to see all the work they did in the gym and all the efforts they made with their diet go to waste simply because of poor sleep quality. Furthermore, poor sleep quality and lack of sleep suppresses our fat burning hormones such as growth hormone that is primarily produced during deep sleep. Our hormones are the hidden factors for fat loss and muscle building that we can't see but are highly regulated by our sleep habits and if we experience a habitual lack of quality sleep, it will make our efforts much harder to achieve with our fat loss and muscle toning goals. Below I've outlined several guidelines to follow to achieve better quality sleep.

- Go to sleep around the same time every night and wake up around the same time every day
- Do not watch TV or look at cell phone or computer screens 30 minutes before bed
- Clear your mind by writing down 3 things you are grateful for each night before bed
- Supplement with ZMA before bed for deeper sleep and more relaxation before sleep (link below)
https://www.amazon.com/Optimum-Nutrition-ZMA-180-Capsules/dp/B000GIQS02/ref=sr_1_2_s_it?s=hpc&ie=UTF8&qid=1477683042&sr=1-2&keywords=zma&th=1
- Do not consume any caffeinated beverages (coffee, teas, soda) or stimulants after 3pm