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14 Tips To Fast Track Your FAT LOSS

By Simon Coles

The purpose of this document is to group all of this information into one place and help you pick up some nice tips to add into your current regime to help speed up the results or – If you don't have an eating and exercising regime hopefully this document will help you build your own new routine from scratch.

(Firstly, the bit I have to write).

By no means should this document replace your family doctors advice and before you start out on a new exercise and diet routine you should contact your GP prior to starting as you normally would. I am not a doctor and everything written in this document is for information purposes only! By implementing and making use of the information in this document you do so at your own risk and I take no responsibility for YOUR actions.

Now ...I'm guessing that because you input your details and stumbled across my website you were seeking help in losing body fat, losing weight or getting fit. Well, you have come to the right place. I hope you will achieve some great results with this document and my 8 days worth of diet plans alone. Further to your success make best use of the content you receive from me in my email newsletter and all other content which can be found on The Blog.

My aim is to keep this document short but informative and full of helpful and useful tips.

#1) – Clean Water

For women drink 2 litres of water per day and for men drink 3 litres of water per day.

If your budget doesn't allow – use cooled boiled water and continue to refill your bottle each night and leave it in the fridge over night so that you have 2 litres of ice cool boiled clean water ready for the day ahead.

This helps keep your body hydrated fully all day long and contributes massively to your fat loss.

Tip - Make sure you allow the water to cool down first in the kettle before pouring into your bottle or else the bottle will melt and, you don't want to risk burning your hands whilst pouring the water into the bottle.

#2) – Insulin

Control you insulin levels during the day. Eat balanced meals consisting of some carbohydrates, protein, fat and veggies for each meal. Cut down on any sugary snacks to prevent insulin spikes and when snacking on fruit at anytime during the day between meals for snacks always add nuts. Cashews, brazils, roasted, walnuts or almonds are all good to add a small handful to eat with your fruit to control the spike in insulin.

Insulin is one of your hormones responsible for some of your body fat gain so keeping your levels from spiking and controlling your production levels a bit better will assist massively in your aim to reduce that body fat surrounding that mid section.

#3) – Cortisol

Is a stress hormone guilty of causing fat storage and muscle loss within the body, (Catabolism). When trying to burn that body fat we ideally want the opposite to occur, gain muscle and lose fat, (Anabolism).

The body produces cortisol at times of stress, anxiety, anger or fear! Over the next few days / weeks, try to work on eliminating things in your life which are adding to increased cortisol levels. Adding foods high in Vitamin E help reduce cortisol levels OR consider supplementing with Vitamin E if you think you may be prone to high cortisol levels.

#4) – Metabolism

When trying to burn away some stubborn body fat an essential tool to have on your side is that metabolism revved up to turn your body into a fat burning furnace. The more muscle mass your body holds (even an extra pound or 2 of lean muscle) the faster your metabolism goes. Try to add some resistance training into your regime and definitely use a full body approach with little rest between sets to get that metabolism burning. Some extra tips to follow will help speed up your metabolism and increase T-3 production an essential hormone needed to control your metabolism.

#5) – Thermogenesis

Some foods are more thermic than others which means some foods require more calories to break down and digest than others. Some foods in fact require more calories to break down and digest than the actual amount of calories that food gives you. Try to add veggies like Tomatoes, green beans and broccoli to your meals to increase the thermic affect of food to aid in fat burning.

Shakes, soups and meal replacement drinks don't add this thermic affect and should never be used to replace real food unless it is purely because you cannot eat real food.

#6) – Growth Hormone

You will definitely want to look at stimulating your growth hormone production by lifting some weights and creating a stimulus to grow new muscle. Male or female. When growth hormone is present in the body it helps to build new muscle and also burns fat. This is a necessity to achieve your goals.

Within the first couple of hours sleep your body produces growth hormone mainly and, directly after exercise. Ideally to build new muscle and burn fat we want to add some protein into your bedtime snack to assist you in your fat burning quest. Either casein based slow release protein shake or some peanut butter or cottage cheese an hour or 2 before bed. If your having a meal within 2 hours of going to bed make sure there's plenty protein in the meal rather than carbs and fat. If you're not having a meal be sure to add a light protein snack just before bed to maximise use of that late night growth hormone.

#7) – Wheat

Try to limit or cut out wheat products as best you can whilst trying to drop some body fat. Bread and pasta's mainly should be limited or cut out altogether. My personal training and Bootcamp clients all see great results by implementing this tip alone for a few weeks.

#8) – Additives & Preservatives

These add lots of toxins to your body. Most of these Additives and preservatives are in the form of chemicals that you can't even say or pronounce properly so why would you even eat something you can't even say?

These adds and preserves store as toxins amongst your adipose tissues making it harder to burn away that body fat. If you eat a lot of processed foods and tinned packaged foods be sure to gradually start buying, preparing and eating fresh fruits, salads and veggies and drop those ready made meals full of toxins.

#9) – Goals / Clothing / Aims

You need to have the correct mindset to stick to your new routine. It is very easy to quit within the first 3 months until your subconscious mind is programmed to stick to the routine by habit! You need to program yourself to stick to your healthy routine by any means possible.

Sit and think PROPERLY why you want to lose some weight or tone up? "Because You Want Too!" Isn't good enough. It has to be more in depth reasons why, so that you can add years to your life to stay around and play with your grandkids? You want more respect from people or you want to build your self confidence? You want to attract the opposite sex (or maybe the same sex). You get the picture, sit down jot them reasons down in full and any time you start to lose motivation think about those reasons to why you're doing it!!

It helps to buy some jeans or a t shirt you want to fit into and hang it on your wardrobe so that you see it every morning. Stick motivational pictures around your house to remind you to stay motivated when you see them. Finally, set a DEADLINE for when you need to achieve your final goal and set small weekly objectives to aim for every week to keep you on track to your final main GOAL.

#10) – Motivation

Some people prefer to have family and friends behind them and tell everyone what they are setting out to achieve. Others prefer to keep it to themselves and wait for the comments coming in “Hey you look like your losing weight, What have you been doing?” Whichever way you want - try and get some support to help you along your journey.

Whether it be a training partner, a personal trainer, a group training or bootcamp membership where the coach will push you along your workout either 1-on-1 or with a group of people.

#11) – Cupboards

If you have any junk food highly processed foods, crisps, biscuits, chocolate etc. Throw them out. They are not going to help your progress by being there. If they are for the kids or your partner then tuff, they should understand how hard it’s going to be for you and you need to limit anything that can make your journey harder and anything that may temp you from cheating and falling off your new healthy eating plan. If you really think you are being UN fair on your kids by not storing chocolate in the house then you need to think again. They can always have a bar at the shops now and again if they really NEED sweets or chocolate. I’m sure they’ll benefit more from having fruit too.

#12) – Stay Active

We need to get some extra calories off to help with the fat burning. Any activity helps towards this. Housework i.e. hoovering, cleaning, laundry, ironing, gardening, washing the car, walking, playing with the kids etc. It all goes towards the overall TDEE (Total Daily Energy Expenditure).

#13) – Warm Water & Half Fresh Squeezed Lemon

Drink this on a morning first thing soon as awakening to kick start that metabolism.

#14) – Green Tea & Green Tea Extract

Drink cups of green tea throughout the day. Just boiled water and add the tea bag – no milk, no sugar. If you can't get away with that then go for the green tea extract tablets. I personally use MyProtein.com for most of my health tablets and caps. I find they are never under dosed like most brands and also normally the cheapest possible price.

+1) - Vitamins & Minerals

Try to invest in a good multi vitamin and mineral and take them every day as instructed on the bottle. You want a product which has a wide range of vitamins & minerals, I personally use MyProtein.com's Alpha Male. It has 100% recommended daily intake of most vitamins, extra vitamin C and extra B complex vitamins which help with energy levels and to digest the extra protein. You could also go out and purchase a product for each separate vitamin. Me personally I like the Alpha Men and I use Vitamin D separate.

+2) – Omega 3 & CLA

Your essential fatty acids. Your body cannot produce Omega 3 6 or 9 therefore requires you to ingest each of them through food consumption in the form of healthy fats. Omega 3 helps keep your hair skin and nails healthy and like I say is essential to your body. CLA is also a fatty acid which does help to burn body fat. The CLA is a separate supplement which IS NOT essential to the body but is a nice little extra to add if you wanted to spend some extra money on products to help your progress.

The supplement industry is a 14 billion pound a year industry and there are a lot of bogus products which are a waste of money and simply do not work how they are supposed to work. The ones above which I have mentioned are just main stream generalised products which do help you along with your progress. Others which can be added are milk thistle extract which helps with the functioning of your liver and for men you could add in a Zinc & Magnesium supplement before bed which helps encourage deeper sleep and increased recovery. The extra zinc and magnesium in men helps towards testosterone production as well.

+3) – Leptin

Your final tip, and I hope you picked up some useful info above that you can implement into your own fat loss strategies. Leptin is a hormone essential to fat loss. WITHOUT leptin you cannot burn fat.

Why I chose to inform you about this is because leptin is massively important. If you try to starve the weight off rather than eat healthy and train to burn the fat off your leptin levels are hindered. If you do not eat carbs and fat for long periods of time your leptin levels will drop away so it is a good idea to eat a balanced lower calorie diet which does include some healthy fats, carbohydrates and protein! Unlike some of the well heard of commercial diets which BAN fat completely or BAN carbs completely! If you want to have a lean physique you have to eat food and opt to train and burn off that body fat rather than starve the weight off!

Here at Simon Coles Fitness Services, we encourage everyone to eat a healthy varied balanced diet to get a range of fats, different peptides and amino acids from a range of proteins and most of your vitamins and minerals through your food intake however, I did mention using a couple of supplements which help to ensure you are attaining everything your body requires daily just as precaution NOT a necessity and some which are just there to give you a little help in the right direction.

Lastly, I am here for your support on the web, on the blog, on twitter, facebook or via email! Do not hesitate. I am not a computer, I am a real person just like you and I promise you I do respond to all my emails and questions unlike some other so called experts you may have tried to contact with no success.

You can find out more about the products I offer and more about me online as well. I did mention a company (Myprotein.com) above as well and by no means am I part of that company and do not score points or make a profit from you using them for your products I simply mentioned them as a company I personally use because I have always enjoyed their products and believe they offer great quality compared to others and are usually cheaper.

For now, take care and I wish you every success in achieving your final goal.

Yours In Health,

Simon Coles

Certified Advanced Trainer,

Certified In Nutrition,

Owner Of Simon Coles Fitness Services