

How to Start a Fat Loss Program

Use the 5x5 Fast Action Fat Loss Plan to Guarantee Success

By Troy M. Anderson, CPT, PES

Fat and the need, the want, the desire, and ultimately the pain to GET RID OF IT!

That is the driving economic force behind the fitness industry.

Unfortunately, fat loss clientele are the least successful of all types of clients. It is actually quite sad because there are literally millions of well meaning individuals that have thrown their hat into the fat loss battle, and failed, and here's why:

There is not enough PAIN.

You see PAIN is soooooo powerful, and it can get a great tool when it comes to achieving fat loss goals.

Let me share a quick personal story with you to help illustrate this point.

Awhile back a I had one my young female clients, come to me and tell me she was concerned about not making progress and that she would really like to lose some more bodyfat. At the time I was getting ready to start a fat-loss; perfect timing. So, I made a bet with my client to see who could lose the most fat in 8 weeks time, the bet 1 month of FREE training.

You know who won the bet?

Me.

You know why?

Even though my client had all the rewards stacked on here side, had she won she would have made significant fat loss progress, she would have gotten a free month of training, and doubly would have had an extra \$800 dollars to do what she wanted to that month because she wouldn't have had to pay me. Pretty enticing, huh. (Note: even though my client didn't win she still made very good progress)

The one thing she didn't have was pain; which is exactly what I had on my side. Losing that one month's worth of pay would have been VERY PAINFUL to me.

So before you start anything find the PAIN

It can be anything, having to meet your ex-husband's new super model wife, having to go to show up at a 20 or 30 year class reunion, for a lot of women looking great in their wedding gown is actually painful.

Don't have any of these, then create pain. No don't have someone kick you in the shins repeatedly.

How about write a \$1,000 dollar check and give to someone, tell them if you don't meet your goal in 12 weeks that they can cash your check. That had better be motivating.

But please, in order for you to be successful, please find the PAIN before you do anything else.

Got it?

Ok.

Now that we have that taken care of, let's get on my basic 5x5 principle, a lot of these are no brainers, but are absolutely critical to fat loss success.

You see fat loss like all things in life has a set of foundational principles and you simply can't by pass A,B, and C and jump straight to X and expect any sort of legitimate success.

So I have broken to down my 5x5 principles into two five part pieces. The first of which or very heart soul of any healthy fitness program, these first five need to be almost second nature.

So let's get started with the first group of five.

1. **Wear Your Seatbelt** – Duh, right, well there are still plenty of people out there that don't. Pain and injury are not the most conducive environments, for fat loss. If you get into a car accident without your seatbelt on it quite possible that you will experience a fair amount of pain. Of course you might not need to worry about it either since you could be dead. Bottom line: in order to loses fat you need a healthy functioning body.
2. **No Tobacco** – Another no brainer, but yet again millions spend billions on tobacco every year. Essentially buy themselves cancers and an early death. The research has proven time and again the severe damage that tobacco can cause not only with disease but to the endocrine system and even to nutritional habits. Users will say, "yeah but if I quit I will get fat", however, if managed properly with exercise and good nutrition there will be minimal fat gain, and you will have laid an excellent foundation for health and fat loss in the future.
3. **8 hour of Sleep Minimum** - Sleep is the natural fountain of youth. Besides the fact that you absolutely need sleep, to exist. Sleep is very important tool used in your quest for fat loss. The implications of sleep deprivation are quite severe. Not only will you be tired and sluggish all day long, but even after just a few days of sleep deprivation you will begin to develop problems, such as low growth hormone levels, elevated cortisol levels, and poor glucose metabolism. Basically, what this all mean is that you are on the fast track to killing your metabolism (*i.e. zero fat loss and likely fat gain*) and developing Type II diabetes. Eights hours of sleep is the recommend dosage for adults, if you are not getting that amount on a nightly basis, try to schedule in some naps or extra sleep on the weekends. The great thing about sleep debt is that it can be paid back if you make an effort to do so.

4. **Drink plenty of fresh, clean water** - Yes, I know that you've heard this over and over again. But there's a reason for that – it's the gospel truth! The recommended amount is approximately eight glasses, or 64 ounces, of water every day. When you don't drink enough water, and substitute diuretics like coffee, tea and caffeinated sodas, you dehydrate your body, your blood doesn't flow properly and your digestive system doesn't operate smoothly (among other problems). Even a small deficit of water can radically affect how your body performs. Here's a good rule of thumb: if fat loss is your goal, water is your primary drink.
5. **Never, ever skip breakfast** - If you want to maximize your fat-loss efforts, you've got to eat breakfast. Even if you don't exercise at all – breakfast remains *the* most important meal of the day. Your breakfast should contain complete proteins and complex carbohydrates. A great breakfast is oatmeal (not the pre-packaged, pre-sweetened kind) with fresh berries, and yogurt. Or try scrambled egg whites with cheese and salsa.

Those were pretty easy, right?

I mean I didn't even ask you break a sweat or change any eating habits. Now I know some of you have a hard time with a few of the first five but with a little effort you should be able to have those taken care of no problem. I understand if you are a smoker that it might take bit longer, but it's in your best interest to try.

The next five in the 5x5 Fast Action Plan, are not necessarily any less important than first five. However, the first five were a little more concerned with having a healthy functioning body. While these second five, although very relevant to health, are also very specific to producing significant fat loss. Which also means that they maybe a little more challenging to take action. None the less, with a bigger challenge also come a bigger benefit which why I am positive you will be quite happy with the results in the end.

1. **Alcohol Consumption** – Alcohol is pretty evil. Not only does it sabotage your nutrition, but it also make you feel pretty damn sluggish for several days. I have heard all the arguments for people wanting hang on to their goblet. Alcohol is the 2nd only to fat when it comes to calories per gram, its not the carbs, it is the alcohol. At 7 calories per gram that stuff adds up pretty quick. Add to that the negative impact on the endocrine system, and very “unselective consumption” of other food and you have a fine recipe for putting on fat. Bottom line to shed the fat drop the drink.
2. **Evil Sugar** - This is one you will really have to be on the look out for, because the evil white stuff is everywhere. Heck, even a lot of supposedly “healthy” nutrition/and protein bars are jam packed with sugar, a lot of times they will camouflage sugar by using names like high fructose corn syrup or sucrose. Don't be fooled. There are a couple reasons that sugar is: 1) it absolutely wreaks havoc on your insulin and blood sugar levels. This bodily system is very capable of producing serious amounts of abdominal fat if that kept in a balanced state and 2) it is so easy to consume huge amounts of calories from sugar without even thinking about it because there is nothing to make you feel full when eating sugary products, (i.e. fat, fiber, or

protein). Here's a quick tip: if you are a sugar-o-holic try using defrosted frozen berries as a substitute, that might help you curb your sugar consumption.

3. **Protein Power** - Protein has to be the most neglected macronutrient out there. Yet there are some many delicious options available. A couple critical sources of protein are salmon, lean red meat, and eggs are beneficial sources. What makes protein so great and powerful? A few things really. Protein has huge hormonal implication along with, it is the heart and soul nutrient involved building/maintain muscle tissue, aka you metabolism. No metabolism, you know what happens, fatland. However, the coolest thing about protein is that when consumed it actually takes more energy to breakdown and process than there is in protein. Meaning that simply by eating protein you are creating an energy deficit. Good, very good when fat loss is the goal. My general advice is to try and eat one gram per pound of body weight per day. By the way 40 grams of protein is about the size of your fist give or take a little, you can probably figure it out from here.
4. **Veggie Delight** – You can never get enough vegetables, in many nutrition plans they are often referred to as “free” meaning you can eat as many as you would like. I agree, especially the really colorful ones, i.e. pepper, spinach, broccoli, squash, the list goes. Not only do vegetables have very high nutrient levels, they also have a lot of fiber, both of which are excellent allies to have when it comes to fat loss and building health. To break things up and to keep vegetables interesting try purchasing a vegetable that you have never tried each week at the store and see what you can come up with. I usually recommend 4-6 cups of vegetables per day; however in this case the more the merrier.
5. **Minimum Exercise** – This is the big, bad, scary part for many people and often times very intimidating. The problems is exercise had been made horribly confusing by too many “so called experts”. The two keys to successful exercise are this 1) Show up consistently. If you don't show up you definitely are not going accomplish your goals and 2) Be progressive. Your body adapts very quickly to exercise; so it is an absolute necessity to switch things up every 4-6 weeks, otherwise you will be left spinning your wheels. Couple more tips do exercise that causes you to move all parts of your body. Isolation exercises like arm curls and ab crunches, have a much smaller impact than drills like squats and lunges. Lastly, exercise doesn't have to be a ball and chain, you only need to commit 3-5% of you available time each week to some consistent. That's not too much is it?

There you have the complete 5x5 Fast Action Plan. Now I am sure that some you may have more work to do than others, but that's. Ok. With 5x5 Fast Action Plan I have tried to trim all the fat and confusion away and leave you with a few high value executable actions. These ten basic actions will have you well on the road to achieve the fat free, lean body you have always desired; and the best things is you are probably already doing 2 or 3 of these simple actions so you really only need to pick-up the 7 or 8 others and you will be home free.

There no time like the present for fast action!
To Melting Fat Away,

Fitness Ain't Pretty, Results ARE!

Troy M Anderson CPT, PES
"Leanness Coach"

PS Need more information on the best fat loss program for you? Contact Troy at troy@bluecollarathlete.com or call me directly at 480-227-8090. Be sure to check www.101fatlosstips.com for regular updates, workouts, and much more!

As a special gift to you for your request of my special report ***How to Start a Fat Loss Program***, I'd like to offer you an additional bonus.

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