

Body Best



How To Build Your Best Body Your Free Guide To A Better Life

Before I say anything else, let me say now that I am not a medical doctor, I'm not in the medical profession *at all*. Everything you read is simply my own personal opinion based on (too many) years of personal research. You should consult a **competent** medical professional before beginning any diet or exercise plan.

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The Truth About Weight Loss Companies

I'm not getting anything out of this other than knowing that I am helping someone. There is *nothing* in this eBook to buy, nothing I am selling. If you think of most “weight loss” companies everything they do and are about has to do with selling you something. Their entire business model is set up so that you lose weight (thanks to them selling you some junk or another) ... and then you gain your weight back so that they can sell to you again.

That is why I am purposely writing this eBook in such a way as to make it positively plain that I am not here to take your money from you.

With that said, the image on the “cover” of this thing is what I look like now. It is the first time in my 34 years that I have looked that way as I have been overweight since I was a baby. Until relatively recently I was always called “heavy” ... or how about “big boned” (just a really nice way of people calling you fat). I always had a belly, I was always called “a good eater” when I was young and such things were meant to be a compliment.

As I turned from a child to a teenager I just never even *tried* to do better. I wasn't involved in sports, and because I always was big I thought I always would be ... and so I never even considered that it could be different, or that it even *should* be different.

When I turned 30 I decided that enough was enough and that something had to change ... something had to be different. I hated always being the biggest, heaviest person in a room.

In my quest to learn how to REALLY lose weight and KEEP it off, I learned one stunning fact:

- Weight loss companies do not want you to permanently lose weight.

I can prove that by giving you this startling statistic ... the “weight loss” industry is one of the fastest growing industries in the industrialized world. In the last 10 years there has been ***hundreds of billions*** of dollars spent by consumers.

And yet people are becoming more and more obese. Weight is taking longer to come off, and being put back on faster ... than ever before.

If weight loss companies ***really*** wanted you to lose weight, don't you think that after such a massive amount of money has been spent we would have some kind of solution?

The fact is that weight loss companies do want you to lose weight ... ***but they also want you to put it right back on again so that you will then be their customer again.***

They have less than no interest in showing you how to lose weight forever and not need to buy their endless series of gimmicks.

WEIGHT LOSS COMPANIES HAVE NOT BEEN TELLING YOU THE TRUTH ... DIETS AND DIET PILLS DO NOT (AND CAN NOT) WORK OVER A LONG PERIOD OF TIME !!!!

The fact of the matter is that dieting is *doomed* to failure. Nothing you might call a “diet” will work for more than a few weeks. Weight loss plans, diets, diet pills, diet shakes ... all of it is nothing but over priced, over hyped garbage designed only to bilk you out of your hard earned money.

All of this is a long way of saying that if you want to lose weight, if you want to build the best body of your life, you *do not* start by looking for a “diet plan” or a weight loss pill.

You *do not* start by going to a “weight loss” company of any sort.

So What Then Is The Truth?

Using Weights Will Give You A Toned Sexy Body FAST

Easily the most common misconception among women is that using weights will give us muscles in the same way a man has them.

The truth of the matter is that training with weights *can not* give a woman muscles unless you are going to take anabolic steroids ... which make a woman's body chemically like a man's (and does some horrible things to our bodies in the process).

You see, a woman's body is not “biochemically designed” to be capable of building a lot of muscle. Our bodies can support enough to make us toned and sexy ... but that's about it. We simply do not have enough of the hormones that make men ... well, men ... to have huge hulking muscles.

The plain and simple fact of the matter is that unless you have *hours* to spend in a gym, then using weights will help you to look good in less time.

And really, that is what matters to me. I don't have the time nor the inclination to spend hour upon hour in a gym. I want to be in and out in fifteen minutes *if I go at all*, and that means using weights. I will speak more about this further into this special report.

Too Much Working Out Is Actually *HARMFULL* To Weight Loss Efforts.

That's the one that surprises a lot of people, but it is the absolute truth. A human body is constructed much closer to a cheetah than a goose. In other words, our bodies are designed for relatively short bursts of speed and strength followed by a period of rest, not long periods of exercise followed by almost no rest.

If you exercise too much you stand to do nearly as much “harm” as not exercising at all. You see, our bodies need time to recover after exercise. If you want to look toned and sexy, the idea is to exercise just enough to stimulate the muscles into strenuous activity and then rest them.

In fact, the truth is that ...

Muscles Become Toned *Resting From Exercise*, Not From Exercise Itself.

It is when you give your body a chance to recuperate after you have done exercise that your muscles will tone up and give you a shapely look.

That is why when it comes to exercise I generally tell people that three days is enough and for is plenty. Exercising five days a week is actually too much because your body doesn't get enough of a chance to rest so that your muscles recuperate.

In fact, you will notice a bit of a theme throughout this section and it is that ...

It Is Not How Much You Do ... But How Hard You Work Doing It

In other words, if you walk into a gym and do any particular exercise fifteen times, and then you do that same thing again, and then again ... but the weight was so easy that you never really broke a sweat, then the exercise was largely worthless.

On the flip side, if you put so much weight that all you can do is lift (or whatever) the weight once, then you haven't done enough either.

When it comes to exercise, it is *the intensity* that you exercise. If you put everything you have into 15 minutes of "going at it" in a gym or exercising at home ... that is what will matter.

Don't compare how much weight you push in comparison to someone else or how many repetitions you do, or anything like that. What matters is your own personal intensity.

If you exercise with everything you have, all you will need is fifteen minutes a few days a week and you will look better than many so-called "gym rats" that spend eight to ten hours a week in a gym.

Actually, that's not entirely true. You see, when it comes to this whole weight loss thing too many people are under the mistaken assumption that if you want to lose weight you have to eat less. The plain and simple fact of the matter is that if you want a toned, sexy body then you need to ...

Eat Healthier Meals More Often ... But Still Allow For "Junk Food"

Most women aren't even aware of this, but when you starve yourself to lose weight, you are actually

slowing down your metabolism.

This means that when you start to eat again, your now slower metabolic rate will gain fat back even faster and it will then become even more difficult to take it back off again.

Worse, there is a pervasive myth in our society that overeating shows a lack of willpower. The fact of the matter is that overeating is *instinctive* to humans and periodically starving yourself only fuels that instinct to over eat.

This is then worsened by the moronic “three squares a day” myth that has pervaded our society to such a depth as to be astounding.

If you want to lose weight, if you want to be fit, you want to eat six to eight times a day. Now that doesn't mean eating cookies and junk ... but at the same time it doesn't mean entirely avoiding those things either.

However, if you do eat six to eight times a day then you will find that your cravings for junk food are not only dramatically reduced but at the same time the steady flow of energy into your body will actually make it *easier* to lose weight.

As we go forward I will cover in more details how to eat so that food doesn't consume your life. You see, there is a problem with eating that many times in a day ... food preparation or cleaning up would consume nearly every minute.

I don't know about you, but I'm not independently wealthy so I can't spend every minute of my day preparing, cooking, and cleaning up from one meal before I need to begin doing the same thing with the next.

So I'll show you how you can eat in a way that is not only fast ... but highly enjoyable.

And One More Thing ... Low Carb, High Carb, Low Protein, High Protein ... All Those Diets Stink

Any diet which tries to tell you that all of your diet problems can be cured by the near total elimination of one food type and putting some other food type as most of your diet is ***doomed to failure***.

A human body *needs* protein. It *needs* carbohydrates. It even *needs* fats. Most people aren't even aware of the fact that there are certain types of fats found ***only*** in red meat that our brains need for full

and proper function.

Through the course of this special report I will be giving you a *sensible, well balanced, well rounded* way of eating that will give you energy, help you to lose fat ... but more importantly, allow you to eat like a normal person. You'll be able to *enjoy* eating.

And One Last Thing – The Scale Will Lie To You

One of the things that a lot of people have a difficult time coming to grips with if they follow my plan is how much a scale will lie to you.

A weight scale is possibly your worst enemy ... particularly in the beginning ... when it comes to losing weight. The reason for this is simple.

Muscle is heavy ... about four times heavier than fat in fact. So when you begin this plan, and you start toning up your muscles, you may not see a single bit of difference on the scale at all for 4 to 8 weeks.

That is because you are building up muscle while losing fat. Generally, right around the 6th week of following my plan, your body will begin to make massive and remarkable changes.

You'll notice that fat is dropping from your body at an unprecedented rate and that you are looking and feeling better than you ever have in your life.

The scale may still be largely unchanged! That is why I highly recommend a few things:

- 1) Stay away from a weight scale. If you have one, stick it some place where you won't even be tempted to step on it just for a quick look.
- 2) Take pictures of yourself. Pictures don't lie. Take a picture before you start and at least once a week. This way you can compare your most recent picture to your first ... that will show you what is REALLY going on.
- 3) Have body fat measurements taken ... that is the only measure that matters. The weight that is displayed on a scale has little actual relevance to your health or your level of fitness. Your body fat percentage however is what will tell you FOR REAL ... even more than the pictures will ... if you are on track or not.

The Three Pillars Of Success

When it comes to losing weight ... actually, let me restate that ... When it comes to making a permanent body transformation. The kind of transformation that has you looking in the mirror and loving what you see; the kind of transformation that has you feeling great, looking sexy, and filling you with energy.

The kind of transformation that occurs in a matter of *weeks* ...

It takes four things:

1. Diet (but diet as in what you eat, not diet as in “dieting”)
2. Exercise (but actually a great deal less than you might think)
3. Supplementation (replacing what gets taken away from exercise)
4. Motivation (how to keep going when you'd rather do something else)

Now the first thing is obvious, the second may have you groaning (but stick with me, exercise isn't something I have much time for so I'll show you my own little shortcuts), and the third may have you wondering what I'm talking about.

The plain and simple fact of the matter is that no matter how “healthy” you make a sugar donut ... it's still a sugar donut. If you eat a dozen of them a day, obtaining the kind of body transformation I'm talking about will be impossible.

Of course what I just said is pretty obvious and I don't think anyone would deny it. On the other hand, as you have heard me say already, I'm not a very big fan of “dieting” either. In later chapters we are going to be covering how you do this in great detail. How you can have a normal way of eating (and eating normal foods) and still lose weight.

The other “pillar”, exercise, is a problem. I don't know about you, but I'm a very busy person. In fact most people that I know are busy. I plain and simply do not have hours upon hours to spend in a gym, or even on a treadmill in my home. I just don't ... and I suspect you don't either.

As we proceed through this plan, you will see exactly how it is that I *never* spend more than 20 minutes exercising ... and usually less than 15 minutes ... and I only exercise 3 or 4 days a week ... and very nearly always I workout only three days a week).

My point is that I'm not a gym rat. I don't have the time ... or even the desire ... to spend that much time sweating my rear off. That sounds too much like work to me and I do enough working already thank you very much. Most of you reading this are probably in the same boat as me. You don't have the time nor the desire to spend hour upon hour on a treadmill or stair-climber or in an aerobics class.

And to do that multiple times a week? Oh, I don't think so. Most anyone with a normal family would find it comical to even suggest that such a thing should be done ... let alone that it is possible in today's hectic family life.

So like I said, I'll show you how to do all the exercising you need in 15 minutes a day, three days a week.

Now, the supplementation thing may have you scratching your head. I've already said that weight loss pills are doomed to eventual failure ... and that is *mostly* true. And by mostly, I don't mean if you find the right one to take (though that does help). What I'm talking about here is that most people take them in a way that is, for lack of a better way of putting it, *totally wrong*.

I'm going to show you how to use supplementation to make eating easier, allow you to eat more food, allow you to stay more full, while eliminating your cravings (and it's not because of some stupid pill either).

Supplementation is one of those things that can mean the difference between you looking in the mirror 4 weeks from now and going, "wow, I'm looking good already," and you looking in the mirror in 4 weeks and getting discouraged from the lack of progress.

Again, as we proceed forward with this plan, I'll be showing you how to use certain supplements to put your body on the fast path to a *major transformation*.

Finally, there is motivation. You see, after a hard day at work, running the kids around town to practices and such, cooking dinner, helping with homework, and cleaning up, it becomes very tempting to just veg out on the couch for a little while.

Having some kind of motivation to continue with your exercise plan, to continue eating good foods, to continue ... *doing it* can make all the difference in the world.

I have found that having self-motivation (as in I'm doing this for me because *I* want it) ... along with having some external motivation (friends, family, competition) really kept me going when at times I really didn't want to.

Internal motivation can falter ... having external motivation in place can pick up the slack. External motivation can also falter, and that's where your internal motivation picks up the slack. But when both are going full steam sticking to your goals becomes as easy as *breathing*.

Getting Started Building Your Body Best

The truth of the matter is that the first steps to take are simple ... and often obvious.

Most people could lose weight if they did just three things.

Eat HEALTHY Breakfasts

All too many people have stopped eating breakfast in the morning. Some even (mistakenly) believe that by cutting out that meal (and therefore those calories) that will help them to lose weight.

The truth however is that your body doesn't like going all night, and then all morning too, without food. When your body goes long periods of time without eating, it goes into "starvation mode". Your body will actually begin to *conserving fat* instead of burning it. Your body will do everything it possibly can to prevent itself from burning calories, including wasting away your toning muscle.

Simply by having THREE meals during the day, instead of the two that has become too common among most working adults, will begin the process of keeping your body out of starvation mode and allowing it to shed that unwanted fat.

Small Decisions

I am a big believer in the *truth* that diets don't work. However, that doesn't mean I believe you should just eat whatever junk you feel like eating either. Having said that, most cravings are the result of your body trying to tell you it needs something. When you eat, or when you snack (and you *should* be snacking), you can often put yourself on the road to losing a ton of weight just by making small decisions.

In other words, if you are in the mood for a donut ... pick something else healthier (perhaps a piece of whole grain toast). When you eat out, instead of stopping at a hamburger place, swing by the grocery store and grab a pre-made salad instead. At home, cook with extra virgin olive oil. Instead of buying steak, buy chicken or fish.

My point is that you should never deprive yourself. If you think you need to eat then you **SHOULD**. However, just decide what it is that you want ... and then choose something healthier instead.

Through the rest of this you will get information on exactly how to feed your body so often, and so

well, that cravings and the desire to snack will drop through the floor. You'll find that you will be full pretty much *all the time*. It's kind of hard to want to snack if you are stuffed to the gills ... and full of food you enjoyed eating at that.

Water, Water, Water

Most people do not drink anywhere near enough water. By the time you get thirsty it is “too late”. Your body telling you it is thirsty is a lot like your tire going flat telling you it needs air or to be replaced. If your tire goes flat, then you are *past* time to replace it. The same is true of you becoming thirsty. If you get thirsty, then it is *past* the time to drink. You've probably heard that before, but it is the absolute truth. You need to be drinking *at least* 128 ounces of water a day ... and that's just for starters.

There are two reasons for this. First and foremost, your body uses water to separate fat tissue. If you are putting a steady flow of water into your body then it becomes easier for your body to get rid of the fat you want to eliminate.

Even if you do nothing else throughout the rest of this report but the above three things you can expect to steadily and surely drop pounds.

However, if you are interested in truly building your body best ... if you are ready to make a change in your life ... if you are ready to finally take control of your life ... then read on.

Eating For Your Body Best

Your Grandmother Was Right ... Sort Of

You've heard the age old wisdom of eating three square meals a day. In the previous chapter I talked about how important breakfast was. The truth of the matter is that all three meals are important. Some people claim that, "breakfast is the most important meal of the day."

Hogwash.

All three meals are important ... actually, that's not true. If you want to lose weight, you need to be eating *constantly*. Every hour or two.

Some of you may recognize what I am about to say (because it comes from the first book/movie of the Lord of the Rings series), but here is what your meal schedule should really look like.

1. First breakfast
2. Second breakfast
3. Elvensies (yes, elvensies ... blame J. R. Tolkien for the name if it sounds goofy)
4. Afternoon Luncheon
5. Desert
6. Afternoon tea
7. Dinner
8. Supper

Notice how many meals that is. It may seem like a lot of eating ... and it is. It's supposed to be. If you ate like that (and eat the way we will explain through the rest of this report) you'll be telling your body that it is getting a constant supply of food and energy ... and therefore it is okay to burn fat or otherwise eliminate fat stores.

And notice how I have "desert" in there. Remember when I said that most diets are doomed to failure? Well, even though I have said to try and make healthier choices, the simple fact of the matter is that the only way to stick with a long term plan for building your body best is if that plan includes sweets.

At no time will you want to have to feel as if you are really depriving yourself or making massive sacrifices. Yes, of course you will be making *some* sacrifice. After all, anything worth doing or worth having comes with some sort of sacrifice. The idea is to not leave you feeling as if sacrifice and struggle is all there is to having the body you want.

By eating all those different times a day you will actually be eating more, staying full, and effectively eliminating your body's desire for an endless stream of junk food.

I will admit however that eating all of those times can be a serious challenge for most people. Stick with me and I'll show you how to make doing this a piece of cake.

However, there is a little more to what you want to eat, so lets cover ...

How (and what) to eat

Okay, lets talk about a few things. If you are going to eat eight times in a day you are going to have to change your perspective on what constitutes a “meal”. You see, eating that many times, if you ate all the food that you normally do for dinner ... you'd quickly weight as much as your house ... and that assumes you could eat that much in the first place.

So, lets talk about portions. A “portion” is a quantity of food roughly the size of your palm or your clenched fist. Most single potatoes fall into this category.

Most meats in grocery stores are often pushing three times the size they should be. That means that when you buy them and bring them home you will need to cut them up before freezing them.

That said, how you will want to eat is like so:

- For three of your meals a day you will want a portion of meat, a portion of *LEAN* carbohydrates (potatoes or yams are great ... bread is not), and a portion of vegetables.
- For four other meals a day you will want *only* a portion or two of vegetables.
- For one of your meals a portion of vegetables and a portion of *lean* carbohydrates.

Now, most people don't really know what a lean carbohydrate is, so here are some examples:

Coarse European -Style, Whole Grain wheat or Rye Pita Bread, Cracked or Sprouted Whole wheat, Pasta (all types) Barley, Bulgur, Buckwheat (kasha) Couscous, Kidney Beans dry, (Lentils, Black-eyed peas, Chick-peas Kidney beans, Lima beans, Peas, Sweet Potato, Yam (soybeans lowest), Brown Rice, Potato, Corn, Navy beans, Kidney beans (canned)

Now I know there are some vegetables in that list, but that's okay.

Now, notice how I said that three of your meals should include protein. The thing is, those three meals

actually need to come at specific times. One of those should be the first meal (within twenty minutes) of when you wake up. The second should be the meal before you go to workout, and the third should be the meal after you workout. On days when you aren't working out, eat the meals at the times you would eat them if you were going to be working out. In other words, those three meals should be eaten at the same time, every day.

The reason for eating the meals with protein in them at the times I just said has to do with the fact that exercising strips protein from your body to be used for your muscles (which are made up of proteins). By eating protein focused meals before and after you work out you are giving your muscles plenty of chance to become toned and sexy.

The reason why I am saying that your first meal should have protein has to do with some complicated physiological process that occur when you are sleeping. By eating a meal with protein very soon after you wake up you are telling your body that it needs to keep muscle and get rid of fat.

The other meals you can mix and match around the day as you mood, schedule, or what you feel like eating at the time dictates.

At this point we need to talk about *time*. Eating eight times a day will end up consuming your day with food and food preparation. There are several short cuts to take, but they are really special reports in and of themselves.

At the main site ... <http://www.lose-weight-expert.com> is a spot where you can give me your name and email address. When you sign up there, I'll be giving you all kinds of recipes, meal tips, what you should be eating, all that.

I'm also going to give you a special report that will show you how you can eat wonderful foods *and* drink shakes (special shakes though ... but they are astoundingly good) in a way that makes eating not only fun and enjoyable ... but also so that it doesn't suck up your whole day.

In fact one of the things you'll be getting is a full blown meal plan. Just like I'm not pushing any junk on you with this report, I won't be doing it through email either. The email just makes it easier for me to send you stuff that is too cumbersome to do through this report without having to spend a year in the creation of it.

In fact, I would have to say that the special report I just talked about is so important that not signing up to my mailing list to get it would be foolish, so go right now and sign up. [Http://www.lose-weight-expert.com](http://www.lose-weight-expert.com)

I mean think about it. You took the time to download this report, so it only makes sense to get the rest of the information, so go to the site and get yourself signed up.

Signing up to that mailing list will also get you MY email address so that you can ask me questions as well about anything you've read ... or anything in general really.

The “screw it” day

One of the most important pieces of this whole thing is to pick one day of the week and don't worry about what you eat, how much, or when. If you want ice cream ... have some. If you want a cookie ... have one. Eat as much as you want of what ever you want ... gorge yourself if you like on this day.

Like I said, overeating is *instinctive* to us humans. By allowing yourself one day a week to do that it makes it easier to *not* do it the rest of the week. Not only that, but by allowing yourself to overeat once a week you are also sending physiological signals to your body that there is an abundance of food so it need not store up body fat.

It is also psychologically important to you because you know that in any week there is a day that you can have as much of what ever you want ... and that makes it easier to eat healthier the rest of the week.

The idea here is to give yourself one day a week where you won't worry about anything. This way if you want to go out, you don't have to worry about what you order or how much you eat or anything like that.

Out of necessity, this needs to be a day when you will NOT be working out. The reason for that has to do with the fact that when you work out you will need to be on a bit of a schedule with what and when you eat and that sort of defeats the purpose of the “screw it” day.

Exercise

Yes ... exercise. But I'm not going to ask you to spend hours on some stair climber or treadmill, or anything else boring and stupid like that. I've already expressed my outright *disdain* for that kind of foolishness.

Before I go any further, let me say this. I *highly recommend* that the overwhelming majority of your workout be with weights or on weight machines. There are some women that worry about becoming huge muscle bound freaks.

Unless you are taking anabolic steroids that is not possible. One of the great myths is that if a woman exercises with weights she will become “unwomanly”. Well, take a look at my pic ... do I look like a muscle bound freak?

The truth is that a woman's body simply can not support the kind of muscle that a man's body can. So, while you may do the exact same exercises as you husband (boyfriend, brother, whatever), he will become all muscled and manly ... and you will simply become toned and sexy.

Not only that, but working out with weights will build a toned body that will actually help you to burn more calories and fat.

Then there is the fact that I am far too busy to put hours into going to a gym or running on a treadmill at home. Aerobic style workouts take *far too much time* to be viable for my busy schedule. I work out only 3 days a week or 4 days a week and *never* for more than 20 minutes ... and I can do it in less than 15 minutes most of the time.

When I go into a gym, I find what is known as “circuits”. Places where all of the machines for exercising your whole body are very close to each other. What I do is I start at the first machine and I do 15 repetitions as quickly as I can (using the maximum amount of weight I can and still get 15 done) and go to the next machine and do 15 repetitions with that machine as fast as I can. I keep doing that until I've done every machine in the circuit so that my entire body has been exercised. That usually takes a little less than five minutes. I'll do two more rounds, then leave the gym.

In less than 15 minutes I've sweated my keester off, I'm hot and sweaty AND I've exercised every muscle in my body. No messing around, no chit-chat. In and out in 15 minutes. I don't care who you are or how busy you think you are, 15 minutes can be found somewhere along the day, especially if you are only doing it only 3 days a week (I do it Monday, Wednesday, and Friday or Saturday).

Notice how the days I picked always give me a day of rest. *That is important.* You should exercise on the schedule I just gave you, or on Tuesday, Thursday, and Saturday or Sunday.

However, some days I can't find time to go to the gym even with how quickly I am in and out, so what I'll do is something known as HIIT, or High Intensity Interval Training. That is the kind of thing that you can do on any stationary cycle, treadmill, or stair climber that you have in your house.

Basically what you do is this:

1 minute at a slow warm up speed

1 minute a little faster

1 minute at a "medium jog"

1 minute at a "fast jog"

1 minute at a full sprint. This should be all out, as fast as you can go.

Then drop back down to 1 minute at the medium jog speed

1 minute at a fast jog.

Now, you are going to do two full minutes at a full sprint. Let me tell you now that this will be difficult no matter what you level of physical conditioning ... and it is meant to be difficult.

And again, back down to 1 minute at a a medium jog.

2 minutes at a fast jog.

2 minutes at a full sprint. Then drop it all the way down at the spot **BELOW** the medium jog for 2 minutes, then 4 minutes at your warm-up speed.

In all it takes 20 minutes. What I just gave you will burn **THREE TIMES** more calories than a one hour long jog at a medium pace.

So, in 20 minutes I'm getting the same calorie burning effectiveness as a three hour long jog. Further, that work out will build muscle tone in legs, arms, and abs and a plain jog simply can not do; so the benefits extend beyond the calorie burning that I get.

It is difficult, and it's meant to be. I won't do that particular thing more than once a week, and generally save it for those times when I'm too busy even to take the thirty minutes it takes for me to drive to the gym, do the workout, and drive back.

Supplementation

I've said that diet pills don't work. Now it's time to back off that stance just a little. They *can* work if used properly.

Before we get into pills and junk though, lets talk about food real quick.

Very high temperatures destroy not only vitamins and enzymes that are important to your body, it also destroys beneficial live cultures within the food.

Now, to be fair, things like breads, milk, meats, and so on are cooked so thoroughly because if you don't, they can make you sick or else the shelf life is so short that it isn't viable in modern society.

That doesn't alter the fact that much of what we eat is terribly deficient in a number of important things ... things which *can not* be replaced by a simple vitamin.

So, for starters, eating fruits and vegetables that are locally *and organically* grown is the very first place to begin. Secondly, those fruits and vegetables should be eaten raw. Now, I don't mean that every fruit or every vegetable you eat should be raw and uncooked. However, eating raw fruits and vegetables for at least two of your eight meals should be considered a vital and every day part of your goals.

Lots of vegetables are great raw ... carrots for starters (hold the ranch please). Celery is also great with low fat peanut butter. Two good sized handfuls of baby carrots and a stalk or two of Celery with peanut butter makes a great (and very quick) "meal". Now, I know that we are talking about supplementation here ... and yet I'm discussing foods, but the fact is that our modern diets are terrible and some things need to be talked about in a different light to make my point.

Having said that, a *good quality* multi vitamin is simply a must have. Consider it the beginning point of actual supplementation. If you want to lose weight and you aren't taking a good multi vitamin then your results will only be about half of what they could be.

I personally use and recommend the women's vitamins produced and sold by GNC. All around, dollar for dollar, this is the best. You can spend more and get a better vitamin, but it is often *a lot* more and since most of us aren't rolling around in money then just go with the GNC vitamin.

I would completely ignore the crap you get out of a regular grocery store all together. Most of them are absolute wastes of money.

For the purpose of this special report, that goes far enough. For people that join the mailing list I will be telling you about other mega powerful things you can do that will ramp up your fat loss like crazy.

I will show you how you can use supplementation to make your body sexier, faster, and do so easier than you may believe is possible right now. But again, that's for the folks on my mailing list. Go right now to <http://www.lose-weight-expert.com> and fill out the form on the right hand side of the page.

Motivation

One of the problems that I have found with this whole weight loss/fitness thing is plain and simply staying motivated.

Motivation enough that I willingly and happily get up an hour early to get dressed, get to the gym, drive home, shower, and get dressed for the day.

You see, studies show that if you miss a workout day then you are more likely to miss the next. If you miss three in a row, you are nearly 80% likely to stop for a month. After a month of no exercise it is unlikely that you will exercise again for more than a year.

The same holds true with you diet and everything else. Once you stop, it becomes too easy to *stay* stopped.

Therefore, I need something to keep me motivated.

The first thing I did was to make my entire weight loss journey very public. Personally, I used blogging to do it. In fact, I found this to be so powerful that I am inviting you right now to create your very own blog on my site ... totally free. I don't ask anything.

You see, by putting pictures, and some times video, of myself and what was going on with my goal of becoming fit and sexy, I found it was easier to stay on task. I knew that people were watching and reading what was going on. Especially family and friends who would ask me if I didn't say anything in a while. They would also help to keep my choosing healthier foods and exercising because I made what I was doing so public.

I really knew that I had to stay on track because I wanted my family and friends to think of me as a success instead of as a failure. It helped a lot.

If you would like to get your own free blog, details on how to do that are given to my mailing list subscribers. To sign up just fill out the form on the right hand section of my site at <http://www.lose-weight-expert.com>

However, I also went two steps farther ...

For me, that's not only by getting my friends involved, so that when one of us isn't "in the mood" to go to the gym the others of us can push her along; but it is also through a little friendly competition.

Who loses the largest percentage of body fat? Which of us will do a three mile stationary bike ride in the shortest time? Who will lift the most weight in a given exercise fifteen times?

Once a month, we have a little “Olympics”. Each is far enough to give any one of us the chance to train hard and “beat” our friends ... but it is close enough that we *do have to train hard* and we can't miss a single day at the gym. We go Monday, Wednesday, and either Friday or Saturday.

Notice how the days are spaced to allow for rest in between. So while those specific days may not work for you, Tuesday, Thursday, and Saturday or Sunday might work.

Getting your friends to join with you can be a *huge* difference between succeeding in your goals and giving up on them.

Now, there is one more piece to this puzzle. If your entire group of friends, whether it just be two of you or five of you, if your group could have some sort of competition that, as a group, you are working towards, then this becomes *even more powerful*.

I am working right now with a number of sponsors to put on the worlds largest body transformation and fitness challenge ... *ever*. Even better is the fact that there are going to be TWO contests being ran. One for women age 19 and older and another for women age 15 to 18. In each group there will be:

There will be two *half million dollar prizes*.

Five prizes of *one hundred thousand dollars*.

Ten prizes of *fifty thousand dollars*.

And Fifty prizes of *twenty thousand dollars*.

That is **three million dollars** we are going to be giving away to any one age category and **six million dollars to both groups**, and to a larger number of people than any other fitness or body transformation contest/challenge in history.

Full details on this will be announced at the mailing list you can sign up for when you go to <http://www.lose-weight-expert.com> ... but just imagine what it would be like to win half a million dollars!

Shoot ... even if all you won was the twenty thousand dollar prize, how big of a help would that be.

But guess what ... the contest that I am putting together is ***even bigger than what I just said!***

Every single prize that I just mentioned above ... will be given to the person that brought us the winner. Lets say you join the contest right now and you get your friends to sign up. Your friend wins the top prize, but you don't.

Guess what ... you win too! As thanks for bringing us the person that DID win, we'll give you the same prize that we gave to her.

That means that this contest is going to give away **TWELVE MILLION DOLLARS**. Making this for something that completely *dwarfs* anything else in existence.

You and your friends can now work for a shared and common goal of becoming fit for life at the same time you are competing to win half a million dollars.

You can work to build the body you have always dreamed you would have ... a body that would make a 16 year old athletic girl jealous of you. You can look in the mirror and be proud of what you see ... of what you done ... of what you've accomplished.

You can become that mother, wife, girlfriend, lover ... that you have always known you could be ... dreamed that you would be.

That can be you.

You know you want it. You know that what I've just said is exciting. And while you are doing that, you can be striving to win ***half a million dollars***. How completely and totally cool would it be to win that prize.

You could buy any car, and nearly any house you wanted ... with cash. You could not only have the body you always wanted, but the *lifestyle* you always wanted.

You could have the energy, the body, and the money to do the kinds of things that you normally see only on TV being done by the rich and the famous. *That can be you.*

And let me be clear about something. This contest is for anyone of any existing fitness level. It is for the size three (or smaller) person and the size 30 (or larger) person.

This contest is going to be about how much you *change*. This is a *transformation* contest. It is about showing not only how much changed with your body ... but with your *life*. That is why not matter who you are ... no matter what physical condition you are in right now ... you can win.

For that matter, look at it like this. Lets say you look in the mirror and you hate what you see. You begin the contest, and over the course of the contest you become hotter, sexier, better looking, than you ever have in your life. You have energy you didn't have as a teenager. Your friends are remarking about how good you look ... about how much more you smile.

Everything is better than it was before. *You Have Become A Winner Just Because You Joined The Contest.*

Think about that. Think about how powerful that is. Put all of the prizes aside for a moment. Just think about what entering the contest could do for your life.

At this point, if the things I just said don't get your blood pumping ... if the things I just said don't give you a *desire to want it* ... then go grab a lawn chair and sit outside and just watch your grass grow.

The truth however is that you *know you do want the things I just said*. You know you want it. To learn more about the contest go right now and sign up to the mailing list. To do that all you have to do is give me your name and email address in the form on the right hand side of the page at:

<http://www.lose-weight-expert.com> ... go right now and sign up so that you can get details to get started.