

REDUCE YOUR BODY FAT

Body fat can be divided into two categories. Essential fat and storage fat. As its name implies, essential fat is necessary for normal, healthy functioning. It is stored in small amounts in your bone marrow, organs, central nervous system and muscles. Storage fat is the other type of body fat. This is the fat you accumulate beneath your skin, in certain specific areas inside your body, and in your muscles. It also includes the deep fat that protects your internal organs from injury.

Cut out bad fats

Fat intake of the wrong kind will result in increased fat gains. This stands to reason, as the body will typically burn carbohydrates for fuel and use protein for repair. Therefore, it makes sense to cut back on bad fat while increasing the good type. Good fats such as the omega-3 and omega-6 fatty acids will actually have a fat-burning effect, as they enhance metabolic function. Their use—as opposed to the saturated bad type found in meats—should be encouraged.

Eliminate processed foods from your nutrition



Through the excessive heating and cooling processes, which are required in order to give processed foods extended shelf lives, vital nutrients are greatly diminished. What this means is that if you're eating processed foods, then you're getting lots of empty calories – calories that come with few

Barbara Spencer, 40 pounds lost

I was able to see results after the first week. It all began with a meal plan!

Glenn Tetley 25 pounds lost

I feel better, look better, and that spills over into everything else I do!



or no nutrients that your body needs. So either you're not getting these nutrients, which is bad for your general health, or you need to eat a whole bunch of calories in order to get them. On the other hand, if you're consuming "nutrient dense" foods (fresh foods that aren't processed), then you can get all the nutrients you need with much fewer calories



Make time for cardio

Cardiovascular exercise is perhaps one of the most important keys to losing weight. Your diet could be the best in the world, but it will never reach it's fullest potential without cardio.

Add protein to your plate

Keeping your metabolism going and burning fat efficiently while retaining as much muscle as possible is dependent on taking in a



high amount of protein. Your body will burn carbohydrates first, because this is your main energy source. Once it runs out of carbohydrates, it will begin to use your fat as fuel. You don't want your body dipping into your hard-earned muscle to use as energy. It is for this reason that it is of prime importance that you eat as much protein

as possible while losing the weight.

Call us for a free health assessment and to learn more about reducing your body fat. ☎ 951.683.4844

I love seeing people change for the better!

