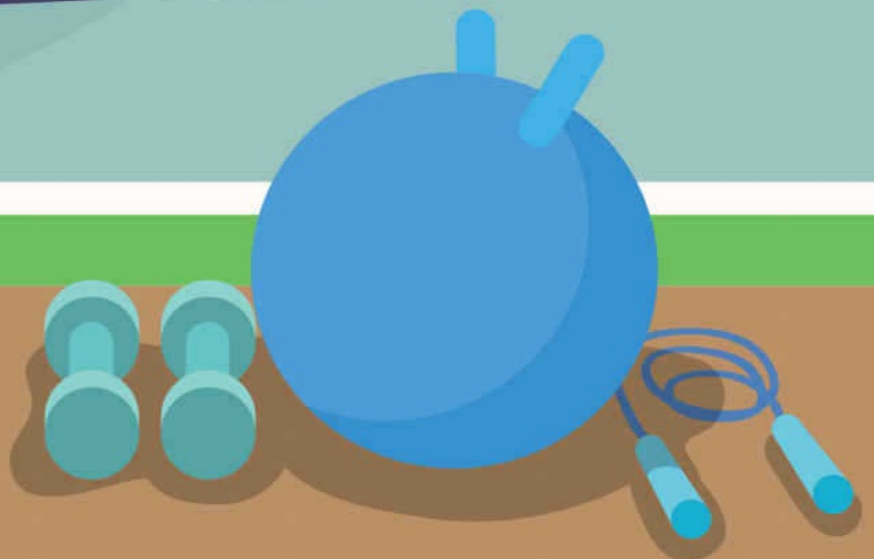
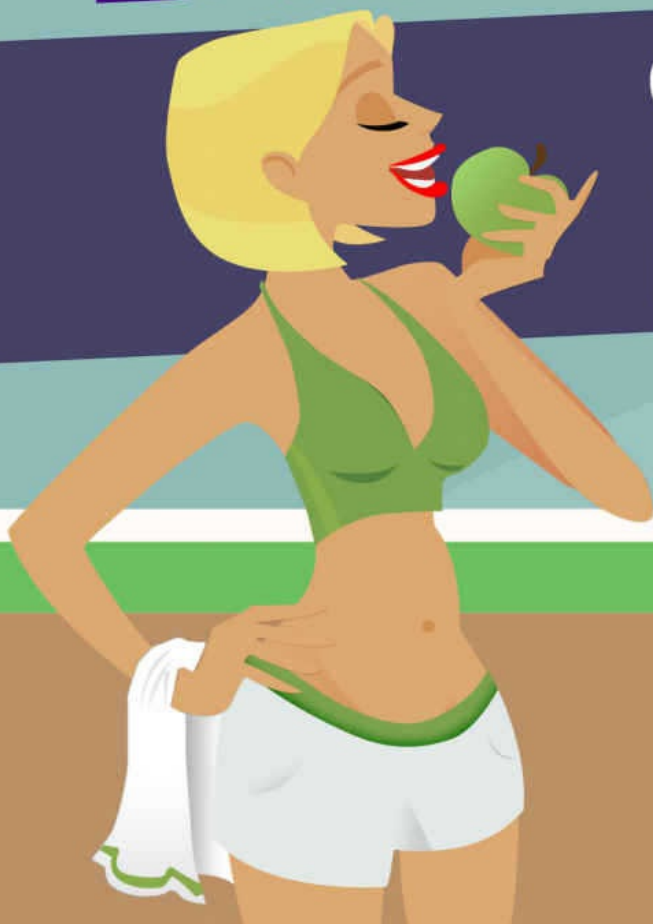


LINDA WESTWOOD

51 HABITS TO BURN

BELLY FAT

QUICK & SIMPLE
HABITS



Belly Fat

3rd Edition

*51 Quick & Simple Habits to Burn Belly Fat & Tone
Abs!*

by Linda Westwood



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[Disclaimer](#)

Who is this book for?

Are you struggling to lose those last few pounds off your belly?

Are you sick and tired of endless crunches and sit-ups with NO results?

Do you ever wish you could just melt your belly fat *without even trying*?

Then this book is for you!

I am going to share with you some of the MOST effective habits that, when applied, will help YOU burn your belly fat without even trying – because they are going to be habits embedded into your life!

I have put it all together in this comprehensive book containing 51 of the most powerful habits that you can apply for maximum change in minimum time!

Since there is more to burning belly fat than exercise alone, or even diet alone, I have broken this book down into three separate sections for your benefit!

You can be a complete beginner or someone who works out regularly, it doesn't matter!

If this sounds like it could help you, then keep reading...

What will this book teach you?

Inside, I will teach you in great detail how you can start melting your belly fat without too much extra effort!

How?

Because you're going to learn which habits are the most powerful and effective at burning belly fat.

Once you learn what these are, and start applying them into your life, you will effortlessly begin seeing your belly trim up and become lean!

In this book, I give you 51 of some of the most powerful and effective belly fat burning habits that you can apply to your life.

One of the most important things for you to realize when reading this book is that the habits *really do work!*

However...

For you to achieve *real success* with these habits, you HAVE to apply them to your life *consistently*.

This is where most people fail – they try out a few habits and then just forget about them all, or even worse, read through the entire book but do nothing.

You MUST try your best to apply these habits as you read through the book!

Introduction

This book will give you the information that you need to start taking control of your health and losing belly fat right now.

If you haven't been able to lose weight before it's not because you don't have enough willpower, it's because you didn't have the right information.

How you eat, how you workout and how you live your life all impact your weight. Once you finish this book you'll know how to make better choices and live a healthier life forever.

Here's what you'll learn:

20 Eating Habits

The food that you eat is fuel for your body. These 20 healthy habits will teach you to eat food that is healthy and tastes good so that you will be able to lose fat and still not feel deprived.

Dieting doesn't help you lose weight, but changing the way that you eat and the way that you think about food will help you lose weight and keep it off forever.

20 Workout Habits

Working out doesn't have to be a chore. Changing your workout habits and finding exercises that you really enjoy will change the way that you view exercise.

Your body was made to move. Working out can be something that you enjoy when you change the way that you exercise to get the most out of your workouts.

Even if you have trouble working out at first you'll find that as you keep going it will get easier because the more you move your body the better your body will move.

11 Lifestyle Habits

Getting healthy means making some lifestyle changes. But, changing your lifestyle doesn't mean that you have to make sweeping or radical changes in

order to see positive results.

Small changes in your lifestyle and way of thinking will add up to big results. Changing your lifestyle in healthy ways will not only help you lose weight it will also help you lower your stress level, increase your overall health, and make you happier for the rest of your life.

Give these changes a chance and you will be amazed at how you can transform your body and your life.

Powerful Eating Habits

Changing your relationship with food is the best way to lose fat and stay healthy for the rest of your life.

Do you know why diets don't work?

Diets don't work because they don't change the way that you view food. In order to lose weight and keep it off you need to change your entire approach to eating instead of just restricting what you eat.

You don't need to deprive yourself of food in order to lose weight or stay at a healthy weight. You need to eat the foods that will nourish and sustain your body instead of eating food that will hurt your body.

And don't be fooled into thinking that what you're eating isn't hurting your body.

Obesity numbers are at an all-time high. Heart disease, high cholesterol and other medical issues are also reaching epidemic proportions primarily because of the food that people are eating.

High carb, high sugar, and high fat foods will destroy your body over time and make you gain weight. Your body can't process refined sugar. It doesn't break down refined sugar and use it for fuel, so that sugar is converted into fat. Natural sugars are broken down by the body and converted into fuel. So just cutting out refined sugar and eating foods that contain natural sugar, like fruit, can make a huge difference in your health and have a big impact on your weight.

What you eat is more important than how much you eat. When you are eating healthy food that provides fuel for your body you don't need to deprive yourself of food in order to lose weight.

Starving yourself won't make you lose weight. Only changing the foods that you're eating can do that.

It can be difficult to change how you eat. Most people have a long list of excuses to rationalize why they can't eat healthy.

Some of the most common excuses people give for eating a terrible diet are:

- Healthy food isn't tasty.
- I can't cook.
- I'm too busy to cook for every meal and fast food is just easier.
- I'm on a budget.
- There's no point in cooking for just 1 or 2 people.

Do any of those excuses sound familiar?

But that's all they are – excuses.

There is no reason you can't eat healthy food and change your life.

These powerful eating habits will teach you how to build a new and healthy relationship with food that won't require you to be a gourmet chef, have unlimited funds to spend on food, or never have a tasty treat.

Eating Habit #1 – Cut Down on The Carbs

One of the easiest and most effective ways to lose belly fat is to cut carbs and change the carbs that you do eat.

Modern diets use a lot of carbs as fillers. Pasta, bread, rice and other carb heavy foods are staples that people eat every meal. But those carbs are causing you to gain weight and can make it impossible to lose fat.

How carbs make you fat

When you eat carbs, they are broken down by the body into glucose. When your blood has too much glucose in it, the body turns that glucose into fat and stores it for extra energy. But that fat builds up, and builds up more when you keep eating carbs and your body doesn't need the extra energy.

That's what makes you gain weight.

Pasta, bread and other foods made from refined flour are almost entirely made of starch, which is quickly converted to glucose and then is turned into fat.

Small amounts of fat are deposited into your liver for storage but the rest has nowhere to go so the body deposits it wherever there is room like your arms, your belly, your thighs and so on.

Healthy carbs vs. unhealthy carbs

Not all carbs are unhealthy.

Your body does need carbs to function effectively. Your brain also needs carbs in order to keep working. But you should be eating healthy carbs instead of unhealthy ones and eating only small amounts of them.

Healthy carbs come from natural sources like vegetables and some fruits. Fruits also contain natural sugar so they should be eaten in small amounts.

Eating healthy carbs will give you the energy that you need without causing weight gain. A combination of protein and healthy carbs will turn your body

into a fat burning machine because your body will burn all that stored fat for energy.

Getting into the habit of eating healthy carbs instead of carbs from bread, rice or pasta will keep you healthy and help you lose fat.

Cutting carbs out of your diet can be tough, especially if you are on a tight budget. High carb foods are usually much cheaper than healthy fresh fruits and vegetables.

Here are some easy ways that you can start cutting carbs out of your diet without dramatically changing how you eat:

- Use lettuce instead of bread for a sandwich or burger. All you really need is a wrapper for your burger or sandwich so use lettuce instead of high carb bread.
- Eat more eggs. Eggs are a cheap source of protein that anyone can afford. Hard-boil some for quick and easy snacks.
- Swap pasta noodles for zoodles. You can make noodles from vegetables like zucchini so that you can still enjoy your favorite pasta dishes without high carb pasta.

Eating Habit #2 – Stop Drinking Soda

Soda is one of the worst things that you can put in your body. If you want to lose fat and be healthy you need to stop drinking it.

Regular soda is high in calories and has a massive amount of sugar.

Diet sodas are even worse, and studies have proven that the artificial sweeteners in diet soda can lead to weight gain. It can be hard to give up soda but you will feel better and lose weight if you stop drinking it.

Why soda is the worst drink

There are lots of unhealthy drinks out there but soda is the worst because of the way that the high amounts of sugar and artificial sweeteners affect the body.

Eating or drinking a lot of sugar will wreak havoc on your body. Your body has to work even harder to break down the sugar and it will get stored in the body as fat.

The body uses insulin to break down sugar, so the more sugar you eat or drink the more insulin your body will produce. That causes too much insulin in the body. When the body has too much insulin it will make your blood sugar drop and can lead to poor concentration, fatigue, and other problems.

Diet soda is even worse. The artificial sweeteners used in diet soda have been linked to metabolic disorder and even to diabetes.

Healthy alternatives to soda

The best thing to drink is water. But if you just can't force yourself to drink plain water there are lots of ways that you can make water more appealing.

If you like the carbonation in sodas try drinking sparkling water.

You can add some cucumber slices or lemon juice to the sparkling water for a tasty and refreshing drink. Or you can mix a small amount of natural fruit juice with some sparkling water to create a fruit spritzer.

Herbal tea is another great alternative to soda because you can drink it hot or cold.

Most people drink soda because it's easy to find everywhere and it's usually pretty cheap.

Here are some easy ways to avoid falling into the trap of drinking soda just because it's what is available:

- Get a water bottle. Having a water bottle with you will ensure that you have a healthy drink with you no matter where you go.
- Bring a tea bag to restaurants. Most restaurants won't charge you for hot water so instead of ordering a soda, just ask for some hot water and have tea.
- Stash some water at the office and in your car. If you have water within reach you won't be tempted to get a soda from a vending machine or at the store.

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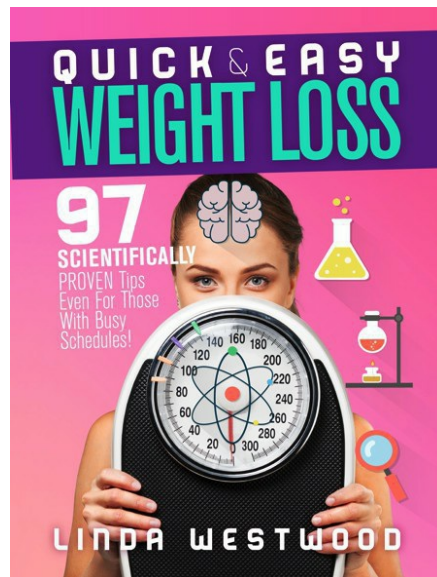
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Eating Habit #3 – Eat Vegetables with Every Meal

Remember when you were young and your parents told you to eat all your vegetables?

That's still good advice.

You should be eating probably double the amount of vegetables that you are eating every day. In fact, most of the carbs that you eat during the day should be coming from vegetables. You should be having at least one serving of vegetables with every meal, even breakfast.

Why vegetables are so important

Vegetables contain the vitamins and minerals that your body needs to stay healthy and work efficiently.

They are low in calories and carbs and yet they are filling. Because they are low in calories you can eat a lot of them and still not gain weight.

The carbs in vegetables are easier for your body to break down and use than the carbs in things like pasta or bread. That means that your body will quickly break down the carbs in the vegetables that you eat and use those carbs for fuel instead of storing them as fat.

The vitamins and minerals in vegetables will help your body repair damaged tissue, keep muscles strong, and keep your body working the way it's supposed to. Vegetables keep your body in balance.

Try new vegetables

One of the biggest reasons why people say they don't eat vegetables is that they find vegetables boring. But there are hundreds of vegetables that you're not eating.

Most people only try the same 9-10 vegetables they have been eating since they were children.

In order to make vegetables more appealing try some different types of

vegetables.

Eating seasonally is a fabulous way to try different kinds of vegetables as well as save money because seasonal vegetables are always cheaper than vegetables that have to be shipped in from other places.

Visit a local farmer's market and check out the many different kinds of seasonal vegetables available. You can also join a farm share program where you pay a fee and the farm delivers farm fresh seasonal vegetables to your door.

Here are a few easy ways to get more vegetables into your daily diet:

- Swap vegetables for pasta and rice with dinner.
- Eat a different kind of salad every day for lunch.
- Serve vegetables and healthy dip as an appetizer.
- Keep a container of cut up vegetables at work for a quick snack.
- Throw some spinach into your morning omelet.
- Make a vegetable soup.
-

Eating Habit #4 – Drink More Water

How much water do you drink each day?

Chances are it's not enough. Studies have shown that people underestimate how much water they should be drinking each day.

The body is 70% water and unless you are replenishing the fluids the body loses each day you won't be healthy. Drinking water also is essential if you want to lose weight.

Water and weight loss

Water is critically important when it comes to weight loss and fat loss.

Drinking water will help flush out all the toxins from your cells which will keep your body healthy. Drinking water will also make you feel full which will lead to eating less and eventually weight loss.

Drinking a glass of water before each meal will make you feel full faster so that you don't want to eat as much. Drinking water instead of having an afternoon snack will make you feel full without eating a high calorie snack.

Drinking water will also help your muscles stay strong, and the more muscle you have the more calories you will burn.

Water and the brain

Drinking water is essential for healthy brain function. When you are dehydrated you will find it hard to focus and you may be sleepy.

When that happens your brain will tell your body to have a snack in order to wake up and get through the day. That's when you will reach for sugary carb-laden snacks and drinks that will give you a boost of energy. But water is the best booster in the world.

Instead of reaching for a candy bar when you're tired or can't focus on work, reach for a bottle of water instead.

Water infused with vegetables or fruit will give you a quick jump start so that

you will have the energy to get through your day, go workout, and take care of all your responsibilities.

The biggest reason why people don't drink enough water is that they think it's not convenient. But it's easy to keep water with you all day, if you just get creative and invest in a few simple tools. Use these tips to drink more water every day:

- Keep a pitcher of water in the fridge so it's ice cold and ready to go all the time.
- Put some cucumber slices, lemon wedges, or berries into an infusion pitcher to make tasty flavored water.
- Buy a water bottle and carry it with you wherever you go.
- Drink a glass of water or tea before every meal.

Eating Habit #5 - Cut Down on Caffeine

One of the things causing you to have excess belly fat could be your daily caffeine consumption. High calorie coffee drinks contain a lot more calories than most people think.

A large coffee drink can have 1000 calories or more. But it's not just high calorie fancy coffee drinks that can cause belly fat.

Most people think that caffeine will help them lose weight because it is a stimulant but that's not the case. Coffee or foods that are high in caffeine can actually cause you to gain belly fat. And that belly fat can be extremely hard to get rid of because it's caused by a hormone, called Cortisol.

Cortisol and belly fat

Cortisol is a hormone that your body pumps out when you are under a lot of stress. Not getting enough sleep can trigger Cortisol production in the body. So can stress at work or dealing with a lot of stress at home. But caffeine also causes the body to produce Cortisol because it stimulates the brain and nervous system.

If you drink too much caffeine your body has a "fight or flight" response the same way it would if you were in a life or death situation.

The body starts pumping out adrenaline and Cortisol.

When there's too much Cortisol in your body, the body will hang onto fat and store it, usually around your belly, in case you need to burn it for energy later. But when you don't use it for energy it just stays around your midsection. And every time you have too much caffeine your belly gets bigger and bigger thanks to Cortisol.

Cutting caffeine

That doesn't mean that you need to give up your daily morning coffee though.

Just cutting down on the amount of caffeine that you consume each day is

enough to lower the Cortisol levels in your body.

If you need your morning cup of coffee have just one cup, then switch to a lower caffeine drink like decaf coffee or tea.

Don't drink caffeine after noon. Don't drink sodas either because many sodas have more caffeine than a cup of coffee. There are other ways that you can lower your Cortisol levels too, which help you lose belly fat.

These activities can help lower your Cortisol levels:

- Yoga
- Meditation
- Walking
- Gentle Exercise
- Napping

Eating Habit #6 - Snack Smart

You'd be surprised how many calories you can rack up each day snacking.

Snacking is one of the most common reasons why people gain weight, especially around the midsection.

If you work at a job where you are sitting all day and you spend a lot of the day snacking those extra calories can add up to excess belly fat in a very short amount of time.

Eating frequently throughout the day can be good for weight loss, but only if you eat the right things.

Six small meals a day

One of the best ways to lose weight is to eat six small meals each day instead of three large meals.

Ideally you should eat a snack size meal every few hours. But that doesn't mean you should be popping open a bag of chips every couple hours or eating candy bars.

What you should be eating are protein heavy snacks like cheese or eggs with some vegetables and maybe some fruit.

Healthy snacking can be a major fat buster because it turns your body into fat burning machine.

Protein power

When you eat primarily protein you will burn fat faster for several reasons.

One of those reasons is that protein rebuilds muscle, and the more muscle you have the more calories you burn. Even when you are just sitting you will burn more calories if you have more muscle.

Protein also makes you feel full so that you don't eat as much. A small protein rich snack will keep you full for hours, but a carb heavy snack will make you feel hungry again quickly and all those carbs will end up stored in

your body as fat.

The secret to eating healthy protein snacks instead of carb heavy snacks is preparation. You may not be able to go cook a burger when you want a snack but you can bring a couple of hardboiled eggs with you to work, to the gym, or anywhere else you go.

Protein bars are convenient and can stay in a desk drawer or a purse indefinitely.

Here are some other easy ways to keep protein snacks handy:

- Beef jerky is pure protein and easy to store.
- Make a salad in a jar and store it in the office refrigerator for a quick and healthy snack.
- Cook some eggs, cheese and spinach in a muffin tin so that you have small snack size frittatas and keep them in the freezer. Microwave a couple for a quick protein snack.
-

Eating Habit #7 – Swap Foods

Food swaps are a great way to change the way that you eat without sacrificing the foods that you love.

If you avoid dieting because you don't want to have to deprive yourself of things you really like to eat you can use simple swaps to make those foods healthier.

When you swap out some of the worst ingredients in the dishes you love you can cut calories, carbs, and unhealthy sugar, which will help you burn that belly fat and feel better.

Why food swapping works so well

Food swaps are one of the easiest ways to change your diet because in most dishes you can't even tell that one food was swapped for another.

In some dishes the food that is swapped is even more delicious than the original ingredient in the dish. Food swaps also mean that you and your family can all eat the same dishes you already enjoy. You don't have to make two separate meals at every meal just so that you can lose weight. Everyone can eat the same dish and enjoy the same healthy food.

Food swaps make it easier to eat healthy. Your family may not even realize that some of their favorite dishes contain food swaps.

Use these easy food swaps in your favorite dishes to dial up the protein, dial down the carbs, and burn belly fat:

- Swap Greek yogurt for sour cream: Greek yogurt is low in calories and packed with healthy protein.
- Swap Zoodles for Pasta Noodles: Zoodles, or noodles made from zucchini, are very trendy right now. They're also super healthy. Zoodles are low in calories and contain natural healthy carbs instead of carbs from starchy refined flour that you will find in pasta noodles. You can cut zoodles yourself or buy an inexpensive noodle maker that will make

them for you.

- Swap cheese for bread: Instead of using bread to make a deli meat sandwich, use sliced cheese. Put a little mayonnaise on a slice of cheese, layer on some deli meat and top it with a slice of cheese for a snack of pure protein that will zap belly fat and keep you full.
- Swap nuts for chips: When you just have to have to a crunchy snack, eat some healthy nuts like peanuts or cashews instead of chips. Nuts can be high in calories like chips but at least they are packed with protein instead of empty calories. Cashews are also very good for your teeth.
- Eat vegetables instead of candy: Splurge and buy a tray full of fresh cut veggies to eat with a Greek yogurt dip. You'd spend just as much on candy or ice cream and the vegetables are much healthier. Spend money on healthy foods and snacks instead of on junk food.

STOP

Just Because I Love My Readers...

Just because I love you all and am massively grateful that you are taking the time to read my book, I have added *the 8 BONUS Lifestyle Habits **PLUS** the ***MOST POPULAR*** tips & strategies for weight loss, fitness improvement, and better health, from my best selling books **to the end of this book!***

They are **MUST READ** and I highly recommend you scroll through to the end of the book and read those chapters **NOW!**

Eating Habit #8 - Skip Dessert

This habit can be tough, especially if you love dessert. But getting in the habit of skipping dessert can help you lose fat and maintain a healthy weight.

Dessert doesn't have to be something you eat every day. In fact, dessert is better when it's something you don't have all the time.

Desserts are often high in fat, sugar, calories and carbs so eating dessert all the time really packs on the pounds.

Often people think it's fine to treat themselves to dessert, but why treat yourself with food?

Food is fuel for your body. Look for other things to reward yourself with.

Dessert is a once in a while food

That doesn't mean you have to skip your favorite holiday dessert or not have birthday cake on your birthday. But it does mean that on a day-to-day basis you should just skip it.

Don't keep sweets in the house and don't prepare dessert as a part of dinner.

If you want a snack a few hours after dinner, have some vegetables with hummus or some nuts or even a piece of fruit.

The natural sugar in fruit is much easier for your body to break down than refined sugar.

You don't have to go hungry. You just have to make different food choices. Before long you won't even miss dessert.

Treats don't have to be food

Instead of treating yourself to dessert every day put aside the money that you would spend on dessert and once a week buy yourself a book, or take a class, or go see a movie.

Try a yoga class or buy some hobby materials.

Stop rewarding yourself with food. You will get a lot more value out of doing something for yourself that doesn't involve food.

Buy a new journal or a new CD. Invest in yourself by learning a new skill or having some fun that isn't associated with food. You will feel better, have more fun, and you never know what new sport or hobby you might find that you enjoy.

Start by cutting out dessert just two nights each week and slowly work up to giving up dessert altogether.

Here are some fun things you can try with the money you save on dessert:

- Buy a new bike and go on a bike ride with your kids.
- Buy a pair of cozy slippers.
- Buy a water bottle so that you will start drinking more water.
- Visit a local farmer's market and buy some fresh local produce.
- Buy some gardening books and learn to grow your own vegetables.
- Take your partner to the movies.
-

Eating Habit #9 - Cut Out Refined Sugar

Refined sugar is something that has been proven to cause belly fat. That's because refined sugar is a simple carbohydrate.

Complex carbohydrates are the carbs that give you energy. Simple carbs are just empty calories that end up as fat in the body because they have no nutritional value.

Most people don't even realize how much refined sugar they are eating every day because they don't realize that nearly every prepared food or restaurant food contains at least some refined sugar and some foods contain huge amounts of it.

Hidden in plain sight

If you think that just because you don't put refined sugar in your coffee or eat sugary snacks you're safe from refined sugar you're wrong.

Every day foods that you wouldn't think contain sugar actually do have sugar in them. Things like spaghetti sauce, salad dressing, canned vegetables, yogurt, crackers, breads and other foods.

Over the years food manufacturers started adding more and more sugar to their products so that people would buy them. Prepared foods like boxed mashed potatoes, stuffing and other foods also have hidden sugar in them. Most people are eating 3x the amount of sugar they should be eating daily without even realizing it.

How to cut your sugar consumption

First you need to stop drinking soda, fruit juice with added sugar, and fancy coffee drinks that are packed with sugar.

Smoothies also contain added sugar, even though they are supposed to be healthy.

The next thing you need to do is start-preparing food from scratch.

It may seem daunting but it's really not as hard as you think.

Preparing your own food from raw ingredients will ensure that you are not eating a lot of sugar that you don't want to be eating. Also start reading food labels closely to find out if they have hidden sugar.

If you aren't feeling secure enough to start cooking from scratch then look for diabetic friendly foods when you shop.

Diabetic foods will have lower sugar content and no added sugar.

Other ways you can cut your intake of refined sugar include:

- Switch to a natural sugar substitute. Use that for coffee, baking, or cereal.
- Use natural, locally grown honey as a sweetener. Honey has a wide range of health benefits.
- Drink water instead of bottled tea and soda.
- Look for dark chocolate bars, which have lower sugar content.
- Eat more fruit and naturally sweet foods.
- Make your own sauces and dips.
- Buy unsweetened plain yogurt and flavor it yourself with berries and spices.

Eating Habit #10 - Eat More Fat

That sounds crazy right?

For years people have been told that low fat diets are the only healthy diets and that eating fat makes you fat. But that's not the case.

In fact, not eating any fat just makes you hungry and it actually makes it harder for your body to burn fat. The body needs fat in order to function.

However, that doesn't mean you can go out and start eating cupcakes all day long. You need to eat healthy fats in order to lose fat.

When you eat healthy fats you will feel full longer and you won't eat as much. Your body will also function better and burn more fat for energy, which will help you lose fat.

Healthy fat vs. unhealthy fat

There really are healthy fats that you should be eating, even though that might sound too good to be true.

The fats in foods like yogurt, avocados, nuts, seeds and oils like olive oil are healthy and you should be eating more of them. About ten percent of your daily calories should come from healthy fats if you want to lose weight.

Diets like the Mediterranean diet, which are high in protein and healthy fats, are strongly recommended by doctors because they provide the protein and fat that many people are lacking in their daily diets. Even the fat in some meat like bacon can be healthy if you don't overdo it.

Low fat is making you fat

Low fat diet food is something that you should avoid.

Foods that are advertised as low fat really just use chemical sweeteners and other additives to make the food taste good while removing things like cream and butter, which are healthy fats.

Those chemical additives contribute directly to weight gain and belly fat.

It's much better to eat foods with natural fat in them than to eat supposed low fat food if you want to burn belly fat.

So stop denying yourself healthy food that contains fat. Those foods usually contain high amounts of protein as well as healthy fat.

Here are some of the natural healthy fats you should be eating more of:

- Fish
- Nuts
- Olive Oil
- Butter
- Eggs
- Avocados
- Nut Butters like Peanut Butter or Almond Butter

Eating Habit #11- Eat More Protein

You've probably seen the many different high protein diets in the news like Atkins, Paleo and so on.

The one thing that these diets all have in common is that they encourage people to eat more protein to lose weight.

And you know what?

That's because eating protein does lead to fat loss.

Protein burns fat it's true

Study after study has shown that increasing the amount of protein that you eat will boost your metabolism and push your body to burn stored fat as fuel.

You don't need to follow a fad diet to lose fat. Just double the amount of protein that you are eating and cut down on carbs. You will start losing inches almost immediately.

When you eat more protein you will actually eat less of everything else. Protein is what makes you feel full. Eating protein will make it easy to lose weight without feeling deprived or hungry.

Not all carbs are equal

You will still need to eat some carbs. Humans need carbs in their diets. But the carbs that you eat should come from vegetables and not from refined flour based foods like bread and pasta.

Double the protein that you're eating, and cut out bread and pasta. Just those simple dietary changes will help you burn fat and lose weight.

One of the most common excuses that people give for not eating more protein is that protein rich meats and other foods can be expensive and not practical for someone on a budget.

The sad truth is that pasta and bread are cheap food that even people on a tight budget can afford.

You can't afford to eat bad food

But what is the price of staying overweight?

How do you put a price on your health?

The bottom line is that you can't afford not to eat more protein.

Most people get about 10% of their daily calories from protein but that number should be more like 35%. The amount of calories that you eat isn't as important as the amount of protein that you're eating.

That's why people who follow the Paleo diet eat high calorie meats with every meal and still lose weight.

Some easy ways to sneak more protein into diet and cut down on carbs are:

- Eat more eggs. Eggs are inexpensive and pure protein. You can cook them dozens of different ways so that you don't get sick of them.
- Stock up on protein bars. Not all protein has to come from meat or cheese. Many stores routinely put protein bars on sale. Stock up on your favorite protein bars when they are on sale so you will have plenty of protein rich snacks. Just make sure the bars are low in carbs and sugar.
- Cook ahead. A major stumbling block for people trying to eat more protein is having to cook meat or protein at every meal. But you can use a slow cooker to prepare food in advance. Or mix up eggs, bacon, spinach and cheese in a bowl and pour the mixture into a muffin tin and bake. Freeze the egg "muffins" and you can microwave one whenever you need a quick meal or snack.

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Eating Habit #12 – Eat Breakfast

Did you eat breakfast this morning?

If not, you should be starting tomorrow.

Your parents probably told you that breakfast is the most important meal of the day. And they were right! Studies have proven that there are very real benefits to eating breakfast every day.

Not eating can make you fat

When you eat breakfast you are kick starting your metabolism to burn more calories. Your body needs fuel in the morning. If you don't give it fuel it goes into starvation mode.

When your body thinks it is starving it will hang onto every calorie and every bit of fat in case you go hungry for a long time. So not eating actually makes you gain weight.

What you eat is important too. You should eat a protein rich breakfast to give you the energy that you need to face the day and to keep you full until lunch. Eating in the morning triggers the production of Leptin in the body.

Leptin is what makes you feel full. When your body has enough Leptin and your stomach feels full you won't be tempted to hit the bagel shop or vending machine for a carb heavy snack in the middle of the morning.

I'm too busy for breakfast

This is the number one excuse that people use to justify skipping breakfast. But it's also a lie. Breakfast doesn't have to take a long time to cook or be food that you have to sit down and eat.

When you have the time to cook eggs and bacon is a great breakfast. But if you are pressed for time yogurt or some cheese is a good breakfast too.

Protein bars are the ultimate portable healthy breakfast for people who barely have time to make it to work.

Here are some quick and easy breakfast ideas that even the busiest person can make time for:

- Greek yogurt is high in protein and easy to grab on your way out the door. Keep a spoon in your bag or in the car.
- Hard-boiled eggs are easy to take on the go and pack a powerful protein punch. They are also great for snacks.
- Fruit and fruit smoothies are not the best choice but they are better than a bagel or a sugary coffee drink. The natural sugars in fruit are better for you than refined sugar and fruit is full of vitamins and minerals.
- Go veggie. Salads aren't just for lunch. At night prepare a salad with healthy veggies, hard-boiled eggs, and some bacon. Grab the salad on your way out the door and eat breakfast at your desk.

Eating Habit #13 – Use a Crockpot

Using a crockpot or a slow cooker is a fantastic way to eat healthier. Crockpots are very inexpensive and they last for a long time. Best of all they make it easy to eat healthy.

What is a crockpot?

A crockpot is a small kitchen appliance that uses low heat to slow cook food in a ceramic basin. It has a timer so that you can set it to cook for a number of hours. It can be left on to cook while you are at work or while you are asleep.

Investing in a crockpot is one of the best things you can do to eat healthy.

A crockpot saves time and money

Using a crockpot makes it easier to avoid unhealthy food like fast food or pre-packaged food because the food is ready when you're ready for it.

It's the ultimate healthy fast food. Instead of running through the drive through for dinner you can come home to a perfectly cooked healthy meal. Or you can start off the day with a healthy hot breakfast if you put the ingredients in the crockpot when you go to bed and turn it on.

A crockpot also saves money.

If you want to eat more protein but can't afford pricey cuts of meat you can buy cheaper cuts of meat and cook them in a crockpot.

Usually the cheaper cuts of meat are kind of tough and not very good. But slow cooked in a crockpot with vegetables and broth they turn into succulent pieces of meat that are delicious and cheap.

Anyone can cook with a crockpot

Even if you aren't the greatest cook in the world you can make delicious meals in a crockpot. All you have to do is put the ingredients in the pot and let them cook.

Almost anything can be cooked in a crockpot from soups and stews to rice or dessert. You can even use it to make delicious drinks and punches.

Check out some of these easy to make but healthy crockpot dishes:

- Oatmeal with Apples and Cinnamon
- Shredded Beef or Chicken with Vegetables
- Lasagna
- Braised Lamb
- Lamb or Beef Stew
- Queso Dip
- Pumpkin Pudding
- Short Ribs
- Sweet Potato Mash
- Turkey Chili
- Roast Chicken

Eating Habit #14 – Grow Your Own Vegetables

Growing your own vegetables is an easy way to get the healthy food you should be eating without spending a fortune.

Most people don't grow their own food because they think that it's expensive or difficult to grow vegetables.

But it's much cheaper than buying vegetables at local markets and you can get better quality vegetables from your own backyard!

I don't have space to grow anything

It's a myth that you need a huge yard or a lot of land in order to grow vegetables.

You can grow vegetables in planters on a patio, or in pots inside the house, or in window gardens. Some creative city dwellers have even grown vegetables in old 2 liter bottles cut in half and attached to the outside wall of their apartments. Container gardening is easy and cheap.

I don't know what vegetables to grow

It's easy to find out what types of vegetables grow well in your area.

Your local gardening store or home improvement store will be able to answer your questions when you are choosing what to grow.

They can also help you get set up to start growing your own vegetables.

Imagine eating fresh vegetables from your yard with your dinner every night!

Community gardens with neighbors

If you don't want to put in all the work of growing vegetables yourself and you have a little room you can get together with your neighbors and create a community garden.

When you share a community garden everyone helps out with the work in

order to get a share of the vegetables. Lots of people would jump at the chance to grow their own fresh vegetables.

Ask your neighbors to see if they want to start a community garden with you.

Here are some easy ways to start growing your own vegetables so that you can eat healthier and save money:

- Start with one or two vegetables that you like. Pick lettuce and tomatoes, or cucumbers and squash, or whatever vegetables you like the best. Starting small will give you a chance to get used to gardening without overwhelming you.
- Use simple containers. You can use wood pallets, the plastic troughs that catch rain in rain gutters, or basic planting boxes to start growing vegetables. You can even build a small square garden with a few pieces of lumber.
- Track your progress. Keep track of how well your garden is growing by taking photos and videos of the plants as they grow. That way you can see what you're doing right and what you're doing wrong.

Eating Habit #15 – Drink Green Tea

One of the best things you can do to lose fat is drink green tea.

Really, that's all you need to do. Enjoy a cup of delicious green tea and you will lose fat.

That's because green tea is packed with antioxidants and other natural elements that will boost your metabolism. Enjoy some green tea instead of coffee throughout the day and your metabolism will keep burning fat all day long.

How green tea causes weight loss

Green tea is one of the healthiest things that you can eat or drink. It has a powerful combination of antioxidants and low amounts of caffeine.

There's not enough caffeine to make you jittery. There's just enough to give your metabolism a little boost.

The antioxidants help repair damaged cells in the body and keep your body working efficiently.

When your body is working efficiently it will burn fat for energy and you will lose fat.

Drinking tea means drinking more water

Another benefit that comes with drinking green tea is that you're drinking more water.

Water is essential for weight loss.

When you drink green tea all the toxins are washed out of your cells which helps your body function better and helps flush out your body.

The more tea and water you drink the more fat you will lose.

Make green tea part of your day

Green tea can be enjoyed hot or cold, and you can add berries and other things to it if you want to add more flavors.

There are endless ways to get more green tea into your daily diet.

You can make iced green tea and leave it at the office so that you have a healthy drink waiting for you each day. Or you can take a break from your work to make some delicious hot green tea.

Here are some creative ways to drink more green tea:

- Use it in smoothies. If you make smoothies for breakfast replace the water in the smoothie with green tea.
- Get a tea tumbler. You can buy travel cups that have a slot for tea so that you can easily make tea all day long just by adding water.
- Cook with it. Did you know that you can use green tea to flavor desserts and breads? Just replace the water in the recipe with green tea. You can even use green tea in homemade salad dressings.
- Carry some green tea with you. Put a few green tea bags in your wallet or bag. When you go out to eat ask for some hot water instead of coffee or soda and have some green tea instead.

Eating Habit #16 – Drink Apple Cider Vinegar Every Day

What?

Drink vinegar?

It's true.

Apple cider vinegar has been used for centuries as a bit of a cure-all because it has a lot of different healing properties.

One of the things that it can do is regulate blood sugar and burn fat. It tastes a little gross at first but the benefits make the taste worth it.

Apple cider vinegar gave roman soldiers strength

Most people don't know this but the drink that Roman soldiers drank every day and took with them on their famous marches was made from Apple Cider Vinegar. It was called Posca.

Apple Cider Vinegar was mixed with honey and some plain water and Roman soldiers drank it to stay strong and lean.

Apple Cider Vinegar also is a great energy boost when you need some extra energy for a workout.

Apple cider vinegar and weight loss

So how does apple cider vinegar help with weight loss?

It does a lot of amazing things for the body. One thing it does is help your body break down protein and use it effectively.

So when you start eating more protein to lose fat and you drink apple cider vinegar you are turning your body into a fat burning machine.

Apple cider vinegar also regulates blood sugar. This means that you won't

crave carbs and sugar so much. You also won't experience any energy crashes that leave you wanting snacks to give you energy.

How to drink apple cider vinegar

You can't drink straight apple cider vinegar.

Well you can, but it tastes terrible and it's very harsh by itself.

The best way to drink apple cider vinegar is to put a teaspoon or two into a bottle of water and shake it.

Then drink the water. The water dilutes the taste.

You can also add a little honey like the Romans did.

Some of the other benefits of drinking apple cider vinegar everyday are:

- Apple cider vinegar can lower your risk of cardiovascular disease.
- Apple cider vinegar is an antimicrobial and antibacterial agent that can kill germs and bacteria in your body.
- Apple cider vinegar can even lower your risk of some types of cancer.
- Apple cider vinegar can get rid of heartburn.
- Apple cider vinegar can get rid of muscle cramps.

Eating Habit #17 – Plan Your Meals

How many times each week do you get fast food or pizza because you just don't want to think about what to have for dinner again?

How many times this week alone have you gone out for lunch because you didn't plan ahead and have a healthy lunch ready to bring to work?

Too many, if you're like most people.

Planning meals is an easy habit to get into that can help you lose a lot of weight.

Most people don't plan a menu for the week because they think that it's too much work. But when you plan your meals you can create meals that will maximize fat burning and give your body the fuel it needs.

Protein rich meals that include healthy carbs don't just happen. You need to plan them.

When you plan ahead you can buy the ingredients you need and even prepare meals ahead of time. That will keep you from grabbing fast food on the way from work because you're tired or because you can't decide what to make for dinner.

Creating healthy meals

When you are planning meals you should aim to have 60% of the meal consist of protein.

30% of the meal should be vegetables or healthy carbs.

10% of the meal should be healthy fats.

Using these figures as a guideline you can plan out healthy meals that will help you lose weight and burn fat.

If you are crunched for time you can plan for that and prepare meals and snacks that are healthy ahead of time. A little time spent planning can lead to dramatic weight loss that will help you meet your goals and stay at a healthy

weight.

Planning balanced and healthy meals will also teach your kids healthy eating habits that they will use for the rest of their lives. Studies have shown that kids will repeat the eating habits they learn as children.

Trying new things

When you plan meals you can also get more creative with what you eat.

Instead of pulling out some frozen chicken again because you have to cook something you might find that you really like trying new and exciting dishes that will make meals more interesting.

Here are some tips that will help you get started planning meals and snacks:

- Make an appointment to plan meals. Set aside an hour or two on a weekend or before you shop for groceries to plan out meals. Write it on your schedule and set a reminder on your phone or tablet.
- Print off a weekly calendar. Write on the calendar what meals and snacks you're going to have. Then post it on the fridge or in a central place so you and your family will know what meals you're having each day.
- Coordinate your shopping list and meal plan. As you plan the meal on a sheet of paper jot down all the ingredients you need for that meal. Use that jotted list as the basis for your shopping list. That way you can be sure you have everything you need.
- Be flexible. Some days you might have to swap one meal for another one based on time constraints, weather, or other factors. It only takes a few minutes to change the menu around. When unexpected things happen don't order out. Just swap meals that you have already planned.

Eating Habit #18 – Make Your Own Lunches

Taking your own lunch to work or school will save you money. It also will keep you eating healthy and not indulging in fast food or restaurant lunches.

Taking your own lunch is a fantastic way to lose weight.

Lunchtime blues

When you're working in an office all day it can be very tempting to get fast food lunches or go out with coworkers for lunch. But four or five days a week of high calorie and high fat food can make you put on weight very quickly.

Going out with friends for lunch once in a while is fine, as long as you choose relatively healthy food, but bringing your own lunch is something you should do most of the time.

Creating tasty lunches

If you don't choose fun and creative lunches, chances are good that they will sit in the refrigerator until you throw them away.

When you're at work lunch is a big deal. If the food isn't tasty or if it's boring you won't want to eat it.

Luckily there are a lot of fun options for low carb healthy lunches that you can take to work. Some of them need to be refrigerated but others don't.

Invest in a small cooler that you can use to keep your lunch in so that you have more options when it comes to what foods you can bring to work.

Choose healthy carbs

You will probably need some healthy carbs to keep you going through a long workday. That's fine as long as you choose healthy carbs.

Most of the meal should be protein, but you can add some healthy carbs from

vegetables and even some fruit if you crave something sweet.

Salty, crunchy nuts are a good addition to brown bag lunches because they will satisfy your cravings and give you a nice protein boost.

If you have no idea what to make for brown bag lunches that don't include peanut butter sandwiches here are some easy to make but delicious low carb lunches you can start taking to work:

- Pepperoni and cheese. You can get the best part of a pizza without the crust. Bring some sliced mozzarella cheese and pepperoni for lunch and heat them up together so that the cheese is just a little melted. Or put them on some vegetables.
- Salads. There are dozens of different types of salads you can bring for lunch. Add hard-boiled eggs, chicken, ham, or other proteins to the salad to add some substance if a simple salad will leave you hungry. You can find some ingenious ways to carry salad fixings to work online so that the salad ingredients stay fresh.
- Soups. Hearty soups are a great choice for lunch. Just check the carb count and be sure there's no added sugar in the soup.
- Cheese. A couple ounces of sliced cheese is delicious and satisfying. You can also bring some cheese as a snack.
- Burgers. A classic lunch of a couple of burgers without buns and a salad is a good choice too. Cook the burgers ahead of time and heat them in the microwave. You can shake things up by trying lamb, buffalo, or turkey burgers instead of beef.

Eating Habit #19 - Make Your Own Convenience Food

Pre-packaged food is unhealthy, but it's definitely convenient.

That's why it's so much easier to pick up pre-packaged food than it is to make your own healthy food. But relying on pre-packaged food is part of the reason why you gained weight. And it's going to prevent you from losing fat.

Luckily there is a convenient alternative.

Make your own convenience food.

Healthy food can be convenient too

The key to making healthy convenience food is to plan ahead. You can make food that is healthy and package it so that it's easy to cook or easy to grab when you're in a hurry.

When you're hungry and pressed for time even if you have the best intentions to eat healthy you're going to be tempted by the fast food drive thru or a quick food like pizza.

But you can create healthy options for those times when you need a quick dinner or a quick snack or a quick breakfast so that you won't be reaching for the take out menu.

Healthy choices can be delicious

After you have been eating healthy food for a bit you will notice that the snack foods and fast food that you used to like doesn't taste good to you anymore.

Once you stop eating high carb foods, fried foods, and sugary foods your body won't want those foods anymore. Instead your body will crave the healthy low carb foods you have been eating.

How to make healthy food convenient

Expanding your food horizons and being prepared makes it easier to make healthy food convenient.

Invest in a crockpot and some good take along containers that can be used often. When you have the right equipment it will be easy to make food to bring with you instead of buying food on the go.

A portable water bottle and a travel mug are also essential. With a portable tea mug you can make tea and coffee to drink instead of buying sugary high priced coffee drinks.

Buy a water bottle with a filter so even tap water will taste like spring water.

Here are some other ways to make healthy food and snacks that are convenient:

- Cook on the weekends. If you know you are tired and don't want to cook when you get home from work pick one day on the weekend to cook for the week. Cook several meals. Put them in containers and freeze them. You can heat one up for dinner during the week.
- Portion out your food ahead of time. Take things like burgers, chicken breasts, sauces, vegetables and pasta and put them in individual portion containers. Keep them in the fridge or the freezer. You can grab them to put into a lunch sack to take to work or heat up a quick dinner when you're pressed for time.
- Create your own healthy snacks. Choose healthy foods like pretzels, nuts, seeds, and dried fruit to make your own snack mix. Portion the mix into individual bags and put a bag in your car, in your purse, in your desk at work or anywhere that you usually get hungry.
- Buy healthy packaged food. There are some healthy options when it comes to convenience food. Individual cheese wedges, yogurt, and fruit are all healthy snacks that you can buy. Pre-cut vegetable trays and fruit assortments are worth the money because they give you healthy and fast snack options.

Eating Habit #20 – Eat More

Eat more to lose weight?

That sounds crazy but it's true.

Most people eat food that is full of empty calories and that's why they gain weight. If you want to lose fat and build muscle you need to eat more.

The catch is that you have to be eating the right kinds of foods if you want to lose fat.

Starvation mode

Restricting calories isn't enough to cause fat loss. If it was, losing weight wouldn't be so hard.

When you don't eat enough the body assumes that it is starving and goes into emergency starvation mode. When the body is in starvation mode it stores every possible calorie as fat.

It stores fat so that if food is not available the body will have stored fat to use as fuel. So when you restrict calories you are actually forcing your body to make and store fat.

Why diets don't work

Starvation mode is the reason why people who diet don't lose weight, or lose weight and put it back on when the diet is over.

Dieting will not cause long-term fat loss. Only changing the way that you eat will do that.

If you want to lose fat you should be regularly giving your body the food that it needs to steadily burn calories.

Six meals a day

Nutrition experts agree that if you really want to lose fat and keep it off you

should eat six small meals a day. Those meals should be mostly protein and some healthy carbs.

If you do that you will be shocked at how fast you will lose fat. Even that stubborn belly fat will fall off quickly if you are eating six small meals each day that are mostly protein.

The key is to keep the meals small. A couple of hard boiled eggs and a protein bar might seem like a snack right now, but that would be a good meal if you are eating small meals.

You should be eating small amounts every 3-4 hours if you want burn fat fast.

Most people find it hard to imagine eating six meals a day, especially with a busy schedule of work and other commitments.

Here are some easy ways to change from three meals each day to six small meals:

- Pick a protein and one other food. You can't go wrong with this formula. A burger and some mashed cauliflower might be one meal. Some cheese and vegetables might be another. A third might be some yogurt and some nuts.
- Keep food with you. Once you start eating this way you will start to get hungry every few hours. Keep some string cheese, yogurt, fruit, or hard-boiled eggs with you so that you always have healthy food close at hand.
- Set an alarm. If you usually go the entire day without eating and find it hard to remember to eat set an alarm on your phone or tablet to remind you when it's time to eat. After a few weeks of this your body will naturally be hungry every few hours and that will be your reminder to eat.
- Write down what you eat. Keep a food journal to write down what meals you have already eaten. That will help you stay on schedule and make

sure that you're eating mostly protein.

Powerful Workout Habits

Exercise is essential for burning belly fat and for staying healthy.

Your body is made to move!

Being active has a huge variety of health benefits including burning fat, building muscle, and keeping you healthy.

Exercise doesn't have to be a chore

Most people know that they should exercise more, but they think that exercise is boring and they don't want to do it. That's why they don't make physical activity a priority.

But exercise doesn't have to be dull, boring, or something that you have to force yourself to do.

Exercise can be so much fun that you won't even realize how many calories you are burning or how much fat you are burning.

Exercise for life

In order to burn fat, lose weight and keep it off you will have to change your attitude about exercise.

Exercise isn't something that you do just to lose a few pounds. A physically active lifestyle is the key to getting healthy now and staying healthy in the future.

If you live an active life you will lower your risk of heart disease, diabetes, and other serious health conditions that can be caused by a sedentary lifestyle and excess belly fat.

Stop making excuses

- I don't have time to work out.

- Exercise is boring.
- I don't like any kind of exercise.
- I don't have money for expensive gyms.
- My life is too hectic to workout regularly.

Do those excuses sound familiar to you?

Well it's time to stop making excuses and start being active. These powerful workout habits will show you that everyone can exercise no matter what their circumstances are.

Get up.

Get active.

Burn belly fat and lose weight.

It really is that simple.

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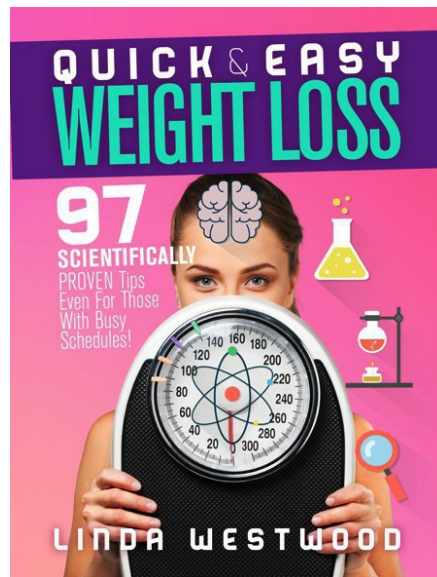
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Workout Habit #1 – Set Fitness Goals

Setting fitness goals is an important part of becoming more active.

When you set fitness goals you will know what you are working towards. Setting specific goals will also help you stay motivated to keep working out.

Every time you make one of your fitness goals a reality you will want to keep going to reach another goal.

Set realistic goals

When you set fitness goals you should always choose goals that realistic for your circumstances.

Working out every day might not be a realistic option for you because of your schedule or other obligations. But that doesn't mean you can't exercise.

Set a fitness goal to work out three times each week for an hour each time. That's a realistic goal that will help you get fit and lose belly fat.

If you choose goals that you're going to have a hard time meeting you might get discouraged and give up on working out altogether which would make it a lot harder to lose weight.

Share your goals

Let your friends and family know about the fitness goals that you set. There is a much better chance of success when you share your goals with other people.

When your family and friends are expecting you to work on your goals it's hard to tell them that you stopped working out or haven't worked out in awhile.

That can be good motivation to keep you on a regular work out schedule.

Keep track of your progress by writing down your workouts or sharing them on social media.

You might even inspire some of your loved ones to start exercising.

Make an action plan

Once you decide what your fitness goals are you should make an action plan.

An action plan will keep you on track and give you a roadmap of steps to follow to make your goal a reality.

Here are some things that you should include in your action plan:

- How often you are going to work out. Schedule your workouts and write down how many times you want to workout each week and how long you want to work out. Writing it down will keep you focused on following through.
- What exercises you want to try. Make a list of any exercise that sounded fun to you. You might not like them all after you try them but working through the list will give you plenty of workout ideas.
- Keep a workout journal. Write down your fitness goals and your action plans in a notebook. Each day write down how much exercise you did and what exercise you did. Your workout journal will keep track of your progress and remind you what your fitness goals are.

Workout Habit #2 – Make Working Out A Priority

The only way that you are going to find the time to work out regularly is to make exercising a priority.

When you are juggling a lot of commitments it's very easy to skip exercising so that you can get other things done. But you need to make your health a priority.

Carrying a lot of belly fat can lead to health problems. If you don't make your own health a priority you could develop diabetes or other serious health conditions.

Exercise is important

Exercise does more than help you lose weight. Regular exercise builds strong muscles and keeps your body healthy.

Human bodies are made to be active. Sitting behind a desk all day is not healthy. The more you exercise the better you will feel. You need to get up and get moving at least once a day.

The mental benefits of exercise

The benefits of exercise aren't just physical.

Working out is a fabulous way to manage stress and anxiety.

When you exercise your brain releases endorphins. Endorphins are what makes you feel great after you win something, or when you spend time with people that you love.

You can get that same feeling of joy and happiness from working out. And you can feel that way every day if you exercise every day.

Put yourself first

Sometimes it's ok to be selfish and put yourself first. This is one of those times.

Your health needs to be a priority and you need to take it seriously. Make time for exercise because you need it to feel better and look better.

Think you don't have time to exercise? You have more time than you realize.

Try some of these easy ways to make exercise a priority every day:

- Get up 30 minutes earlier. Go for a walk or do some yoga.
- Take a 10-minute walk on your break at work. Do that twice a day.
- Take a walk on your lunch break or go to the gym.
- Park your car in the back of the lot so that you have to walk further to get to and from work each day.
- Take the stairs.
- Walk around the entire store once before you get what you need and leave.

Workout Habit #3 – Get into a Workout Routine

Habits are hard to break.

Once you make working out a habit you are more likely to do it every day.

It takes about two weeks for a new activity to become a habit. So, if you work out every day for two weeks you are much more likely to keep doing it.

Can you invest two weeks in your health?

Yes, you can!

Two weeks of daily workouts is a small price to pay to burn fat and be healthy for life.

Find exercise that you enjoy

The key to establishing a good workout routine is to find an exercise that you really enjoy.

You can always add new and exciting things to your workouts to keep them interesting. But the workout that you do every day should be something that you really like to do or you won't want to do it every day.

The workout you choose for your daily workout doesn't have to be something that is very intense or high speed.

Taking a 30-minute walk every day is a great exercise routine. Or going for a bike ride every day.

Simple activities that you really enjoy will keep you coming back for more every day.

Workout at the same time every day

Another important part of establishing a workout routine is to exercise at the same time each day.

After two weeks of exercising at the same time each day you will

automatically think of that time as workout time.

Working out in the morning is the best because you will have more energy and more willpower in the morning.

But if you don't have the time to fit in a workout in the morning then you can find a time in the evening to workout.

Taking a walk after work or taking a bike ride after dinner is a fun routine to get into that will burn fat and help eliminate stress.

No excuses

While you are working on getting into a workout routine you have to make exercising a priority. Don't put off your workouts to have coffee with a friend, work late, or for any other reason.

You need to work out during those weeks to set your routine.

Here are a few ways to make sure that you don't miss workouts during those important weeks:

- Make an appointment with yourself. Write down your workouts on your schedule and tell everyone you're busy during that time.
- Keep a second set of workout clothes in the car. If you are hitting the gym on the way home or at lunch keep a set of workout clothes in your locker and another set in a bag in your car. That way you can't use the excuse that you don't have any clean workout clothes to get out of a workout.
- Ask a friend to call you each morning. If you want to exercise in the morning but are having trouble getting up for your workout ask a friend or family member to call you early in the morning to be sure you are up and ready to workout.
- Create a workout calendar on paper. Electronics are great, but using a

paper calendar is better. Print out a monthly calendar and hang it up near your desk. Every day draw a huge X through that day after you workout. Seeing those giant X's everyday will subconsciously make you want to workout so that you can continue the pattern.

Workout Habit #4 – Add Weights to Your Workout

When it comes to losing fat, most people assume that they have to do hours of cardio in order to shed fat, especially stubborn belly fat. But that's not true.

Cardio does burn calories and is important for losing weight.

But adding weights to your workout can help you shed fat even faster. Studies show that weight training is a very effective exercise for fat loss.

Why weights are important

Working out with weights might not seem like much of a workout. But weights build muscle, which is very important when it comes to fat loss.

Your body burns calories all day long just doing normal things. When you have a lot of muscle your body burns more calories.

So, when you work out with weights and build muscle your body will burn more calories around the clock.

That leads to a lot more fat loss than just doing cardio exercise.

Adding weight training to your regular workout can increase your fat loss by as much 50%.

You don't need a lot of expensive equipment

Most people don't work out with weights because they think they would have to buy an expensive weight set that they don't know how to use.

But you don't have to buy expensive weights. You don't have to buy anything at all.

If you go to a gym you have access to weights.

If you don't go to a gym and workout at home you can use your own bodyweight to perform weight-training exercises.

You can burn fat and build muscle without having to buy a single weight.

There are plenty of exercises that you can do at home using your own bodyweight.

And once you have mastered those exercises you may find that you want to invest in some weights and start a weight-training program.

But if you are on a tight budget you can start weight training without buying a single thing.

Here are some ways to get started on a weight-training program:

- Talk to a professional trainer. Most gyms have professional trainers on staff. If you don't belong to a gym you can usually get one free session with a personal trainer before you need to sign up. That one session can give you some great information about weight training.
- Look online. There are many forums and websites for people who want to start weight training. You can get advice and information from people who have been where you are and can recommend programs and equipment.
- Check out the library. Many popular exercise magazines and books can be found for free at the local library. Browse through them and make photocopies of any weight training programs that you want to try.
- Visit a sporting goods store. If you do want to invest in a set of weights to use at home visit a sporting goods store and talk to an associate. A trained associate can help you find the best set of beginner weights to buy for your fitness level.

Workout Habit #5 – Stay Hydrated

You already know that drinking water can help you lose weight.

But did you know that you need to drink water when you're exercising too?

Don't just have a massive gulp of water after a workout, but consistently hydrate *during* the workout.

Staying hydrated during a workout is very important.

If you get dehydrated while you are exercising you could develop muscle cramps that can ruin your workout and even cause injuries.

You also could become dizzy or light-headed if you are sweating a lot and not replacing all the fluid that you are losing through sweat.

What happens if you get dehydrated

If you get dehydrated during a period of intense physical activity the toxins that your body is releasing are not getting flushed out.

That can lead to illness or other problems.

Also, your muscles can seize and cramp if you don't have enough water in your body during working out which can hurt a lot and bring your workout to a screeching halt.

Cramps and muscle spasms can also cause other injuries that can make it impossible to exercise for weeks.

When you can't exercise you won't be able to lose fat. So, drinking water while you work out is very important.

Water vs. sports drinks

Plain water is better for you during a workout than a sports drink.

Sports drinks contain a lot of carbs and a lot of sugar. The carbs in sports

drinks aren't the healthy kind. They are the kind that ends up stored in your body as fat.

So, drinking a sports drink while you are working out can actually cause you to gain fat instead of losing it.

If you want to make sure that your electrolytes are balanced you can add some orange or lemon juice to the water that you drink.

Citrus fruit juice helps your body stay hydrated naturally.

Here are a few more tips for staying hydrated during a workout:

- Start drinking water before your workout. You know you will be losing fluid when you work out, so drinking water before you start working out will help you stay hydrated longer. About an hour before your workout start drinking water.
- Drink room temperature water during your workout. Drinking ice-cold water during a workout can lead to cramps. Make sure you have some room temperature water to drink during your exercise.
- Drink after your workout. Your body will continue burning calories for several hours after you are done working out. Keep drinking water throughout that time to make sure you stay hydrated.
- Keep water with you. Carry a water bottle with you that you can refill. You should also keep some bottled water in your car or in your desk so that you always have some with you.

-

Workout Habit #6 – Work on Your Core

Belly fat doesn't just look bad. It raises your risk of serious diseases like diabetes and heart disease.

Your core muscles are the muscles in your abdominal area, back and sides. Core workouts will strengthen and lengthen those muscles and burn fat.

No quick fix

There is no exercise that will cause you to lose fat in just one area. But when you regularly exercise your core you will lose inches in the core area.

Having a strong core will also improve your posture, balance, and stamina.

Pilates core workouts

Core workouts usually use interval training or weight training to work your core muscles.

One of the best core workouts is Pilates. Pilates is a series of stretches and targeted muscle building exercises that focuses on the core.

Dancers and performers use Pilates to make their bodies strong and lean without adding a lot of bulk.

Pilates exercises were developed after WWII by a man named Joseph Pilates.

He was a doctor who noticed that many of the men wounded in the war experienced a lot of muscle atrophy and weakness after being confined to bed with injuries.

He created a series of exercises that these men could do in bed in order to strengthen the core muscles of the body and keep them strong.

Today millions of people perform Pilates exercises to get six pack abs and to lose belly fat. Pilates exercises are easy to do and incredibly effective for getting rid of belly fat.

How to start pilates

Pilates workouts are short and can easily be done at home.

There are studios that offer Pilates classes if you prefer to go to a class. But you can also do Pilates at home using a DVD or watching a Pilates workout with instructions online.

All you need to do Pilates are:

- A mat. Any exercise or yoga mat will work for Pilates. If you have hard floors you might want to use a floor cushion or pillow under your mat.
- A strap. Pilates uses stretchy straps to help with stretching and to help hold the body in position during the exercises. You can buy inexpensive Pilates straps or you can even use a rolled-up towel or a belt to do the exercises.
- Water. Always stay hydrated during a workout even a workout like Pilates. Pilates workouts aren't very fast paced but you can work up a good sweat doing them. Keep water close by.
- DVD or Pilates book. If you are working out on your own you will need a Pilates DVD or book to demonstrate all the exercises. But that's all you need to get started! You can start burning belly fat with Pilates very quickly.

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Workout Habit #7 – Use Kettlebells

One of the most effective workouts for losing belly fat is also one of the simplest. All you need to burn belly fat is a Kettlebell.

Kettlebells usually come in pairs but for this workout you just need one. They aren't expensive and you can find them at any sporting goods store.

25-50 Kettlebell swings per day can dramatically shape your core and get rid of belly fat.

What is a kettlebell swing?

A Kettlebell Swing is a move that comes from the popular Crossfit style of workout. Stand with your weight distributed evenly on both feet and your feet apart. Holding the Kettlebell with both hand pick it up and raise it to chest level.

Then with a controlled motion swing the kettlebell down between your knees. When the Kettlebell is just behind your knees swing it back up to chest level. That is a complete Kettlebell swing.

50 kettlebell swings? really?

Really!

It's not as difficult as it sounds. You should never do more than 10 Kettlebell swings at a time. So, you should do 5 sets of 10 Kettlebell Swings.

If you perform those sets throughout the day it doesn't seem like a lot at all.

Do a few when you get up. A few more before you leave for work. You can do some at work or on breaks. Then finish up at night after you get home.

Once you get into the habit of doing Kettlebell Swings all through the day you will feel like you're hardly working out. But you will definitely the fat disappearing from your belly.

Your back, legs and core muscles will get toned and strong too, which will

burn more calories.

Here are some ways to make doing your daily Kettlebell Swings more fun:

- Challenge a friend. Enlist a friend or a few coworkers to start doing Kettlebell Swings with you. Throughout the day you can keep track of how many each of you has done. A friendly competition will keep you motivated to keep doing them.
- Create a great workout playlist. Music is a great motivator. Fill a playlist with songs that really get you moving. You will have fun listening to the music and doing Kettlebell Swings.
- Reward yourself. At the end of the week if you have done Kettlebell Swings every day of the week reward yourself with some workout clothes, a new CD or DVD, or a trip to the movies. Just don't reward yourself with food!

Workout Habit #8 – Put Some Variety in Your Workout

It's good to have a workout routine that consists of one activity that you really like to do. But just doing one thing can sometimes get boring.

It also can lead to a plateau in your weight loss.

Adding new activities and new intensity levels to your workout will keep it interesting. It will provide more of a challenge so that you will lose more fat.

Try new workouts

A great way to spice up your workout routine is to add a new activity a few times each week.

You can try going to the gym instead of walking a couple of days each week. Or try swimming instead of biking on alternate days of the week.

When you try new things, you may find out that there are activities that you like better than what you're currently doing.

At the very least you will get to try something new and burn some more calories.

Set a training goal

If you don't want to change the activity that you're doing you can try setting a new goal for yourself.

If you like walking think about entering a 5K.

If you like biking consider entering a race or possibly trying a triathlon.

Challenge yourself to achieve something big with your workouts.

Participate in charity events

There is a huge variety of fitness related charity events that are put on to raise

money.

Consider signing up to raise money by getting friends and family to pledge money for every mile you walk or bike, every lap you swim, or every hour you spend doing Zumba.

Look up some of the charity events in your area and start training for one today.

You can challenge yourself and raise some money for a great cause at the same time.

Here are a few other ways that you can add some variety to your normal workout:

- Use smartphone apps. There are many different kinds of smartphone apps that do everything from make you think you're biking through the Swiss Alps to training you to run and survive in a zombie apocalypse. Many are free or cost next to nothing so check out some apps that interest you.
- Relive your youth. Create a musical playlist from some of the best years of your life. Listen to the different playlists while you're working out to inspire you.
- Blog about your workouts. Take photos and videos during your workouts and blog about your experiences. Invest in a GoPro camera so that people online can see what you see as you work out.

Workout Habit #9 – Get Up from Your Desk

If you sit at a desk most of the day you are literally sitting your life away. New studies have confirmed what doctors have been saying for years – sitting too much is deadly.

Sitting at a desk for 8-10 hours each day and then sitting at a computer or on the couch at night is the leading cause of belly fat.

It can also cause diabetes, heart disease, and even cancer. It puts you at a higher risk for strokes and heart attacks.

To put it simply – you need to get up.

Walk and work?

One innovative way to get your work done without sitting all day is to invest in a walking desk.

No, the desk doesn't walk. You do.

The desk is specially designed to fit over a treadmill. You can walk at normal speeds and the desk keeps your laptop, phone, and other materials steady so that they don't fall or move around.

So, you can walk all day long while still getting your work done. These desks can be a little pricey, but there are also DIY versions for people who are handy with tools.

If you're interested in another type of desk workout you can buy a mini-elliptical machine that fits under your desk.

You can pedal it with your feet, kind of like a bike, while you are sitting at your desk. These mini machines are easy to move around so that you can take it home with you too.

An exercise chair

Another option for working out at your desk is an exercise ball chair.

You have probably used an exercise ball to work on your abs at the gym.

An exercise ball chair is the same type of ball you've used before. It just has a small seat and a back attached to it so you can sit in it.

The exercise ball chair forces you to work your core in order to stay upright. You can work your abs and destroy belly fat all day long with an exercise ball chair.

If sitting on an exercise ball all day isn't going to work for you here are some more ways to get moving during the day:

- Take the stairs. Even if it's just one or two floors going up and down the stairs all day long will get your blood moving and keep you healthy.
- Get moving on your breaks. Take a quick walk. Or hit the gym on your lunch break when you have time to squeeze in a workout. Get some of your coworkers to workout with you.
- Get up every hour. This is important. Even if you just walk from one end of the office to the other it's important to get out of your chair and move around.
- Do some office yoga. There are yoga sequences that are designed for people to do in an office or cube that will increase your circulation and reverse the effects of sitting for hours.
- Keep walking shoes at your desk. When you are feeling tired, burned out, or like you're losing focus put on your walking shoes and walk around the block. Even a quick walk in the fresh air will clear your mind and get your heart pumping.

Workout Habit #10 – Have Fun Exercising

Stop thinking of exercising as a chore that must be done and have fun doing it. The more fun you have exercising the more likely you are to keep doing it.

That's how you will lose belly fat and develop healthy workout habits that will keep you healthy throughout your life.

Fun exercise?

There really is such a thing as fun exercise. You just have to find out what it is that you like to do.

Try new sports and activities to find out what exercise you really enjoy. If you used to participate in some sports as a child why not try joining a sports team or league now to see if you still enjoy that sport?

Or if you always wanted to ride horses or take up running do it now!

There's no time like the present.

Start going for weekend hikes to clear your head and get back to nature. Sign up for a yoga class. Or try a dance class.

There are hundreds of new activities that you can try.

Join a gym

If you want to try some new exercises all in the same place consider joining a gym.

Gyms offer self-guided workouts, weights, fun classes, and even some sports leagues and swimming.

You will be able to find a new activity to do every night of the week. That is what will keep exercising fun.

Join as a family and you can participate in family sports together as a family activity. Many gyms offer discounts based on where you work. You also may

qualify for a bonus from your company for joining a gym.

Exercise can be fun!

If you're still having trouble seeing exercise as anything but a chore, stop thinking of exercise as something that you have to do for a certain period of time or in a certain place.

Stop tracking calories burned or worrying about how many miles you logged. Go back to the basics.

Go do some of these activities that are still exercise, but will bring the fun back to your workouts:

- Take your kids ice-skating.
- Go for a moonlight walk with your spouse.
- Go to the beach and swim.
- Put on some music and dance around the house in your PJs.
- Take a bike ride on a sunny afternoon.
- Do some gardening.
- Hike in a local park.
- Walk around the city you live in and pretend you've never been there before.
- Join a hula-hooping circle at a local park.

- Take up belly dancing

Workout Habit #11 – Consult A Personal Trainer

A great way to be sure that you are making progress towards your fitness and fat loss goals is to meet with a personal trainer.

A personal trainer can give you the kind of guidance that you need to keep working towards the goals you set.

A personal trainer can also help you set new goals.

Troubleshooting problems

Sometimes even when you are eating right and working out your fat loss can just stop. That's called a plateau and it happens a lot, even to people who are working really hard to lose weight.

Sometimes you need to tweak your diet a little in order to start losing fat again. Other times you may need to start a more challenging workout routine in order to kick start your fat loss.

When you hit a plateau, a personal trainer can help you figure out how to start losing again.

Many personal trainers also have some education and experience with nutrition so a meeting with a personal trainer can help you adjust both your diet and your workout to help you get where you want to be.

Personal attention on a budget

It's actually cheaper than most people think to have a few sessions with a personal trainer.

If you belong to a gym check your membership agreement. Some gyms will include a few personal training sessions each month as part of your membership fee.

Other gyms have resident personal trainers who don't charge a lot for private sessions.

If your gym has personal trainers who accept private clients you can just schedule a session or two if that's all you need.

If you don't belong to a gym you can ask friends who do to recommend a personal trainer or you can find one online.

If the cost is more than you can afford, think about getting some friends together and splitting the cost.

A group session with a personal trainer can still provide some great information and insights.

Here are some of the things that a personal trainer can do for you:

- Create a specific meal plan based on your activity level, lifestyle and income.
- Create a personalized workout plan to maximize fat loss.
- Provide coaching and mentoring.
- Weigh and measure you to keep track of your progress.
- Keep you motivated.
- Suggest new workouts that you can try if you're bored.
- Suggest supplements that can help you get past the plateau.

Workout Habit #12 – Keep Workout Gear with You

This habit is the one that will keep you in your fitness routine no matter what happens in your day-to-day life.

In order to get a good workout in you need to have gear with you.

In fact, you should have multiple sets of gear with you.

No excuses

Investing in a few sets of workout clothes and workout shoes is a small price to pay for being able to eliminate your best excuse to workout.

If you have clothes and shoes always with you then you are always ready to exercise.

Whether you want to hit the gym at lunch or decide to join some coworkers for a run after work or want to go on a hike while you're visiting a friend for the weekend keeping gear with you means you have no excuse not to workout.

Multiple gym bags

If you are serious about losing belly fat and exercising more you really need four sets of gear and four bags.

Keep one bag always packed and by the door at home so you can grab it and go.

Keep another set in your car so that there are always workout clothes nearby.

The third set you should keep at the office in case you want to exercise on your breaks.

And the fourth set you should keep at the gym so that you always have a spare set ready in case you need one.

What you need in your gym bags

You should also be sure that you have all the things you will need to workout and clean up afterward in your gym bags.

Being prepared will make it easy and convenient to fit exercise into your day.

Each bag should contain things like:

- Workout shoes
- Several pairs of clean socks
- Tee shirts
- A sweatshirt or jacket
- Bottled water.
- A protein bar or two
- Baby wipes for cleaning up after a workout
- Soap and shampoo
- Deodorant
- Make up and a hairbrush
- A mirror or compact

Workout Habit #13 – Buy High Quality Workout Gear

If you're on a budget you might be tempted to skimp when it comes to workout clothes. After all, why pay a lot for clothes that you're going to sweat in, wad up in your gym bag, and probably not wash for weeks at a time?

But there are some very good reasons to pay a little more for workout gear.

Prevent injuries

One place you definitely shouldn't skimp on is the shoes you buy for working out. If you don't have the right support for your feet you can develop serious foot and leg problems.

Also, wearing shoes that don't support your feet make you more likely to trip, stumble, or fall. If you fall you could hurt yourself badly and make it impossible to exercise.

If you are on a tight budget there are ways that you can get high quality sneakers for less.

Shop during sales.

Look for brand name shoes at closeout stores.

Use coupons or discount deals.

Look for online shopping codes that will give you a few dollars off.

Combining all of these "money-savers" means that you can get the quality you need at a good price.

Durability

Yes, those cheap shirts and shorts that you buy from the discount store might get you through workouts for a few weeks. But cheaper usually means lower

quality. So those clothes won't last very long, especially if they are going through a lot of abuse.

Replacing them will cost more and it might interrupt your workout routine if you have to take the time to shop for more clothes.

Skip the hassles of dealing with cheap workout gear and invest in higher quality clothes. It is worth the cost.

If you really can't afford higher quality workout gear see if you can borrow some from friends or find some in a secondhand store.

Often people who give up working out donate their brand name clothes to secondhand stores.

Performance

Once you start to take your workout seriously you'll appreciate the higher performance of good workout gear.

Having tops and jackets that wick sweat and keep you warm will help you perform better. Better quality pants and shorts will give your legs the support they need.

Here's a few more ways to save money on high quality athletic wear:

- Shop at outlet stores. Many brands have outlet stores where you can get closeouts for discounted prices.
- Get group deals. If you and your friends go in together and bulk order high performance clothes you can usually get a wholesale discount.
- Checkout sporting goods stores and secondhand equipment shops. Skip the pricey boutiques and look for clothes at the same stores where you are buying other workout gear. You can often get great deals there.

Workout Habit #14 – Exercise at Work

One of the best healthy habits is exercising at work. Sitting all day can cause a lot of health problems.

Getting a good workout in during the day can help offset the effects of sitting and working all day. Even if you don't want to hit the gym on your lunch break there are ways to get your workout in at work.

Walking

Walking is a great exercise. It helps circulation and it's a low impact way to get some exercise in. You don't want to worry about breaking a sweat or being too exhausted to continue working.

If you keep a set of workout clothes and walking shoes in your desk or in a gym bag in the corner of your office you can quickly change and go for a walk either on your breaks or on your lunch break.

Walking on your breaks can add up to a nice workout even though each break is short.

Aerobics

If walking isn't something that you enjoy you can start an aerobics program at work.

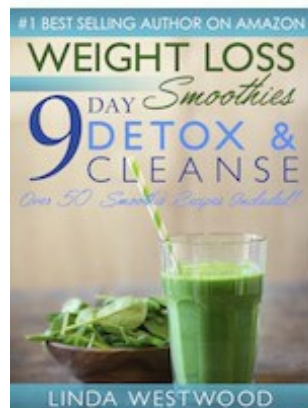
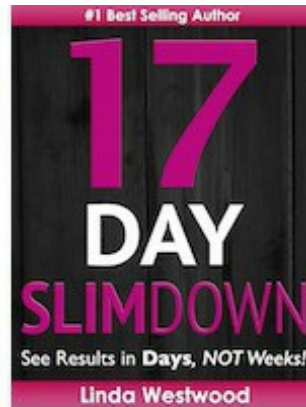
See if some of your coworkers would be interested in participating in a Zumba session.

Or hire a Yoga instructor to come in and teach a Yoga class during lunch a few days each week. If everyone splits the cost it won't be expensive.

Working out together can be a great way to raise morale and lower company health costs. You may even get a discount on your health costs because you are taking steps to lose weight.

Here are some other fun ways to get in some extra exercise at work:

- Desk Yoga. There are plenty of programs on smartphone apps and on DVDs that will show you Yoga sequences you can do at your desk.
- Office games. When the weather is nice grab your coworkers on breaks or lunches and go outside to play kickball, volleyball or other games.
- Run the stairs. Who needs a stair stepper when you work on the 5th floor of the building? Put on some workout clothes and run the stairs on your breaks.
- Park and walk. Try parking your car in another lot and walking a few extra blocks to and from work. That will give you a great workout and a chance to enjoy being outside.



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Workout Habit #15 – Track Your Progress

When you're trying to lose belly fat and become more fit it's important to keep track of your progress and your activity. You won't be able to measure how well you're doing unless you know what you are doing.

Tracking your activity and your progress will help you figure out what you're doing right and what you're doing wrong.

Weigh ins

No one likes getting weighed, but getting on the scale regularly and taking your measurements regularly is the best way to measure how much fat you have lost. You will love seeing all those inches drop off from your healthy diet and workouts. It's great motivation to keep going.

Fitness progress

When you first started working out you may have only been able to walk around the block, but now you can walk several miles.

That's the kind of fitness progress you should be tracking.

A good way to keep track of your fitness progress is to keep a workout journal.

Each day write down in a small journal what workout you did. Write down how you felt and how much of the exercise you were able to do. Then you can look back through the journal and track your own progress.

Activity trackers

An easy way to keep track of your workouts and activity is use to a fitness tracker. There are tracking apps that you can put on your smartphone that will track the distance you walk every day, how many calories you burn, and how many calories you consume every day.

Many of them are free.

You can also buy a fitness tracker that can be worn on the wrist or the ankle. These trackers monitor how many steps you take each day and other factors that can keep you healthy.

Here are some other ways that you can keep track of your progress:

- Use a calendar. This is an old school method that works well for people who are visually oriented. You can use any wall calendar or print a calendar. Use a special color pen or highlighter to mark the calendar each day you get a full workout. You'll feel a real sense of accomplishment when those marks start to add up.
- Use your clothes. When you start working out pick a pair of pants or a skirt that is too tight. Only put that item of clothing on when you are weighing yourself. Over time you will notice those pants get looser as you lose belly fat.

Workout Habit #16 – Exercise with Friends

It's a proven fact that exercising with friends makes you more likely to exercise regularly.

Exercising with friends is a great way to make working out more fun. It also gives you a chance to hang out with friends even if you have a busy schedule.

Accountability

Your friends aren't going to let you skate by with a halfhearted workout. They also will definitely notice if you don't show up.

When your best friend is at your door for a run and you are still in bed she's not going to let you off the hook. She will get you out there running.

If you work out with friends they will keep you accountable for exercising and that is a powerful tool to have when it comes to developing a good workout routine.

Fun workouts

Working out with friends is a great motivator to find new and fun ways to exercise.

You can try classes together, join a sports team together, or just rediscover things that you used to like to do together.

A bike ride with friends is a simple but satisfying workout that will make you feel like a kid again.

Each month let one of the people in your group pick a new activity for you all to try. You might discover that you are really good at rock climbing, or that your friend has a hidden talent for marathon running.

Group workouts

Group workouts can also make it cheaper to find new and interesting

workouts. If everyone splits the cost of a new activity or chips in to pay an instructor then everyone can afford to try new things.

Here are a few fun group workouts you can try:

- Zumba
- Crossfit
- Yoga
- Pilates
- Belly dancing
- Hooping
- Spinning
- Salsa Dancing
- Horseback Riding
- Rock Climbing

Workout Habit #17 – Make Exercise a Family Activity

One of the best things that you can do for your kids and for yourself is to make exercise a family activity.

Family hikes, playing sports as a family, even just playing games in the yard will have huge benefits for both you and your kids.

Teach a healthy lifestyle

Adults mimic the eating and exercise patterns they learned as a child. So eating well and showing your kids the fun of exercising will help them be healthy as adults.

One of the most important things that you can do as a parent is teach your kids how to live a healthy lifestyle that includes a good diet and lots of exercise.

Have more family time

When you work and have a busy schedule it can be really hard to find time to spend together as a family.

Exercising as a family is a great way to spend quality time together playing, laughing and talking. There are so many activities that you can do as a family you'll never run out of fun options.

Here are just some of the fun things you can do as a family:

- Go camping
- Take bike rides
- Go to the park

- Try zip lining
- Go swimming
- Take a hike
- Play soccer
- Play baseball
- Play tennis
- Go on a mountain biking vacation

Workout Habit #18 – Stay Motivated

One of the hardest parts of getting into a good workout routine is just staying motivated to keep going.

Everyone starts off strong and wants to work out often to lose lots of weight. But as the weeks go by it's easy to lose the motivation to keep improving yourself.

That's when you need to know how to motivate yourself to keep going.

Look better

You want to lose belly fat to look better as well as feel better. But shaming yourself isn't going to motivate you to workout harder or more often.

Instead of looking at photos of yourself when you're overweight and feeling bad, look at photos of people who look the way you want to look. That will keep you motivated to workout harder and accomplish your goal of looking great.

Feel better

Another reason to keep working out and lose belly fat is to feel better.

When you're tempted to skip your workout because it's cold or too hot or you're too tired, think about how great you feel after you exercise.

Remind yourself that working out is the cure for every kind of bad day. This will get you back into the gym.

When you're losing motivation and feel like giving up, here are some ways to stay motivated to keep exercising:

- Put some great music that will get you moving.
- Stop thinking about how bad you feel and just get moving.

- Call a friend and ask them to work out with you.
- Try a new exercise.
- Skip your scheduled workout and do something active that you just enjoy doing like swimming or horseback riding.
- Buy some new workout clothes.

Workout Habit #19 – Challenge Yourself

The only way to improve when it comes to fitness is to keep challenging yourself.

You may compete against others when it comes to playing sports but ultimately you are your only completion. You should always be striving to be better and accomplish your goals.

Healthy challenges

Challenging yourself doesn't mean beating yourself up. It means always trying to reach the next level and accomplish just a little more.

If you start out walking a mile each day when you can comfortably walk a mile, challenge yourself to do to two miles.

If you are attending spinning class two nights each week challenge yourself to go three nights per week.

Keep reaching for that next goal.

Going beyond your goals

Developing healthy workout habits is about more than just losing weight, although you will lose weight.

When you use these healthy habits to live a healthy lifestyle you will stay fit and thin for life. You will have a better quality of life, and you will be able to have the life that you have always wanted.

Accomplishing your fitness goals and then setting new goals will help you get ahead in life as well as in fitness.

You may discover that you have talents and passions that you never knew you had. But challenging yourself to live a healthy lifestyle is the best thing you can do to give yourself the best life possible.

Here are some ways that you can challenge yourself to keep working out and keep losing weight:

- Become a fitness instructor. Find something you love to do and learn how to teach it to others.
- Become a coach. Coach a youth sports team and teach a passion for fitness to a new generation.
- Learn a new sport.
- Open a gym.
- Teach a class showing others how to get fit.

Powerful Lifestyle Habits

Staying healthy requires more than just diet and exercise.

Belly fat, in particular, can also result from hormonal imbalances, stress, and other factors.

So, in order to lose weight and prevent excess weight from attaching itself to your mid-section, you need to combine a healthy diet, exercise, and a healthy lifestyle.

What is a healthy lifestyle?

A healthy lifestyle refers to finding some balance in your life.

You need to balance your career, family, and self. When you do that, or at least try to do that, you will reduce your stress levels and bring some balance to your hormones – especially those related to your stress levels.

Challenges to a healthy life

Modern life is hectic, stressful, and can make it hard to find that balance that you need in order to be healthy.

But if you work at finding that balance, you can achieve it. You just need to make having a healthy life a priority.

When you put your health, both physical and mental, at the top of your priority list, everything else will fall into place.

You just have to believe that achieving a healthy life is worth giving up some things. And it is worth it.

Without your health and well-being, it doesn't matter what you achieve, you won't be happy.

A holistic approach to fat loss

Doctors are now admitting that it does take a holistic approach that combines

physical, mental and emotional efforts to lose weight and keep it off.

When you develop these healthy lifestyle habits and use them with the healthy diet habits and healthy fitness habits that were already discussed you will be in the best shape of your life and happier than you've ever been.

Lifestyle Habit #1 – Sleep More

There is a real shortage of sleep these days. Thanks to smartphones, tablets and other gadgets, people are always connected to each other and to the Internet.

Numerous studies have shown that reading screens before bed can interrupt your sleep.

And people who can take their work anywhere, often never are off the clock. All of these factors lead to a serious sleep shortage.

You need more sleep

Sleep doesn't just prepare you for the next day.

When you are sleeping your brain cleans itself out. Your body resets itself and cleans out all the toxins that have built up. Your subconscious clears out the clutter so that your mind will be sharp and alert.

You need to get at least eight hours of sleep every night in order to be healthy. But most people are lucky if they get six hours.

The damage done

When you're not sleeping enough you can develop a huge range of problems, including weight gain.

Obesity, fatigue, irritability, depression, heart disease and other conditions can all be caused by not sleeping enough.

How to get more sleep

There are lots of things you can try to get more sleep, but you should use sleeping medications only as a last resort.

Instead of medications try these suggestions to get more sleep:

- Turn off your smartphone and computer at night.
- Meditate.
- Exercise regularly.
- Listen to soft music.
- Read a soothing book.
- Drink some hot tea or hot chocolate.

Lifestyle Habit #2 – Meditate

Meditation is a great tool for relaxation and stress reduction.

When you reduce your stress, you will reduce the chance of weight gain.

Lowering your stress levels can also help you naturally lose belly fat.

Meditating regularly will also help you sleep better.

Meditating is easy

Do you picture a serene person sitting on a mat in an empty room when you think of someone meditating?

Most people do.

But really, you can meditate anywhere.

You can even meditate at your desk or in the shower.

All you need is a quiet space. You don't even have to sit down if you don't want to.

What you need

All you really need to meditate is yourself. But some people like to use tools like incense, candles, music, or soothing lights to help them meditate.

It's up to you whether you want to use tools or not. But you don't need them.

You don't need a special room to meditate in either.

You can meditate at your desk. You can meditate sitting outside on a bench or under a tree. You can meditate in your bedroom or in any other room of your house.

If you have the space to dedicate a room to meditation – it's fantastic - but it's not necessary.

Learn to meditate

There are a lot of smartphone apps available that will lead you through a guided meditation. These are great for people who are new to meditation.

Put on some headphones and let a meditation guide walk you through a restorative meditation.

Here are a few ways that you can learn to meditate:

- Visit a meditation center.
- Go on a meditation retreat.
- Take a meditation class.
- Read a meditation book.
- Watch meditation videos online.
- Use a meditation app.

Lifestyle Habit #3 - Keep A Journal

Keeping a journal isn't just for kids.

Journaling is a valuable tool for getting rid of stress, dealing with problems, and living a healthier life.

A journal is a great place to write out all your frustrations and annoyances so that they don't build up and cause stress.

A journal can also keep you focused on living a positive and healthy life.

Use your creative skills

Art journals are very popular for adults. You can use paint, photos, stamps and other supplies to create beautiful art journals that are therapeutic as well creative.

Many people find that making art journals is a great way to document their progress through life. They will often make an art journal for each significant event in their lives.

Art journals don't have to be professional quality art.

No one will see them but you, unless you choose to show them to someone. They are a way for you to express yourself with a combination of art and words.

Stream of consciousness journals

Stream of consciousness journals, or SOC journals, are also great for reducing stress and improving creativity.

SOC journals can be just plain notebooks or fancy books depending on what you prefer.

Either first thing in the morning, or late at night, sit down and write three full pages without stopping.

Write about anything and everything that comes into your head. This will

help you reduce stress, focus more, and improve your creativity.

Here are some great journal prompts to get you started.

Write about any of these topics in your journal:

- What is your favorite memory?
- What was your first pet's name? How did you choose that name?
- What do you think society will be like in 100 years?
- What do you think your great-great-great-great grandmother would think of the world today?

Lifestyle Habit #4 – Reduce Stress

Stress is one of the leading causes of belly fat.

Stress can cause a huge range of health problems including things like heart disease, strokes, diabetes, belly fat and even heart attacks.

Stress can be deadly and most people have way too much of it.

No way to avoid it

Unfortunately, there really is no getting away from stress.

Life is stressful. Work, family commitments, friends, commuting and all the other demands on your time can cause a lot of stress.

And that stress can make you fat. But you can fight back.

Reducing stress

Luckily there are lots of ways to reduce stress.

You may not be able to do anything about your work hours or your long commute, but you can manage stress.

Eating a healthy diet and working out will help reduce stress, but there are other things you can do too.

Here are some ways that you manage the stress that you face everyday before it causes you to get sick or gain weight:

- **Make Time for Hobbies.** Hobbies are a great way to reduce stress. Try something you've always wanted to try like making jewelry or sailing toy boats.
- **Laugh.** Laughing is a great stress reliever. Go to some comedy shows. Listen to the comedians that make you laugh online or on CDs. Watch comedy show DVDs. Or just spend some time with your friends and

family members.

- Listen to music. Music is very relaxing and can dramatically reduce stress. Learn to play an instrument that you've always wanted to play or just listen.
- Volunteer. There's no better way to remind yourself how much you have than to volunteer. Volunteering will help others and help reduce your stress.

Lifestyle Habit #5 – Disconnect

These days it's almost impossible to leave work at the office, disconnect from the Internet, and just focus on relaxing.

Everyone has a smartphone or a tablet and a computer.

After working on the computer all day, people come home and spend all night on their smartphones or tablets connecting to people on social media.

But there is such a thing as being too connected.

Not natural

You need a period of time to wind down at the end of the day and work through the stress of the day.

Instead of coming home and getting online, you should be working out, or spending time with family and friends, or spending time on your hobbies. It's not natural or healthy to be in front of a screen all the time.

The light from those screens isn't natural either.

In fact, the light from the screens can be causing you to gain weight.

When your eyes are exposed to the light from smartphone, tablet and computer screens that light tells your body it's daytime.

When your body thinks it's daytime it sends hormones through your body to wake you up and keep you alert. This can ruin your sleep.

Unplug for your health

The best thing you can do for yourself and your health is unplug at the end of the day.

Turn the smartphone off or put it in another room.

Put the tablet away.

Don't get on the computer.

Give your body a chance to adjust and relax.

If you want to read then grab an actual book instead of an electronic reader.

Here are a few other ways you can disconnect and let your brain reset at the end of the day:

- Take a hot bath.
- Meet a friend for coffee.
- Write in your journal.
- Play with your kids.
- Go for a walk outside in the fresh air.

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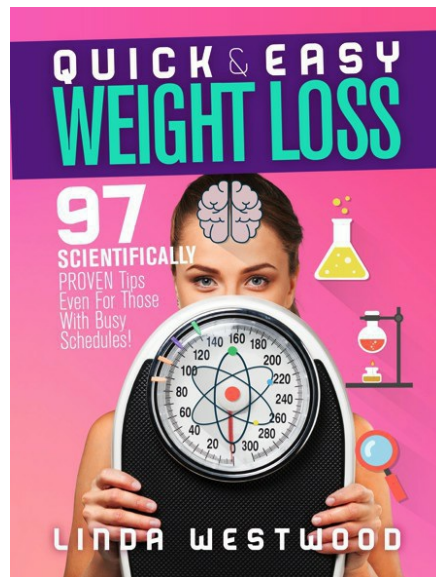
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Readers who have read this bonus book along with this book have seen the greatest changes in their weight loss both *FAST & EASILY* and have improved overall fitness levels – so it is *highly recommended* to get this bonus book.

Once again, as a big thank-you for downloading this book, I’d like to offer it to you *100% FREE for a LIMITED TIME ONLY!*



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Lifestyle Habit #6 – Reach Out to Family and Friends

Spend less time on social media and more time in person with your family and friends if you want to reduce stress and be healthier.

After all, social media might be handy, but it can't replace the experience of actually sitting with your friends and family members and talking or relaxing.

Real face time

Spending real face time with friends and family will help you relax, keep you grounded and focused, and keep you connected to the people that you love.

While using social media is a good way to stay in touch it will never replace family dinners, holiday celebrations, or picnics. Make time to actually spend time with the people you love.

Make the time

Everyone has schedules crammed with activities, school, work, and other commitments, so it can be tough to find time when you can all get together.

But it's important to make the time to see each other. Instead of spending an evening on the computer talking to your friends on Facebook join them for a drink at a local restaurant.

Instead of sending your mom an email to check on her drop by her house and have some coffee with her. Make the effort. It will vastly improve your life and theirs too. Here are some other ways you can make time to see your loved ones more often:

- Hold a family reunion.
- Offer to host a family holiday celebration.

- Take a family vacation.
- Take your kids to the town you grew up in and introduce them to your friends.
- Once a week meet your best friend for coffee or lunch.

Lifestyle Habit #7 – Be Active

You already know that you need to workout in order to be healthy and lose weight.

But living an active lifestyle is different from just working out. Being active in your everyday life means doing things for fun that will get you out of the house and get you moving.

Not just for the exercise but because they are fun to do.

The benefits of activity

Being active will do more than just help you lose belly fat. The more active you are the healthier your body will be.

Activity will improve mobility and keep you strong as you get older.

Activity also will help you keep a positive mental state of mind that can keep you healthy and young.

Finding activities that you enjoy

Your workouts should help you find some activities that you enjoy, but not all activities need to be strenuous exercise.

Gentle activities that are fun will provide a lot of the same benefits as a workout like increasing your metabolism and burning fat. They will also help reduce stress, which will help you sleep better and prevent excess belly fat.

Here are some activities that you might want to try:

- Tai Chi
- Kundalini Yoga
- Water Aerobics

- Boating
- Hiking
- Gardening
- Dog walking at a local animal shelter

Lifestyle Habit #8 – Give Back

The happiest people in the world are the ones who give the most to others. A balanced life also includes service to others.

Volunteering will get you out of the house and can provide wonderful opportunities for you and your family.

Volunteering is the best way to remind yourself of everything you have instead of being focused on how hard your life is. No matter what your circumstances are you can find a few hours each week to volunteer.

A family activity

Volunteering is a great thing to do as a family, or you can do it by yourself if you want some time on your own.

Volunteering as a family teaches kids to be aware of the feelings and needs of other people. It also teaches them that everyone needs to help others out in order for a society to function well.

As a family, you can volunteer to prepare food at a soup kitchen, help out with the local church picnic, or help cheer up sick kids in the hospital.

If you want to volunteer by yourself there are plenty of ways to give back. Volunteers are always in high demand and short supply.

Not only is volunteering great for all these reasons, but there are many jobs that you can do, some of which will actually get you moving and increase your activity.

Consider volunteering for some of these organizations in order to help someone else have the chance at a better life:

- Animal shelters
- After-school programs

- Sports leagues
- Mentoring groups
- Reading to the elderly.
- Making blankets and other items for babies in the hospital.
- Helping with disaster relief.
- Building homes for the poor.

Lifestyle Habit #9 – Be Thankful

When was the last time you truly gave thanks for everything you have?

Being grateful for what you have is a habit that can bring you a lot of peace and joy. Being thankful is a mindset that successful people cultivate because it keeps them focused on the positive and not on the negative.

The more you give thanks for what you have the happier you will be.

Gratitude is for everyone

If you are not where you want to be in life you might think that you don't have that much to be grateful for. But that's exactly the kind of attitude that will keep you stuck in a negative cycle physically and mentally.

No matter what is going on in your life you have something to be grateful for. No matter how bad you think things are if you are alive you have a reason to give thanks.

Expressing gratitude

A great way to give thanks every day is to keep a gratitude journal. Your journal doesn't have to be fancy, although it can be if you want to decorate it.

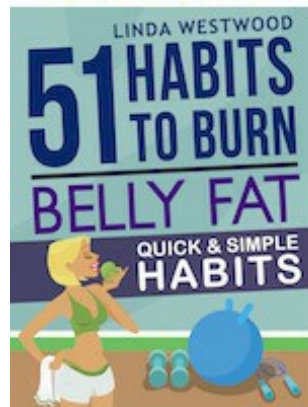
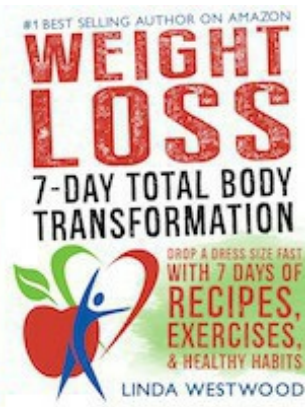
At the end of the day sit down and list 10 things that you are grateful for in your life. Just writing down 10 things each day that you are thankful to have in your life can change your entire outlook.

When most people start to write a gratitude journal they think that they will never find 10 things every day to be grateful for. But once you start thinking about all the things that make you happy you will realize that you have far more than 10 things each day to be grateful for.

The main positives behind this habit in relation to losing weight is that it will not only help reduce stress, which leads to weight loss, but it will also keep you in a mentally happier and healthy state of mind.

Here are just a few things that you might want to give thanks for:

- Being alive
- Hot coffee in the morning
- A warm place to live
- Friends and family who love you
- Having good health



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Lifestyle Habit #10 – Maintain Your Standard of Lifestyle

The last healthy lifestyle habit is to maintain having a healthy lifestyle by making it an expectation as a standard. Being focused on staying healthy and making the choices that you need to make in order to stay healthy.

This is the key not only to losing belly fat, but also to keeping it off and maintaining a healthy weight throughout your life.

Healthy diet

Now you know how to eat a healthy diet that will help you lose belly fat.

Choosing a healthy diet for years to come instead of dieting on and off will help you look great and feel great.

Remember that food is fuel for your body, not something you should be using to work through your emotions.

Exercise

You also know now why you need to exercise regularly.

It's not just about losing weight. It's about keeping your body healthy and strong.

When your body is healthy and strong you will be happy and active for the rest of your life.

Living the lifestyle

In order to live a healthy lifestyle, you need to get enough sleep, make your health a priority, get out from behind the computer and out of your house.

Give back, and spend time with the people that you love.

If you combine all of these habits you will be living the healthy lifestyle and you will have a healthy body and a healthy mind.

When you start to feel your life fall out of balance you can get your balance back again by:

- Focusing on choosing a healthy low carb diet.
- Working out more.
- Remembering to make your emotional and mental health priorities also.

Conclusion

There's a lot of information in this book to process. Take it slow and go through each habit carefully.

Try to implement one or two habits at a time and once you've got those down try a few more. Eventually you will find yourself with a balanced life and a lot less belly fat.

All the information that you need to lose that stubborn belly fat and get a more balanced life is right here.

You can come back to these tips over and over again if you need to remind yourself how to lose belly fat or if you just need some motivation to keep going.

Get started today to look and feel the way that you've always wanted to feel!

Final Words

I would like to thank you for downloading my book and I hope I have been able to help you and educate you about something new.

If you have enjoyed this book and would like to share your positive thoughts, could you please take 30 seconds of your time to go back and give me a review on my Amazon book page!

I greatly appreciate seeing these reviews because it helps me share my hard work!

Again, thank you and I wish you all the best with your weight loss journey!

Sneak Peek

13 Morning Habits to Lose Weight



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Who is this book for?

Have you tried to lose weight before but failed?

Are you struggling to stick to healthy habits?

Are you one of those people who *know* what to do, but struggle to *actually do* it?

Then this book is for you!

I am going to share with you some of the MOST effective morning habits that you can add into your life to lose weight, feel great and be energized throughout your entire day!

I have given you a simple action plan at the end of each chapter so you can implement each habit very easily!

Also, you don't have to be overweight to benefit from these habits.

Yes, they help you lose weight, but they also help you live a healthy life, as well as feel recharged and energized ALL DAY LONG!

What will this book teach you?

This book is not like others!

It doesn't just contain generic advice that we all already know, but actual morning habits that have been identified to INCREASE weight loss, IMPROVE energy levels, and LEAD to a more healthy life!

Some of these habits are very simple and you can begin implementing them from tomorrow morning, and some are a little more difficult, in that you will need to practice them more!

I will also share with you why each of these habits work and are so effective – along with a simple action plan to help get you started and on your way to lasting success!

Introduction

Want to lose weight and feel great?

Then this is the book for you.

If you are anything like me, you have tried just about every diet on the planet and have lost and regained weight several times over.

It's a vicious cycle – you diet and lose the fat, only to find that it arrives back with MORE when the diet is over!

Diets don't work!

They create an unnatural feeling of deprivation and the body starts to rebel quite fast.

I, for example, am not a choc-a-holic – I enjoy chocolates, but don't eat too many of them... until I go on a diet.

Once I start a diet my body starts demanding chocolates, and all the other stuff I shouldn't be eating.

Many people find that the same type of thing happens to them. Dieting is clearly not the answer. If dieting did work, there would only be one diet plan out there and no one would be overweight or obese.

This book is different – it is not a diet book.

In this book I give you 13 little habits that you can add into your lifestyle so that you naturally and painlessly lose weight and keep it off.

Thirteen may seem like a lot but here's the rub – you will adopt each one individually, at your own pace. In fact, I insist that you do not rush it – this process should take no less than two weeks at the very least.

I know that you are motivated to get started on everything now, but this program works because it is done step-by-step. Introducing each habit individually allows your body to cope more readily with the changes. Try to do them all at once and you will probably give up.

Each habit will, by itself, help you to lose weight. As you build more habits

in, each habit builds on the last and you will see even more progress.

Some habits will be easier to adopt than others but, at the end of the day, it is worthwhile to adopt all of them.

Eventually, when you have adopted all the habits, you will be living at the next level – you'll be healthier and more energetic in ways that you have never been before.

Read the book slowly, I have written out an action plan for each habit to make it easy for you.

No more excuses – let's dive right in!

Morning Habit #1 – The MOST Common Habit Of Healthy People

The most common habit of healthy people is that they wake up early every morning.

Your body will thank you for it – our bodies were designed to sleep when it is nighttime and to be awake during the day when the sun is up. Getting up earlier, around the time the sun rises, is more in sync with our natural circadian rhythms.

You will find that you settle into this sleep cycle a lot easier as time goes by, resulting in the right amounts of rest each night.

The Leptin and Ghrelin Issue

Remember the last time you got to bed too late and woke up feeling less than refreshed.

Perhaps it was last night?

How hungry did you feel?

How easy was it to make healthy eating choices or did you just want to eat everything in sight?

Better sleep leaves you more able to deal with the stresses of the day. By not getting enough sleep, you are putting stress on your body and more cortisol is produced.

More cortisol means two of the hormones that help regulate appetite – Leptin and Ghrelin – begin to function ineffectively.

Not only are you more vulnerable to poor eating choices because you are tired, but your brain is not getting the right hunger messages from the hormones that it should.

Your brain is demanding energy and wants high calorie foods to satisfy it. Ghrelin is suppressed so the brain is not sent the message that you have eaten enough.

When you get enough sleep, your brain does not have this need for instant energy since your cortisol levels are a lot more stable. You will therefore find it a lot easier to follow a healthier eating plan and make good choices.

Even your metabolic rate benefits – those who get enough sleep have a much stronger metabolism.

According to [this article](#) in Women's Health magazine, studies have proven conclusively that being exposed to morning light by waking up earlier is linked to a decreased chance of being overweight.

Try it yourself – go to bed tonight with your curtains open and let the sun wake you in the morning.

I'm a Night Owl

This may seem a little tough at first, especially for the night owls, but it won't take long before you get used to it.

It was even hard for me at first!

But what you do need to realize is that you are doing this so that you can live life to the fullest.

I figured that it came down to a simple choice – either I was happy being overweight and could carry on hitting the snooze button or I was willing to feel miserable for a few days so that I could feel great for the rest of my life.

Basically you need to figure out whether or not the payoff for staying up late and waking up late is really worth not giving this its best chance.

ACTION PLAN

1. This is best started immediately. If you have a big day coming up or are worried about being tired, schedule it to start over a weekend instead.
2. Decide on what time is early in your part of the world and count back 8 hours from there. This is your new target bedtime.
3. About an hour before bedtime, you want to switch off your laptop, TV and cell phone. If possible, dim the lights in the house. (If you don't have a dimmer, wear a pair of sunglasses – yes, seriously!) Artificial light is very stimulating to the brain and interferes with your body's production of melatonin – the hormone that makes you sleepy.
4. Do something relaxing leading up to bedtime like reading a book – just not a best seller.
5. Go to bed when you are feeling sleepy – if you do not fall asleep within about 15 minutes either get up and start reading again (don't forget the sunglasses) or, if you are able to, just relax in bed. It is important not to get caught up in how much sleep you are getting.
6. Set the alarm early and disable the snooze button.
7. When the alarm goes off, jump out of bed, open your curtains and bask in the sunlight. If possible, go outside for five minutes as well.

Morning Habit #2 – The Morning Drink That Will Change Your Life

The next one is super easy.

Drink warm lemon water first thing in the morning – use water that is tepid, not boiling, and use fresh lemons.

The Benefits:

- **Smoother Digestion**

Because of its chemical make-up, it stimulates the liver into producing bile – the acid that we need for digestion. This benefits the digestive tract even further by helping to get rid of internal toxins. Contrary to popular belief, lemon is not acidic in the digestive tract and can help treat heartburn, bloating and belching. For those with dread diseases, lemon water can help to gently get their bowel movements back on track.

- **Detoxifier/Diuretic**

Part of the reason that it is a valuable detoxifier is that it is a diuretic – you may urinate more allowing your body to get rid of toxins faster. This also benefits your urinary tract. It doesn't stop there – it also helps to detoxify the liver.

- **Weight Loss**

The pectin in lemons is a fiber and this is great for killing hunger pangs. Those who eat a diet that is richer in fiber, and thus richer in alkaline, actually find it easier to lose weight.

- **Boost Your Immune System**

The high Vitamin C content makes them valuable in treating and preventing colds and flu. The high potassium content helps with the brain and nerves and also with regulating blood pressure. The Vitamin C also has anti-inflammatory effects. Overall, they are great weapons in the fight against disease.

- **Alkaline Properties**

As mentioned before, lemon juice becomes alkaline in the blood stream. Drink it often and the blood's pH becomes less acidic. This, in turn, helps to protect you against diseases, as they require an acidic pH to thrive. If you have gout, lemon juice can help neutralize it.

- **Glowing Skin**

The nutritional content of the juice helps to nourish the skin and also helps to fight off free radicals. It could also help fight the bacteria that cause acne. With less toxins circulating in your system, you can expect clearer skin as well.

- It is a well-known fact that the citrus oils in aromatherapy are stimulating. Whilst the smell of the juice in the water is not as intense, it can still give you a bit of a mood-enhancing boost.
- The juice also helps to kill off the bacteria in the mouth that cause problems. That said, the acidity in the lemon can affect the tooth enamel so you should rinse out your mouth after drinking it and wait a while before brushing your teeth.
- The water helps to up your hydration levels thereby increasing your energy levels. It is a great way to brush the cobwebs of sleep from your brain.

This is such an easy fix that it is amazing that it does actually work. Grow your own lemon tree if you can – that way you have fresh fruit on demand all the time.

ACTION PLAN

1. You will need half a fresh lemon a day, so unless you have a lemon tree in your garden, get a few. (No more than 4 – they are better fresh).
2. As soon as you have said hello to the sun, pour yourself a glass of tepid water – not too hot or too cold, just right!
3. Cut your lemon in half and reserve one half for tomorrow. Squeeze as much juice as you can manage from the other one.
4. Bottoms up! I find that downing it is best. I have a sweet tooth so I didn't enjoy it at first – you quickly get used to it. Now I can feel the difference if I skip my lemon water.

Did You Enjoy 13 Morning Habits?

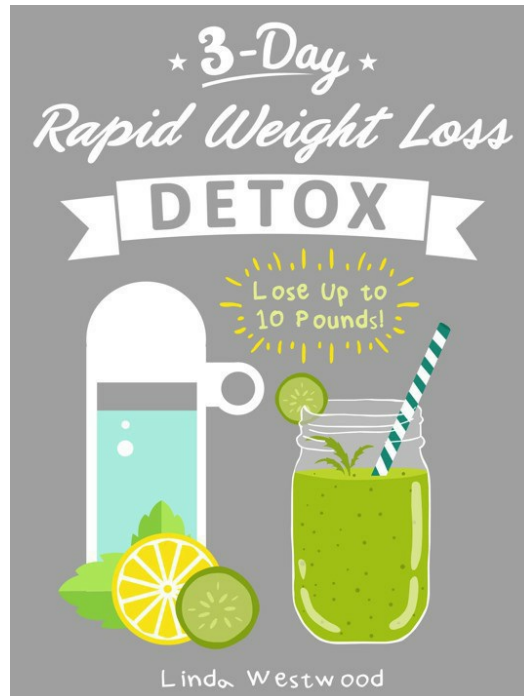
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Sneak Peek

3 Day Rapid Weight Loss Detox



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Who is this book for?

Do you need a *strong* kick-start with your weight loss?

Do you need to lost weight *FAST*?

Do you have an event coming up that you need to *shed pounds fast* for?

If you answered “Yes” to any of those questions – **this book is for you!**

I am going to share with you the most effective way to rapidly lose weight and detox your mind and body in just 3 days!

I have put it all together in this awesome Weekend Weight Loss plan!

The best part about is that you are going to see amazing results and this will *TRANSFORM YOUR BODY (inside and outside) IN JUST 3 DAYS!*

You can be a complete beginner or someone who works out regularly, it doesn't matter!

If this sounds like it could help you, then keep reading...

What will this book teach you?

Inside, I will teach you one of the best ways to quickly lose weight, especially targeted to cleansing your body with a 3-day detox!

You will feel the healthiest you have ever felt – have the most energy you have ever had – and the fat will be melting *constantly!*

How?

Because you're going to be consuming the right things to cleanse your body in a short period of time.

In this book, I give you the plan right in front of you that will change your life – all you have to do is follow it!

One of the most important things for you to realize when reading this book is that this weight loss plan *really does work!*

However...

For you to achieve *real success*, you HAVE to apply this to your life.

This is where most people fail – they read through the entire book but do nothing.

You MUST try your best to apply as you read through the book!

Introduction

Are you struggling to lose weight?

You are not alone. 30 percent of the world's population is overweight or obese.

Why does it matter?

What makes millions of people endeavor to lose weight each year?

Frankly, health. Obesity can lead to high blood pressure, diabetes, osteoarthritis, heart disease and coronary artery disease, fatty liver, sleep apnea, and certain kinds of cancer.

Many people who begin a weight loss regimen do not continue because even when they eat a healthy diet and exercise they cannot seem to lose weight.

However, if you are losing the battle of the bulge, the problem might not be your diet. It might be within your body itself.

Slow Metabolism

Metabolism refers to the efficiency with which your body burns calories for energy. The “speed” of your metabolism, whether it is fast or slow, coincides with the ease of losing weight.

Many factors can have an effect of the speed of your metabolism. Your fitness level and your body composition, that is the ratio of muscle to fat, will affect it. If you carry more muscle, you burn calories more quickly.

Your age has tremendous influence on your metabolism. When you are young, you have a speedy metabolism that burns off calories very quickly.

Do you look back longingly at your teenage years when you could eat anything and not gain weight?

You were able to eat like that because your metabolism was lightning fast. But, as you age your metabolism slows down.

Even in your 20s your metabolism can stay pretty fast and keep you slim. But

after you turn 30 your metabolism slows down a lot and that can lead to weight gain.

Your metabolism will continue to slow down as you age. So, unless you find a solution that works for you, it will just get more and more difficult to lose weight.

It is, however, possible to speed it back up, and your detox is a good precursor to the healthy lifestyle that will do just that.

Body Pollution

Another factor that can make it hard to lose weight is years of body pollution.

All that fast food, refined sugar, and extra calories can take a huge toll on your body. Your liver, which is what processes wastes in the body, may not continue functioning effectively because it's been working overtime.

When you eat an unhealthy diet, fail to exercise and do not take care of yourself for years at a time, your body suffers. The effects of all those harmful years can make your body sluggish and polluted, which can make it tough to lose weight.

Detox and Weight Loss

If you want to kick start weight loss or cleanse your body so that it functions as effectively as possible, a detox is the way to go.

Detox is short for detoxification, and it is the process by which we remove toxins from our systems. Participating in a detox can be less than pleasant, but it will rejuvenate your body, clean out the pollution and toxins, and make it easier for you to lose weight.

Additionally, a liquid diet is effective for weight loss.

While the 3-day detox diet is designed only for use over a short time period, similar diets are used to lose tremendous amounts of weight, with a doctor's supervision.

There are many other weight loss programs that suggest two shakes a day and a "sensible" dinner. So it should come as no surprise that the 3-day detox diet, being completely liquid, can perform amazingly to assist you in losing

up to 10 pounds in one short weekend.

Chapter One: Why It Works

What happens to cars that never have an oil change?

The build up of sludge will destroy the motor. The same thing happens in your body when you do not take care of yourself.

If you stopped showering tomorrow what would happen to your skin?

Dirt would build up. Pollutants from the environment would build up. Your skin would look terrible, with probable breakouts, even rashes.

Your skin would also *feel* terrible. It would be itchy. Bacteria and toxins would build up and might cause sores and infections. So to prevent that you shower and wash with soap frequently.

Detox does the same thing for your internal systems that showering does for your skin. Over the years, all those pollutants and bacteria and other toxic chemicals in your body build up. They slow down your body's waste disposal system and make it difficult for your body to function.

You may gain weight, or have a harder time losing weight. Additionally, you may frequently feel exhausted, or lethargic. It may seem as if you are moving in a fog all the time. If your liver isn't filtering toxins out of your body the way it should you might find yourself getting sick more often.

An Internal Cleansing

When you go on a detox, you are giving your body a break from the daily barrage of fat, sugar, and other unhealthy pollutants to which you subject it. At the same time that you are giving your body a rest from breaking down and processing unhealthy foods, you are feeding it with healthy foods, such as fruits, vegetables and nuts.

Those healthy foods, when combined as the 3-day detox diet explains, will flush the toxins and bacteria out of your organs, your bloodstream, and everywhere else in your body. This will get your circulation and waste disposal systems working at full capacity again.

Once your body is running on all cylinders again it will be able to break down fat for energy and you will start to lose weight. It will also get rid of all

the excess waste and nasty debris in your body that could be keeping you from losing weight and feeling your best.

Think of your body as being a living machine. All machines need maintenance. You don't expect your car to run forever with no maintenance, so why do you expect it of yourself?

If you want your body to be a fat burning machine, sometimes you need to give it a little tune up so that it will work the way it is supposed to work. A detox is exactly the kind of maintenance that your body needs to begin metabolizing food more efficiently.

There are several additional benefits to your 3-day detox.

The 3-day detox diet may bolster your immune system. Once your waste disposal system is cleaned out, your focus on vitamin rich super foods should serve to supercharge your immune system.

The detox will improve the appearance and clarity of your skin. The epidermis, or skin, is the body's largest organ. Of course, the removal of toxins will reflect in your skin. Although you may experience patchy, itchy skin, or even an increase in breakouts at the beginning of the program, by the end of it you should see beautiful results.

The 3-day detox can help you regain your focus of mind. Some followers of the program say that detoxing cleared up fuzzy thinking and got their bodies and minds in balance.

Detoxing can give you healthier hair. Many people have said that removing the toxins from their bodies allowed their hair to grow faster and become healthier.

The 3-day detox can have anti-aging benefits. The build up of toxins is one of the major causes of the effects we think of as aging. The process of clearing out impurities tackles free radicals that cause us to look and feel older.

As you can see, the 3-day detox can deliver much more in addition to weight loss!

Chapter Two: Prepare Before The Weekend

The best way to do a 3-day detox is to pick a weekend that you can focus on yourself. You should plan on staying home for most of that weekend.

If you are doing the detox to lose weight before going to a wedding, a banquet, or another special occasion, it is a smart idea to do the detox a week in advance of the event. That will give you time to recover and look great at the event. Don't worry; you won't gain back the weight in a week.

Why Do It On A Weekend?

Doing the 3-day detox on a weekend is highly recommended. You probably should not attempt to drag yourself to work when you don't feel or look your best.

A detox is great for your body once it is done. However, you might feel cranky or even more sluggish and tired while you are actually engaged in the detox. This reaction is due to your body working overtime getting rid of so many toxins and other unhealthy pollutants from your system.

So plan on taking a 3-day weekend to do the detox. You deserve it!

Make it at a spa weekend for yourself. Get some movies that you have been wanting to watch, load up on books and magazines, and plan on staying in your pajamas and pampering yourself all weekend.

By the time the detox is done you will be rested, and you will feel great. You will also be up to ten pounds lighter and your skin will be glowing. You will look fabulous for that special event.

Shop In Advance

Once you have picked a weekend to focus on your 3-day detox, you should take the time to create a shopping list. You will want to get all the items that you will need to do the detox in advance.

Going to the store during the detox will just tempt you to buy and eat a bunch of unhealthy food, and you will likely not feel up to it. One of the most important elements of any healthy lifestyle change is planning ahead. Another is avoiding temptation!

So it is smarter to buy everything you are going to need ahead of time. That way you have no reason to go to the store and no excuse to go off of the detox diet. Making a complete shopping list ahead of time will also ensure that you have everything you need to do the detox.

Your health and the success of the 3-day detox depends upon following the plan, and you can only do that if you have all the ingredients.

Ordering Supplies

Shopping in advance will also make it easier to find the items that you need to do the detox properly. Of course, you will have no trouble finding things like fruit and vegetables at the grocery store.

However, you might have a hard time finding the supplements that you need, some of the additional ingredients for the detox drinks, and the essential oils that you need for a detox bath. Thinking and planning ahead ensures that you will know if you can buy what you need or if you'll have to order it.

If you discover that you live in an area where items like those listed above can be difficult to procure, you will probably have to order some of them online.

Start researching the best shopping sites for those items as soon as you pick the weekend that you want to do the detox. Order immediately, so that they will arrive in time. Another benefit to this approach is that if you decide to do the detox again for another event you will already have those items on hand.

Buy Organic and Local

When you buy the fruits and vegetables that you will be eating on the detox make a special effort to buy organic or local vegetables and fruit.

You are doing this detox to make your body healthy, so do not start out by eating unhealthy GMO fruit and vegetables which may introduce more pollutants and toxins into your system.

Remember that you are what you eat. If you want to be healthy, you must eat healthy food. Treating yourself and spending a little bit of extra money for organic or local produce is worth it for this purpose.

Once your body has detoxed you should use the lessons you will learn and make an effort to eat higher quality foods. You know you should stay away from processed food, refined sugar, and high fructose corn syrup and the 3-day detox will get you started down that healthy path.

Organic food, especially locally grown organic food, is richer in nutrients than conventionally grown food. Organic food is not exposed to chemical pesticides and fertilizers, and so will not reintroduce the toxins you are trying to flush out with the 3-day detox.

Local foods in particular retain more vitamins and minerals simply because they fresher.

Where to Shop for Local and Organic Foods

If you have a local natural foods store or food co-op you should be able to find plenty of organic choices of fruit and vegetables there.

You may be able to find the supplements and other supplies that you need there as well. Many natural food stores and co-ops carry spices, supplements, teas, and even the essential oils that you will need for your relaxing detox baths.

Some communities have a program called Community Supported Agriculture, or farm sharing. If you belong to a farm share, you pay for a crate of locally grown organic vegetables and fruit and you pay the farmer directly.

Some require an up front payment for a season, but some you can join anytime. You might want to check out local farms to see if they have the fruits and vegetables that you need and if they have a farm-sharing program.

If not, you can find local farmer's markets online and see what fruits and vegetables you can find there. It's best to look at the organic section even here, because some farmers include store bought produce to sell more variety.

If you cannot find any organic or local vegetables and fruits you can still do the detox, but using organic vegetables and fruits is the best choice.

Vitamins and Supplements

While you are on the detox, you will be drinking every meal and you will not eat any solid food. To insure that you get your required nutrition, you need to take a very high quality multivitamin supplement for the duration of the detox.

Many of the nutrients that your body requires to function will be coming from the multivitamin during the detox.

That is because the detox is going to be working on flushing all the nasty stuff out of your body. Taking a multivitamin will be giving your body the vitamins and minerals it needs to keep functioning while the detox gives your organs and cells a good flushing.

You Need a Multivitamin

As any nutritionist will tell you, you should really be taking a high quality multivitamin supplement each day anyway. A good multivitamin can help your body stay healthy. It also will help you maintain a healthy weight.

Your body knows what it needs and it serves these needs with cravings. If you are getting the nutrition you need, you will find it easier to stick to any eating plan you have.

Even if you eat a very healthy diet there are going to be times when you don't get enough of certain vitamins and minerals. Some minerals can't be gotten from commonly available foods and have to be taken in supplement form. Some vitamins and minerals are there in the foods that you eat, but not in the sufficient quantities to help you stay healthy.

So investing in a high quality multivitamin is going to benefit you even after you are done with the detox, as you begin a healthier lifestyle. Don't stop taking it just because the detox is over.

How to Choose a High Quality Multivitamin

Have you ever looked at the vitamin aisle at the local pharmacy or grocery store? There are hundreds of choices when it comes to multivitamins!

More so, if you go to a health food store or a specialty supplement store, there are even more choices. It can be extremely challenging to try to choose a good quality vitamin when there are so many on the market. According to

their labels, every single one is the best! It can seem nearly impossible to choose.

However, there is one fool proof way to be sure that the vitamins you are buying is good quality. According to nutrition experts, if you want to buy a high quality vitamin it does not matter which one you buy as long as the vitamins come from food.

Synthetic Vitamins vs. Food Based Vitamins

Wait a minute, all vitamins do not come directly from food?

That sounds crazy, doesn't it?

It seems counterintuitive, but it can be true. In order to make vitamins cheaper to produce some companies use synthetic vitamins that are created in a lab.

Other vitamin companies break down actual food and extract the vitamins from it. Vitamins from food ingredients have the highest quality nutrition to help you stay healthy. That is the kind you want to buy.

Why Synthetic Vitamins Are Bad For Your Body

The human body is a complex organism. When the body breaks down food in order to get the vitamins and minerals out, it does not isolate each individual vitamin.

It uses those vitamins in pairs or groups to make it easier for different parts of the body to use those vitamins.

Vitamin C Isn't Just Vitamin C

As an example, take a look at Vitamin C. You need Vitamin C to stay healthy. It boosts the immune system. It keeps your cells healthy. It has been linked to cancer and stroke prevention, and even eye health.

Some food scientists say that Vitamin C can even help you live longer. Perhaps most important during your 3-day detox, Vitamin C helps your body absorb and process all of the other vitamins and minerals in your detox drinks

The base of Vitamin C is Ascorbic Acid, but the Vitamin C that is in food is a lot more than just Ascorbic Acid. Research shows that Vitamin C should be

considered a complex of C vitamins, in a similar way to the Vitamin B Complex that is available. It also has trace amounts of other vitamins and minerals, called phytonutrients, that all work together with Vitamin C to make your body stronger.

Vitamin C that comes from food will be more complex, and have those tiny quantities of other vitamins and minerals that you need, but synthetic vitamins will have only Ascorbic Acid.

Ascorbic acid alone does not have nearly the benefits for your body provided by a natural form of Vitamin C.

Synthetic Vitamins Are a Waste in More Ways Than One

Synthetic vitamin and mineral supplements are created in the lab, but even scientists claim that they are “essentially” the same as those from food.

However, they are not identical chemically, and hence the body may not even recognize them as nutrients. Some of these manufactured supplements may even be seen as *toxins by the body*.

Science is only now beginning to understand phytonutrients and how they contribute to our health.

How can science possibly duplicate something it does not even understand?

Additionally, since synthetic vitamins do not have those paired up vitamins and minerals, the body does not know how to process them effectively.

Most of the time the body will not even process synthetic vitamins and they just end up getting washed out of the body with other wastes. Taking synthetic vitamins is a lot like flushing money down the drain.

Pick a Plant Based Multivitamin

When you are detoxing your body will need the best supplemental vitamins and minerals you can give it. So in order to give your body the support that it needs while you are on the 3-day detox look for a supplement that uses vitamins and minerals from food.

To find out if a vitamin is food based or synthetic check the back of the label carefully. Vitamins that are plant based will usually have a long list of

vitamins that are in the multivitamin.

The label usually will say that the vitamins come from food.

If the label doesn't say where the vitamins come from a surefire way to tell is to look at the listing for Vitamin C. If the label says Vitamin C, then the supplement is plant based. If it is labeled Ascorbic Acid then you can be pretty confident that the vitamin is synthetic.

Organic Vitamins

If you are buying your supplements at a local natural foods store, you might wonder if a higher priced organic vitamin is worth the extra cost. Some foods are really not worth paying more for an organic label, but vitamins are worth paying more for.

The organic label on a multivitamin means that the ingredients in the supplement come from organic food, which is extremely beneficial to your health. A "raw" food label is a plus. Organic and raw foods have the highest levels of vitamins and minerals.

So if buying an organic vitamin is an option, you should spend more to get an organic or raw food multivitamin. Take this 3-day detox as an opportunity to not only lose weight but also start taking better care of your body.

Taking care of your body starts with investing in better quality food and supplements. When the detox is done, you will feel rejuvenated. Eating high quality organic food and taking a high quality multivitamin will keep you feeling great after the detox is over, and it will help you maintain your weight loss.

The next thing that you will need to make your 3-day detox a success is a good probiotic.

What Is a Probiotic?

Probiotics are certain forms of bacteria that are essential to your health. We think of bacteria as harmful, but some we actually need for our systems to work properly.

The term "probiotics" was coined to differentiate between the two. If you

don't have enough probiotics in your body, or if the harmful bacteria are out of balance with the helpful bacteria, you can develop a lot of uncomfortable and unhealthy conditions.

Probiotics work with your body to keep it functioning the way it should.

Why You Need a Probiotic

Did you know that your body has both good bacteria and bad bacteria?

Good bacteria keep your body balanced and help your body prevent illnesses. Good bacteria prevent things like diarrhea, gas, bloating, infection, and many other illnesses and conditions. Bad bacteria can also cause skin problems like eczema and rashes.

You always have good bacteria and bad bacteria in your gut. But when the balance of those bacteria is out of whack it can cause some pretty serious problems.

This is another area science is only beginning to understand. Lots of things can cause an imbalance of bacteria in your body like:

- Getting sick
- Eating an unhealthy diet
- Taking certain medicines like antibiotics
- Eating too much sugar
- Stress

Taking a probiotic will introduce good and helpful bacteria back into your body. Those bacteria can restore the balance that you need to have in your gut in order to be healthy.

When you are doing the 3-day detox taking a probiotic will help get rid of the

overabundance of negative bacteria and waste products that you are going to be flushing out of your body.

You can get some probiotic benefits from eating yogurt, because yogurt contains a very powerful and helpful probiotic agent. But, since you will not be eating any solid food on the 3-day detox you will need a probiotic supplement to bring your body into balance.

How to Choose a Probiotic

Choosing a probiotic supplement can be even more confusing than choosing a multivitamin.

In order to find a high quality probiotic you might need to go to a health food store or even order one on-line. A multitude of factors affect your choice of a quality supplement.

Live and Active Cultures

Have you ever noticed on a yogurt label the phrase “live and active cultures”?

That means that the bacteria in the yogurt are the kind that is good for you. The key thing you need to look for when choosing a probiotic is that the probiotic contains live and active cultures.

Probiotics are regulated as food, so there is no guarantee of quality. You must carefully read the labels to avoid buying a probiotic supplement that will not provide the healthy bacteria you need.

The probiotic supplement is required to give information on what it contains right on the label. Probiotics are made up of healthy bacteria, which are living organisms.

So, the bacteria need to be alive when you take them in order for them to do any good.

Viable Through the End of Shelf Life

A high quality probiotic will also say on the label that the bacteria are “Viable through the end of shelf life.”

If the label doesn't say that it means that the bacteria aren't guaranteed to be

alive when you take them.

Avoid any probiotic that says, “Viable at the time of manufacture” on the label. That means that the company only guarantees that the bacteria were alive when the supplement left the factory.

More Tips for Choosing a Probiotic

If you are still having trouble finding a good probiotic, you can use these tips to find one that will get your body back in balance and make the 3-day detox even more effective:

- Look for one with at least 20 different strains of bacteria. The more strains of bacteria the better.
- Look for one with one encapsulated pills, or other delayed rupture technology. That will keep the bacteria alive until you take it, and protect it from your stomach acids so that it arrives intact to your intestines.
- Check out the storage requirements. Some probiotic supplements need to be refrigerated but others merely require a cool dark place. Any probiotic supplement should be kept away from heat moisture.
- CFUs, or colony forming organisms, are the measure of how many good bacteria are included in your supplement, and you should be looking for 5 billion or above.
- Look for certification by a third party. Probiotics are not regulated as medicines, but as food, so choose a brand certified for quality by an independent organization.

Omega 3 Fatty Acids

The last supplement that you need to do the 3-day detox is an Omega 3 supplement. You are probably already familiar with Omega 3 fatty acids and

the benefits they have for the body.

There are three main types of Omega 3 fatty acids. These are EPA, which helps with inflammation, DHA, which is essential for your brain's healthy functioning, and ALA, which your body can convert to either of the others.

Usually Omega 3 fatty acids are found in fish and fish oil, but they are also found in nuts and flax seeds. Omega 3 supplements are usually concentrated fish oil that is put into capsules.

Some people worry that these supplements can have an odiferous, fishy smell, but that usually only happens if they are low quality or old. Regardless, they have a number of healthy benefits for the body.

Lowering Triglycerides

Triglycerides are a type of unhealthy fat. When you consume excess calories, your body first converts them into triglycerides. When you have high triglyceride levels you are at an elevated risk of having a heart attack.

Taking an Omega 3 supplement can lower the triglycerides in your blood and lower your risk of heart attack.

Other Benefits of Omega 3 Fatty Acids

In addition to lowering your risk of a deadly heart attack Omega 3 fatty acids also:

- Lower your risk of developing dementia
- Help your memory
- Protect brain function and eyesight
- Promote healthy skin and nails

Omega 3 Fatty Acids and the 3-day Detox

Taking an Omega 3 fatty acid supplement during the 3-day detox will keep your brain functioning the way it should. Usually carbs and protein keep you alert, focused, and functioning.

Since you are going to be flushing out your body with a completely liquid diet for 3-days these fish oil supplements will make sure that you are alert and focused instead of fatigued and sleepy.

Detox Baths

Another element of the 3-day detox program is to take a detoxifying bath each day. The detox bath is an important part of the program and you shouldn't skip it. In order to prepare the detox bath you will need Epsom salts and Lavender essential oil.

What Epsom Salts Do

Most of the bath bombs and bath salts that are sold use Epsom salts as a base. Epsom salts are gentle on the skin but are great for detoxifying the skin.

Epsom salts gently exfoliate the skin and improve circulation. They pull all the toxins from the skin and body. Additionally, Epsom salts relieve bodily aches and pains, and this will be comforting to your body as it goes through the detox.

You may find that you like the relaxing detox bath and want to make it a regular part of your relaxation practice. Epsom salts are inexpensive and you can find them at any pharmacy.

You can mix them with different flowers, herbs, or oils to make your bath aromatic as well as therapeutic.

Lavender Essential Oil

For this bath to be effective you need to use a Lavender essential oil that is 100% essential oil and not fragrance oil. Essential oils are extracted from the leaves and flowers of plants. They have many benefits.

Aromatherapy uses pure essential oils to help people relax and to treat medical conditions. Lavender essential oil is one of the gentlest essential oils. It is even used on babies to help them sleep and relax.

Lavender smells wonderful.

Adding Lavender essential oil to your bath will help you relax, improve your quality of sleep, and heal your skin. Lavender oil is often used to treat skin conditions like dry skin, eczema, rashes, burns, and acne.

Adding this essential oil to your bath water will make your skin soft and beautiful after the Epsom salts have pulled all the gross pollutants, dead skin and other harmful elements out of your body.

Substitutions

If you don't like the scent of Lavender essential oil you can use another gentle essential oil. Tea Tree essential oil is a great choice, as it has many of the same positive benefits of Lavender.

Just make sure that whatever oil you use is a pure essential oil and not a fragrance oil. Fragrance oils are synthetic and made to be used in perfumes and soaps. They have no healing benefits.

Some detox baths include apple cider vinegar, sea salt, baking soda, or ginger. You may decide you would like to try including these. They cause you to sweat, which aids the Epsom salts in drawing toxins out of your body.

The 3-day Detox Shopping List

Remember to get organic fruits and vegetables whenever possible for the best nutrition. You may get more of each item if you want, in case you need it, but the amount given is the minimum suggested amount to buy.

The list might look overwhelming. However, you will be given a choice of several drinks for each meal.

The following list is composed as if you were going to make all of them. Of course, in 3 days, you will only sample a few. So, here is where planning ahead comes in very handy.

Look ahead to Chapter 4, and see which drinks sound best to you. It will be a snap to stick to your liquid diet if you enjoy the drinks!

After picking out your tasty liquid meals, narrow the master list to a shopping list for those detox drinks you decided on. Once you have refined your list,

stick to it.

You will thereby have an easier time sticking to your plan of completing the 3 day detox. Make sure that you also have a blender or juicer at home to make the drinks you will be drinking in place of actual meals.

Shopping List:

- 5 cups raspberries
- 6 cups blueberries
- 4 cups strawberries
- 3 cups cranberries
- 1 cup green grapes
- 5 mangos
- 3 pineapples
- 6 apples, 4 green, 2 red
- 8 bananas
- 4 pears
- 1 cup pitted cherries
- 2 oranges

- 10 lemons
- 10 limes
- 6 dates
- 10 cups of kale
- 5 cups romaine lettuce
- 2 cups red leafed lettuce
- 1 bunch broccoli
- 3 avocados
- 5 cucumbers
- 5 cup of spinach
- 18 stalks of celery
- 3 large tomatoes
- 2 red bell peppers
- 1 bundle of watercress
- 1 bundle cilantro

- 1 large root jicama
- 4 cloves of garlic
- 5 carrots
- 1 pint local honey, any variety
- 1 pint unsweetened cranberry juice
- 1 pint unsweetened pineapple juice
- 1 pint unsweetened lemon juice
- 2 liters of coconut water
- 3 cartons of almond milk
- 2 ounces (50 grams) of matcha green tea
- Cayenne pepper
- Ground flax seeds
- Whole flax seeds
- 1 fingers Turmeric
- Cinnamon

- Nutmeg
- Almond butter
- Coconut oil
- Green Tea
- Stevia natural sweetener
- 1 large ginger root
- Mint leaves

Bath ingredients:

- 2.5 cups of Epsom salts per bath
- Lavender essential oil (or your chosen substitute)+

How to Get Through the 3-day Detox

Even though you will feel rejuvenated after you are done with the detox and you will have lost a large amount of weight, it can be difficult to get through.

It is no fun not to eat for 3-days and only drink health drinks. You can expect to feel tired, cranky, and a little sick at times.

This is because the drinks and baths will be bringing all the toxins and sludge in your body to the surface and then flushing it away.

So it is totally normal to not feel at your best while you are going through the detox. That is why it is nearly essential to lay low for the 3-days of the plan. Of course, if you are normally an active person that much down time combined with not feeling well can be hard to take.

Instead of seeing the 3-day detox as something that you have to survive, though, you should look at it as a chance to have a mini-vacation to renew your spirit as well as your body.

Here are some fun ways make the weekend more restful, more interesting, and more rejuvenating:

- Turn your home into a home spa. Make homemade facemasks and other spa treatments to make you feel and look better.
- Pay a stylist to come to your house and give you a mani/pedi.
- Have an old fashioned sleepover with your best friend.
- Call friends on the phone instead of spending time chatting on Facebook.
- Skype with a faraway friend or family member.
- Read books you read as a child and remember how great it was to be a kid.
- Watch an entire season of your favorite show. Or, spend an entire day watching chick flicks.
- Work on crafts that you don't have time to do normally.
- Do some DIY home improvement projects
- Learn to meditate.
- Catch up on sleep

Tips To Help You Prepare for the Detox

Shopping in advance is a good way to prepare for completing the 3-day detox program.

But if you have never done the detox before there are some other ways that you can prepare too. Using these tips will make the entire 3-days run a lot more smoothly:

- Get a high quality blender. You are going to need it to blend all the drinks properly. You can buy a small blender very cheaply. A manual juicer, which is very inexpensive, might help with the citrus if you choose drinks containing it.
- Chop the kale. You already know that all the kale will be going into drinks, since there is no solid food eaten on this detox. If you don't chop the kale up into very fine pieces it can clump up in the drinks. Clumped kale is not appetizing at all. Chop all the kale into tiny pieces so that it will break up better in the blender when you are mixing the drinks.
- Drink your detox drinks at the same time each day. Your body's food schedule is going to be way off because of the detox. You may be starving long before you should have another drink, or you may not be hungry at all. Pick times that will be your mealtimes during the detox and stick to those times.
- Leave plenty of time to mix up the drinks. A few recipes call for frozen fruit. Freeze your fresh fruits for the best quality. The drinks contain a lot of ingredients that need to be washed, cut, and prepared. The citrus should be juiced, which is easy with a hand juicer. The liquids need to be measured. All of those steps take time. So start making the drinks about an hour before you want to drink them. If you finish preparation early you can put them in the refrigerator so that they are nice and cold.

•

Chapter Three: Starting the Detox

Now you are ready to start the detox and start losing weight. Each day of the detox will be the same, so you don't have to worry about trying to keep track of any complicated eating plans.

This will start you on the road to healthy eating habits that will continue after the detox is over.

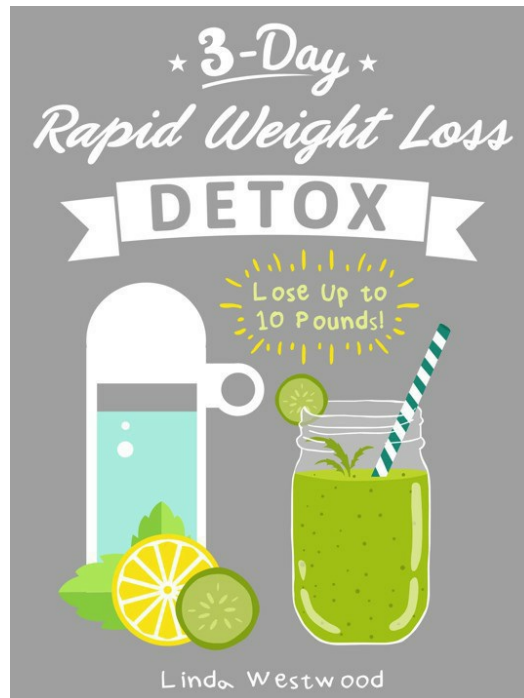
You will drink the same drinks each day of the weekend, so you can make up batches of one drink at a time and store the extra in the refrigerator.

This may help if you want to make preparing the drinks easier. Just don't store them for more than 3-days. If you have any leftover, throw it out when the detox is over.

Did You Enjoy 3 Day Rapid Weight Loss Detox?

Then Click [HERE](http://www.topfitnessadvice.com/go/books) to BUY IT NOW on Amazon!

<http://www.topfitnessadvice.com/go/books>



Sneak Peek

15-Minute Body Fix: Resize Your Thighs, Blast Belly Fat & Sculpt Lean Arms



[Click HERE to BUY NOW on Amazon!](http://www.topfitnessadvice.com/go/books)
<http://www.topfitnessadvice.com/go/books>

Who is this book for?

Do you need a *strong* kick-start with your weight loss?

Are you ready for a full body transformation in just 15 minutes a day?

Do you just wish that your fat would just fall off *effortlessly*?

If you answered “Yes” to any of those questions – **this book is for you!**

I am going to share with you the most effective way to slim down and get flat abs, toned thighs and lean arms in just 15 minutes a day!

I have put it all together in this awesome 15-Minute Body Fix plan!

The best part about is that you are going to see amazing results and this will *TRANSFORM YOUR BODY IN JUST 15 MINUTES A DAY!*

You can be a complete beginner or someone who works out regularly, it doesn't matter!

If this sounds like it could help you, then keep reading...

What will this book teach you?

Inside, I will teach you one of the best ways to transform your body, especially your belly, thighs and arms, which will not only boost your weight loss, but also rejuvenate both your mind and body!

You will feel the healthiest you have ever felt – have the most energy you have ever had – and the fat will be melting *constantly!*

How?

Because you're going to be eating well, and doing some of the most effective workouts that accelerates body transformation in a short period of time.

In this book, I give you the plan right in front of you that will change your life – all you have to do is follow it!

One of the most important things for you to realize when reading this book is that this 15-Minute Body Fix *really does work!*

However...

For you to achieve *real success*, you HAVE to apply this to your life.

This is where most people fail – they read through the entire book but do nothing.

You MUST try your best to apply as you read through the book!

Introduction

Physical fitness is paramount to health. Medical authorities agree it is impossible to be healthy without some degree of fitness.

There are many complicated definitions and explanations of the concept, but the simplest one is sufficient for understanding: a general state of well-being, as manifested in the ability to perform tasks related to sports, occupations, or daily life without undue stress.

Obviously, physical fitness is the optimum state for the human body to attain. It is achieved through a healthy diet and moderate exercise.

However, according to the United States Centers for Disease Control, 80 percent of adult Americans do not get the recommended amount of exercise.

Although some countries are certainly fitter than others, people worldwide are less concerned with their health than they should be.

Why should that be?

Why would anyone not be concerned about their health?

If they were, why not exercise?

Many people have misperceptions about exercise and fitness that cause them to avoid it.

One such misconception is a matter of time. Experts say that 30 minutes of exercise daily is optimum for health and fitness.

However, modern workouts are designed for maximum results in a minimum amount of time. Combining muscle training with quick repetition means a cardiovascular workout is often included as well.

Others think back to their Physical Education classes and assume that exercise must be dull and uninteresting to work. Nothing could be further from the truth. Plenty of workouts are fun and enjoyable.

Lastly, many people believe that they must join a gym to be successful. Although a gym may be necessary for some wishing to learn specialized routines or use specific equipment, it is not required to work on fitness,

especially at the beginner level.

The 15 Minute Body Fix method is designed to shatter those myths, get you moving and propel you forward to fitness!

Chapter 1: What is the 15-Minute Body Fix?

Work Smarter, Not Harder

Time management is the ability to work smarter, not harder. This skill is extremely important into today's increasingly complex world. If the average person is to fit in work, family, and entertainment, much less exercise, planning is essential. This is where the 15-Minute Body Fix comes in.

The 15-Minute Body Fix is a fitness plan that anyone can fit into his or her lives. It is based upon a series of workouts, targeted for specific zones of the body. Not only will they help you to be fit, but you will sculpt your body, and lose inches. Weight loss is a natural side effect of exercise, so if you are consistent, the 15-minute Body Fix can assist you with that goal as well.

You will find workouts here for total body fitness, and some that are specifically targeted for problem areas: your thighs, your belly, and your arms. The total body workouts can be alternated with the targeted ones, focusing on the zones you feel need work.

For example, the total body workout could be done 3 days a week, with zone workouts in between, with whatever emphasis you decide is most important for you. As we will discuss in more detail, you should not do targeted workouts on the same area two days in a row. Mix it up!

A Healthier Lifestyle

Adding more exercise to your life can only benefit you, provided you exercise safely as discussed in more detail in the next chapter. However, if you are working out to lose weight in addition to becoming more physically fit, you will need to make changes to your diet as well.

The 15-Minute Body Fix will work best when accompanied by these changes. Observing portion sizes, choosing foods that are more nutritious, and limiting sugar, starch and alcohol will improve your health and the effectiveness of your workout.

Be aware, it's not necessary to change radically all aspects of your life at once. In fact, this can sabotage your plans before you really get started by

overwhelming your system. Add elements of the 15-Minute Body Fix gradually to your life, and continue adding consistently until you are meeting your final goal.

All You Need Is You

A common complaint about beginning a fitness routine is expense: extensive equipment and videos to buy, or a pricey gym membership. All the workouts in the 15-Minute Body Fix are specifically chose to require little more equipment than your body weight.

Body weight workouts are designed to use your own weight instead of a dumbbell. These kinds of exercises place your body in what is called a disadvantaged position, requiring more strength to make the move. Pushups are the most famous of these exercises, but there are many more. These workouts also usually require the use of several muscle groups, so even if they are zone targeted, you will still continue to strengthen your other parts.

If any other equipment is involved, it will be a common household item, like a towel or a chair. You may also need to use a wall stabilize yourself. You will need a timer. However, a common kitchen timer will do, as will the stopwatch function on most cell phones. No fancy fitness equipment is needed for the 15-Minute Body Fix.

Chapter 2: Let's Begin

Safety First

You will often hear the advice to have a check-up with your doctor prior to beginning any exercise plan. This is an excellent idea, but it should also emphasize to you the importance of safety in your planning. So how do you go about getting started safely?

First, how many days a week do you plan to work out. Experts advise at least one day of rest from organized exercise each week. Judge this by your current fitness level. For example, if you currently don't exercise at all, you may want to start with three days a week and work up to a more strenuous plan.

Next, decide what body zones you most need to focus on. Will you sculpt your arms two days, and blast your belly fat for one, or visa versa? If you are starting slow, you may only be able to fit in one targeted workout per week to start.

Stretch It Out

Make time to stretch prior to your workout. The American Academy of Sports Medicine advises stretching prior to exercise. Stretching improves flexibility, and helps prevent muscle injury. However, there is no proven benefit to extended stretching time.

People tend to naturally stretch after sleeping, and sitting for extended periods of time. So your body already knows the benefits of stretching.

Here are a few stretches that can help you prepare for exercise:

Standing Cat-Camel

1. Stand with your feet shoulder width apart and your knees slightly bent.
2. Lean forward, placing your hands just above your knees.

3. Stretch your back into a rounded shape, closing off your chest and curving your shoulders forward.
4. Then arch your back, opening your chest and throwing your shoulders back.

Scissor Hamstring Stretch

1. Stand with your feet together.
2. Step back about two feet in distance with one of your feet.
3. Bend forward from your hips.
4. Keep your back straight.
5. Keep your legs straight.
6. Hold briefly.
7. Switch sides.

Bicep Wall Stretch

1. Place the palm, shoulder and inner elbow of one of your arms against the wall.
2. Keeping in contact with the wall, turn your body slowly away from it. You should feel the stretch in your arm muscles and your chest.

You may add other stretches as you add workout days if you feel you need them.

Chapter 3: Full Body Fix

Full Body Workouts

15-minute workouts can include the entire body, and there are many benefits to this approach. Obviously, the time savings is important, but what are the other benefits you can expect?

You will burn more calories than you do with workouts that target specific areas. The compound exercises in a full body workout require your major muscle groups to work together. This expends more energy to coordinate, which in turn uses up more calories.

You will build more muscle, as well, as you would using an isolated approach. Although this seems to be counterintuitive, some fitness instructors assert that one day a week's heavy concentration on one area is not enough work for most people to achieve muscle growth. The consistency of a total body workout done several days during the week is more effective.

You will maximize your workout's efficiency. Using several muscles together as you will in a full body workout, the muscles are worked just as hard as they would be during a much more extensive time on multiple machines. Pay attention to doing each move as perfectly as possible.

Full Body Workout #1

Set your timer to 15 minutes. This is what is called a circuit workout, which is to say that once you have completed the exercises, you will simply start them over again.

Begin with ten pushups. **Pushups** are done correctly as described:

1. Place your hands right under your shoulders.
2. Position your feet, on your toes, at hip width apart.
3. Place the body in a plank position, that is to say, your body should be in a straight line from your heels, through your hips, to the back of your head.
4. Keep your neck neutral, keeping it in line with your shoulders.
5. Lower your body with your arms, as low as you can go to the ground while maintaining control, and keeping your elbows close to your body.
6. Do not let your body out of that planking position even if it slows you down. You may widen the set of your feet to assist your stability if absolutely necessary.
7. If this position is impossible for you to maintain in the beginning, you may want to do pushups resting on your knees rather than your toes. It is still important to keep your back straight.
8. Raise yourself to the original position.

Do Jumping Jacks for the remainder of minute 1.

Jumping Jacks are performed this way:

1. Begin in an erect position, your arms at your sides, and your feet together.
2. Bend your knees just a little, and propel yourself into the air, about 2 inches up.
3. While you are in the air, move your legs out to the side to at least shoulder width, although you can go wider.
4. At the same time, you will be moving your slightly bent arms over your head, to meet above your head as you land.
5. Upon landing, immediately jump back to your original erect positions.

At minute 1, do 10 Spider Lunges.

Spider Lunges are accomplished according to the following directions:

1. Begin in plank position, as with a push up.
2. Move your right foot to the outside of your right hand.
3. Set your foot down flat.
4. Then, move your foot back to the starting position.
5. Repeat on the other foot.
6. Make sure you remain in plank position, throughout.

Do Jumping Jacks until the timer reads minute 2. Follow the above direction for Jumping Jacks.

At minute 2, do 10 Jumping Lunges.

Jumping Lunges are done this way:

1. From a standing position, step forward with one foot.
2. Bend the knee of the front foot to 90 degrees.
3. At the same time, bend the back leg as if you are going to place it on the floor.
4. Keep your back vertical throughout the exercise.
5. Go as low as your flexibility allows without actually placing your back knee on the floor. *This is a standard lunge, and depending on your current physical condition, you may need to stop there, and work up to the jumping lunge.*
6. Your arm should pump forward slightly bent, as when running, while you lunge, and your arms should switch when you switch feet.
7. To switch feet, use your leg muscles to propel yourself upward into a jump, while switching the position of your legs.
8. Land into a lunge with the opposite foot in front.

Do Jumping Jacks until minute 3.

At minute 3, do 10 Walkouts.

Walkouts are performed this way:

1. Stand with legs apart at shoulder width.

2. Keeping your back straight, bend over and place your hands on the floor.
3. Bend your knees as little as your flexibility will allow. Eventually you will be able to perform this with your legs straight.
4. “Walk” your hands forward, maintaining a tight core for stability, until you are in a plank position.
5. “Walk” your hands back to the front of your feet.
6. Push your hips as high as possible and press your heels into the floor as you “walk” back.
7. Return to a standing position.

Do Jumping Jacks until minute 4.

At minute 4, REPEAT the steps listed above until your 15 minutes are up.

As with the exercises, there are some accommodations for a beginning fitness level. You may wish to start with 5 repetitions of exercises, filling in the rest of the minute with Jumping Jacks. You may include a rest between cycles from 45 seconds to 1.5 minutes.

Full Body Workout #2

This workout is broken into two parts, listed here as A and B. It is intended for you to do these repetitions as quickly as you are safely able to do so.

You may continue to cycle between Part A and B for 15 minutes when you can speed them up.

Part A

1. Do 10 Jumping Lunges.
2. Do 10 Spider Lunges.
3. Repeat this 8 times.
4. Rest 2 minutes.

Part B

1. Do 10 Pushups.
2. Do 10 Walkouts.
3. Repeat this 8 times.
4. Rest 2 minutes.

Full Body Workout #3

This workout is performed in a similar fashion to Workout #1, in that you fill in your minute with Jumping Jacks. Any new exercises will be explained as above.

Begin with 10 Plank Taps. **Plank Taps** are performed this way:

Begin in plank position.

Maintaining your form, reach up with your right hand and lightly tap your left shoulder.

Use all of your muscles to maintain your position while you tap.

Do not allow your weight to shift while you are tapping your shoulder. Focus on your other muscles holding the position.

Return your hand to the plank position.

Do Jumping Jacks until you complete minute 1.

If the plank tap is too difficult in the beginning, you may hold the plank position for 30 seconds and do Jumping Jacks for the other 30 seconds.

At minute 2, do 10 Squats. Squats are done safely this way:

1. Stand with your feet shoulder width apart. When you do the exercise, you may need to move them in to help you stay stable. Try one and adjust to remain safe before doing multiple repetitions.
2. Turn out your feet slightly, to help you maintain balance as you squat. You may adjust the angle of your feet to help you with stability.
3. Keep your chest open.
4. Look slightly up and straight ahead.

5. Squat as deeply as flexibility and balance allow. For safety, make sure that your knees do not go past your toes as you squat. You may adjust the depth of your squat as your fitness level improves.
6. Keep your feet flat. Do not raise your heels or shift your weight onto your toes.
7. As you squat, bend your arms and bring your hands together in the middle of your chest, keeping your elbows aligned with your shoulders.
8. Return to an upright position.

Do Jumping Jacks to complete minute 2.

At minute 3, do 10 Side Lunges. **Side Lunges** are performed correctly this way:

1. Begin in a standing position with your feet together. Clasp your hands in front of your chest in a similar fashion as when you do squats. Step out to the side with your right foot as far as you comfortably can, and adjust this as you try the exercise so that you maintain balance and stability.
2. Keep your chest open.
3. Bend your right knee to lunge as low as flexibility and balance will allow. Shift your weight through your mid-foot and heel, not forward on your toes. Do not allow your knee to go past your toe.

Do Jumping Jacks to complete minute 3.

At minute 4, repeat the cycle through your 15 minutes.

Full Body Workout #4

Workout #4 is organized like Workout #2, with a Part A and a Part B. As a reminder, you should perform these exercises as quickly as you can, with respect to safety and form.

Part A

Begin with 10 Reverse Lunges. **Reverse Lunges** are accomplished correctly this way:

1. Start in a standing position, feet together, arms by your side.
2. Step back with your left foot. Keep your weight balanced between your feet.
3. Keep your chest open.
4. Pump your slightly bent left arm forward, fist moving up to stop at shoulder height.
5. Bend your knees slowly, until your right leg is at a 90 degree angle. Do not allow your weight to shift in your right leg toward the toe, and do not let your knee go beyond your toe.
6. Your left leg should lightly touch the floor. Be careful that your right knee does not buckle inward.
7. Push through your right heel as you stand up.

Do 10 Side Lunges.

Complete Part A 8 times.

Rest 2 minutes.

Part B

Do 10 Plank Taps.

Do 10 Pushups.

Complete Part B 8 times.

Rest 2 minutes.

Continue cycling this way for 15 minutes.

Full Body Workout #5

This workout is structured similarly to Workout #1 and #3. However, instead of Jumping Jacks to finish out your minute, you will simply run in place.

To begin, do 10 Walkouts.

Run in place to complete your minute.

At minute 1, do 10 Side Lunges.

Run in place to complete your minute.

At minute 2, do 10 Pushups.

Run in place to complete your minute.

At minute 3, do 10 Reverse Lunges.

Run in place to complete your minute.

At minute 4, REPEAT the steps listed above until your 15 minutes are up.

Did You Enjoy 15-Minute Body Fix?

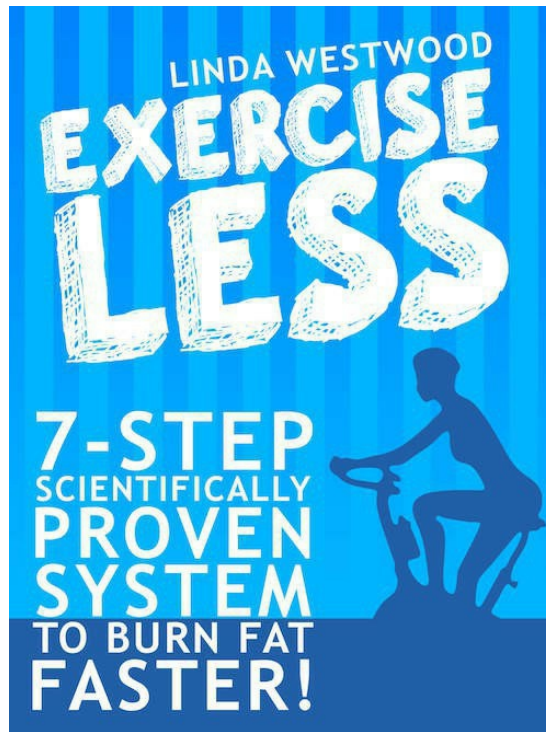
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Sneak Peek

Exercise Less: 7-Step Scientifically Proven System to BURN FAT FASTER!



[Click HERE to BUY NOW on Amazon!](http://www.topfitnessadvice.com/go/books)
<http://www.topfitnessadvice.com/go/books>

Who is this book for?

Do you hate working out because you find it boring?

Are you sick of long, dull workouts that don't bring the results you want?

Do you ever wish you could just workout *less*, but burn *more*?

Then this book is for you!

I am going to share with you some of the MOST effective strategies that you can adopt to start burning up to 300% more calories in your workouts!

You are going to melt fat quicker than ever before!

I have put it all together in a 7-step system that will take you from reading this book to being able to apply the strategies and workouts in your own life!

You can be a complete beginner or someone who works out regularly, it doesn't matter!

If this sounds like you, then keep reading...

What will this book teach you?

This book is not like others!

Inside, I will teach you in great detail how you can start burning up to 300% more calories every day in your workouts!

I go through a fantastic 7-step system that contains everything you need to know, along with the most important tips and strategies.

I also give you several groups of workouts that you can start doing that will burn more calories than your current workout!

Finally, you will learn how you can ALSO burn more calories when you are NOT working out – leading to accelerated fat burning!

Introduction

Whether you are getting older and noticing that your metabolism isn't what it used to be or you have always had trouble keeping the extra pounds off, burning fat and getting in shape is still possible.

You may have tried countless crash diets and more miracle workout routines than you can remember and failed to get the results you want but that doesn't mean that losing weight is a hopeless cause.

If working out has seemed like a long, tedious chore with less than stellar results, you've been doing it all wrong! It's time for a brand new workout plan that kicks it up a notch—or 300 notches—by shortening the time you spend working out and maximizing the benefits you get from each workout.

The new method is called High Intensity Interval Training (we'll just call it HIIT from here on out). It involves shorter, high intensity workouts instead of long, boring low intensity workouts.

If you're not sure how that could possibly make a difference, keep reading this book to learn the full details. By following the 7 steps in this book, you can burn as much as 300% more calories every single day. And if that wasn't enough, you'll be working out less than you would have ever thought possible.

This is not some kind of miracle that's too good to be true. It's based on decades of hard science and research. HIIT is not meant to be the lazy person's excuse for a workout.

It will take hard work. But that hard work will be compacted into short, highly efficient workouts rather than longer, inefficient (and super boring) workouts that end up just wasting your time when you'd rather be doing anything else.

With HIIT, you can get a full workout done in just 20 minutes and reap the rewards for a full 24 hours afterward. This book will provide you with a step-by-step guide to learn how it works and how you can start making it work for you.

In this book, you'll learn why those longer workouts are waste of your time and totally inefficient. You'll also learn the real science behind why HIIT leads to better results.

In steps 3 through 5, you'll get more information about HIIT as well as 12 complete sample workout plans (6 at the beginner level and 6 at the intermediate level) which you can use exactly as written or modify to better match your needs and skills.

Once you've learned everything you need to know to start your own HIIT workout plan, you'll get even more advice for further maximizing your results.

In step 6, you'll learn how to make your workout even more efficient by avoiding common workout mistakes.

Finally, in chapter 7, you'll learn some extra tricks for boosting your metabolism and burning even more calories.

Don't let yourself get overwhelmed. Take each step one at a time and allow yourself to fully incorporate it before you move on to the next one.

You are much more likely to stick with this new lifestyle for the long term if you make smooth, gradual changes rather than attempt to take it all on at once.

So work through each step of this book slowly. Give yourself at least one week to make it a complete habit before adding the next step to your routine.

By step 3, you will already start to notice some amazing results!

Burning fat can be fast and fun if you use the HIIT method to boost your metabolism and maximize the number of calories you burn each day.

Get ready to transform your life and feel strong and confident one step at a time!

Step 1 – Choose the Ideal Workout

When you think about working out, you are probably imagining long hours at the gym or miles and miles of running through extreme summer heats and frigid winter temperatures.

For centuries, it was believed that the ideal workout was one that was treacherously long and mind-numbingly monotonous. You would have to do the same exact routine over and over, day after day, if you wanted to see results.

Fortunately, scientific studies and innovative workout experts have realized that some traditions are better left in the past. Long, boring, unchanging workouts are one of those traditions that we need to put behind us.

As you'll learn in step 2, shorter, more intense workouts are more effective and have longer lasting effects than long duration, lower intensity workouts.

You'll also learn later how changing up your routine will lead to even faster muscle growth than working out the same muscle groups in the same order day in and day out.

But before we dive into the benefits of high intensity interval trainings and how to use it with cardio, strength training, and what's known as "muscle confusion"; you need to understand why long duration workouts are really a waste of your time.

It's one thing to know that HIIT is an option. But you need to understand why it's the *best* option.

So here are some of the reasons that long duration workouts at a low to moderate intensity are a waste of time, energy, and sanity.

1. **It wastes time:** with low intensity workouts, you tend to tack on time rather than step up the intensity. Your workouts get longer and longer as you build endurance.

But by keeping the intensity the same, you're not actually gaining any new strength or muscle mass. You're just maintaining the same level

for a longer amount of time.

If you happen to be one of the many people who have other things to do with their lives aside from workout 24/7, there's going to be a point at which you can't afford to keep tacking on time at the end.

2. **More time does not equal more benefits:** even if you do somehow have the time to spend your entire life at the gym, you're not even getting any additional benefit by adding time to your work out.

If you aren't building new muscle mass, you aren't burning any extra calories (beyond what you burn during the workout).

While you may start to see some moderate results after a few weeks on the treadmill, you're quickly going to hit a plateau where you are stuck at the same exact weight, unable to shed those final pounds.

3. **Losing weight doesn't always mean you will lose inches off your waist:** if your goal is to fit back into your high school jeans, it's not just a matter of trimming away the extra pounds.

In fact, how much you weigh is one of the least important things. As you might have heard, muscles weigh more than fat but muscle also does a lot more for you than fat.

The more muscle mass you have, the smaller you will be because your muscles are burning your fat for energy. The more muscle you have, the more quickly you burn fat.

So don't shy away from HIIT because you're afraid of bulking up. You need muscle to get thinner. And HIIT doesn't have to bulk you up.

4. **It's boring:** you may not immediately think of working out being something fun, but exercise should at least be energizing and exciting.

With slow, long duration workouts, you're spending long periods of time doing the same thing. This gets boring fast.

By the end of the first week, the amount of fat you have burned is possibly not going to motivate you enough to endure that kind of mind-numbing boredom for another week.

Even if you do a few different kinds of long duration workouts in a week, they're all going to feel like a dull routine pretty quickly. With such long workout times, you might even start out excited and energized but already become bored halfway through.

You need change, you need bursts of high intensity, and you need shorter workout times to prevent the onset of monotonous boredom.

5. **There's less after burn:** after any workout that gets your heart rate elevated, you're also going to get an elevated metabolism.

But with low intensity workouts, your metabolism will only stay elevated for a short period of time immediately after the workout.

Once that's over, your metabolism will slow right back down to normal - meaning you'll have to work out again to boost it back up.

No matter how long your low intensity workout lasts, the after burn will be the same – a short period of time immediately after it. This is because you don't have as many muscles to repair (repairing muscles in your body burns extra calories even while you are resting).

While there are many disadvantages, I'm not saying to completely avoid them. If you are an avid runner and enjoy a long run through the park on weekends, do it! If you want to take a nice long dip in the pool and do some slow-paced laps, by all means, go for it!

These low intensity workouts aren't unhealthy or dangerous. They're just not very effective for fat burning or muscle building (which are actually one in the same as you'll soon learn).

So unless the activity is something you enjoy, but instead you're doing it just for the pure sake of doing it and to burn calories, you're wasting your time and your energy.

If you want results, you want to do HIIT.

Go ahead to step 2 to learn more about how and why HIIT workouts are different from low intensity, long duration workouts.

Step 2 – Know the HIIT Advantage

You might still be thinking long duration, low intensity workouts are more your speed. A lot of people hesitate to try HIIT because the “high intensity” part sounds daunting.

But there are so many benefits to HIIT that you simply cannot get from just doing low intensity cardio (even if you are running a marathon everyday).

Just because you might be feeling exhausted and sweaty after a 45-60 minute run doesn't mean you are actually losing weight or burning more calories.

With HIIT, you workout less and get more out of that short period than you do out of your entire long duration cardio routine.

Here are just some of the reasons HIIT is the best option and why everything else is a waste of time (unless you just genuinely enjoy the activity as a hobby, rather than as a workout routine).

1. **Highly Efficient:** with a short, 20 minute HIIT workout routine, you can burn more than 200% of the calories you would burn with a 40 minute low intensity workout.

And that's just during the workout itself, you are also going to burn more calories after you're done with an HIIT workout than you would with the longer low intensity workout.

Altogether, you're burning as much as 300% more calories and exercising half the time.

Combine this with our metabolism boosting tricks in step 7, and you could burn well over 300% more calories every single day with a fraction of the time and effort.

2. **Burn More Fat (Even While Resting):** HIIT leads to more total fat burned because it continues to work on your body long after you have stopped working out.

After a 20 minute HIIT workout, your metabolism will remain

elevated for a full 24 hours. You'll burn up to 10% more fat just from this extended after burn period than you would with a longer low intensity workout.

The reason this happens is because HIIT focuses on strength; whether it's cardio or weights, you're going to be increasing your strength. This means you are building muscle, or more technically, tearing your muscle tissue so that it needs to be repaired.

Building muscle is a complex process.

After the workout, your muscles will have small tears in them from being pushed to the peak of their ability. Your body will immediately work to repair those tears by building up new muscle fibers (and more muscle fiber than you had before).

To get the extra boost of energy for the additional muscle fiber, your body will be burning *more* energy – hence *more* calories.

What this means for you is: the more muscle you have, the more quickly you will burn fat in the long run, since you're burning energy faster than before.

So if you've been trying long duration cardio workouts and found yourself battling those last stubborn pounds, try HIIT!

3. **Lose Weight without Losing Muscle:** not only is muscle essential for burning fat, you also need it to maintain health and strength.

Many of the low intensity, long duration workout plans end up cutting into your muscle weight more than your actual fat.

This means you might be seeing a lower number on the scale but you still can't seem to get rid of that extra flab around your waistline.

This is especially the case if you combine your low intensity workout with a restrictive diet that focuses on cutting calories rather than boosting nutrition.

With HIIT, you nurture your muscles for a thinner, more toned

physique that allows you to lose the weight you actually want to lose (the excess fat that's both unattractive and unhealthy).

HIIT is about maximum efficiency, not hours of suffering at the gym followed by a day of suffering on a restrictive, low calorie diet.

In step 7, you'll get some tips on how to eat (*not* how to diet) so that you are nourishing your body and promoting fat burning while building muscle at the same time. The HIIT workouts you do will leave you feeling strong, confident, and looking better than you have ever looked before.

4. **Boost Your Metabolism:** in addition to burning more calories in a shorter amount of time and having a longer after burn period of 24 hours, HIIT will also boost your metabolism.

It does this by increasing the production of HGH (human growth hormone) in your body as much as 450% for the 24 hours after your workout!

Human growth hormone is responsible for telling your metabolism to do its thing (i.e. burn calories). So one short HIIT workout can kick your metabolism into high gear for the rest of the day.

If that's not enough, there's another reason this boost in human growth hormone production is good for you: it slows down the aging process.

That means you'll be looking and feeling younger as your body is better able to repair itself and fight off the decay and degradation of your tissues, bones, and cells.

5. **Maximum Variability:** HIIT is not just one kind of exercise. It's a whole workout philosophy. You can apply the same basic principles (burst of high intensity followed by rest or low intensity periods) to absolutely any exercise you like.

Try an HIIT yoga routine (you'll find some options in step 5) or do a

powerful 20-minute HIIT weight training routine (found in step 4).

You can even do HIIT with running, swimming, hiking, or anything else that you feel inspired to try. This book alone will give you workout options to do with cardio, weight training, and yoga but don't feel the need to stick with one.

In fact, you'll soon learn why you are better off spicing up your routine by doing a variety of different workouts throughout the week. Mix and match different workouts and you can be sure you never get bored.

6. **Unlimited Potential for Progress:** if you do HIIT correctly, you'll be able to make sure you are constantly stimulating muscle growth and burning fat.

With low intensity workouts, you're progress will hit a plateau where you are just maintaining the same strength, endurance, and speed week after week. This is because your muscles can predict what's going to happen and because you aren't pushing them to work harder (at most, you're just pushing them to work longer).

With HIIT, you'll start making progress quickly and you'll be able to continue making progress.

7. **Get Stronger Bones and Joints:** the emphasis on strength with HIIT has been proven to not only build muscle but also increase bone density. This will make your bones less brittle and breakable and as you get older, the higher bone density will help prevent osteoporosis.

In addition to muscle and bone density, HIIT workouts also build strong connective tissues, which provide sturdy support to your joints. This could lower your risk for arthritis and a host of other joint problems.

8. **Build a Lean Body:** if you do an exclusively low intensity cardio workout, you're going to hit a point where you plateau as mentioned

earlier.

You won't get any new muscle and you might actually risk losing muscle (especially if you're also eating a low protein diet in an effort to cut those final pounds).

Depriving yourself of nutrition and muscle-building exercises is going to lead you to become "skinny fat". That is, you'll look thin but you won't be toned (and you'll be at high risk for many health problems that you might think only affect obese people).

With HIIT, you combine high intensity cardio, strength training, and muscle confusion to make sure that you are building and strengthening your muscles.

Muscle will burn more fat in the long run (as I previous said) and will make you not only stronger but also leaner and thinner. You'll have a toned, lean body without any flabby or loose skin that comes from just losing fat without gaining muscle. Remember, though, muscle weighs more than fat so don't measure your progress in pounds, measure it in inches. Give yourself a goal waistline rather than a goal weight.

All of these benefits are achievable with a good HIIT workout plan. But it is important to note that because HIIT does involve high intensity exercise (even though it's for short bursts), you need to approach with caution.

If you do not currently have any kind of workout plan, you need to start from the beginning and work your way up. Gradually build up to a full HIIT program so that you can avoid serious injury or permanent damage.

You wouldn't suddenly go to the gym and try to lift a 250-pound weight if you've never done weightlifting a day in your life. So don't dive head first into an advanced HIIT workout if you haven't already been working out for a while.

Even if you start at the beginner level, you're still going to see fast and impressive results. If you stick with it and progress at a pace that feels right for you, you'll see that you are exercising like a pro within a couple months.

You should also remember to give yourself rest days. A good cycle for the

week is to do 2 days on and 1 day off. That is, 2 days of HIIT workouts and 1 day of rest. If you are feeling extra motivated, your rest day can be a day of low intensity exercise (go for an even paced jog or do a few laps in the pool at a moderate speed).

If you do go for this second option, just make sure that your low intensity day is not one where you push yourself to your maximum limit.

Just get your heart pumping and leave it at that. Your muscles need time to repair and build so you don't want to constantly push them to the point of strain every single day.

Now that you have learned about the benefits of HIIT and why it's the best option, no matter who you are, it's time to move on to step 3.

Step 3 will focus on applying the HIIT workout structure to cardio exercises. You'll get your first set of sample workout routines (for the beginner and intermediate levels) and you'll see how to put the amazing powers of HIIT into practice.

Step 3 – Start Resistance Training to Burn More Calories

Earlier in this book, you may have gotten the impression that cardio is a waste of time and that HIIT is all about hitting the weights hard.

This is absolutely not true.

HIIT can be used with any kind of exercise whether it's cardio based or weight based. The HIIT advantage has more to do with *how* you do that exercise, not what the exercise is.

In step 3, you'll see how adding resistance to your cardio routine will maximize your results and shorten the time you spend on the treadmill, elliptical, or stationary bike.

First, we'll take a look at what it means to add resistance and what the benefits of doing so are.

Then, you'll get 4 separate and complete workout routines that you can either replicate entirely or modify to better suite your needs.

Why Resistance is the Key to Cardio

Resistance is what adds strength training to your cardio routine. By adding strength training, you are turning your bland cardio workout into an all-in-one cardiovascular and muscle building exercise that will get every system in your body working at full capacity.

You are combining all the benefits of weight lifting with all the benefits of cardio into one single workout.

Resistance cardio essentially takes your normal cardio activity and makes it more challenging by adding resistance in some way. For example, running on a flat surface is just plain cardio. But running uphill on an incline is resistance cardio.

This is because you are not only propelling yourself forward; you are working to lift your bodyweight upward to get up the hill at the same time.

On a bicycle, you add resistance by changing the gears so that you have to peddle harder to go the same distance.

This resistance means that you are using more muscle than you normally would to do the same exact activity.

That's where the strength training comes in.

Some of the benefits of doing resistance cardio include:

- Burning fat faster
- Better mood
- Stronger immune system
- Increased stamina
- Healthier muscles
- Stronger heart
- Better circulation
- Stronger lungs
- Decrease in body pain
- Stronger bones
- Stronger joints

- Younger appearance
- More energy throughout the day

Each of the following workouts are using running as the cardio activity. But if you don't like running, you can also use the same basic framework of each of these workouts with another cardio activity.

Here are some examples of other cardio activities that will work and might be more exciting for you than running:

- Swimming
- Cycling
- Jumping jacks
- Rollerblading
- Dancing
- Zumba
- Hiking
- Snowshoeing
- Rowing machine
- Cross country skiing
- Surfing

- Most sports
- Jumping on a trampoline

And that's just a few of your options. There are literally hundreds of cardio exercises that you can do with HIIT.

Just find one you like and remember to alternate between high intensity and low intensity intervals at the right times.

Beginner Resistance Workouts

The beginner works out are starting you out at a 1:2 ratio. That means your rest or low intensity interval will be twice as long as your high intensity interval during your workout.

Typically: 20 seconds of high intensity for 40 seconds of low intensity or rest. If you find that 20 seconds of high intensity is still too much for you right now, lower it to 10 or 15 seconds and add the time you cut from that to your low intensity interval.

If you find that it's not enough and you want to push yourself a little harder, you can bump it up to 25 seconds or even skip right on up to the intermediate level (1:1 or 30 seconds of high intensity with 30 seconds of low intensity).

The important thing is that you push yourself but never push yourself to the breaking point.

The first moment that you feel like you want to stop, push yourself for 3 to 5 seconds past that.

If you continue to just push yourself a little further in this way, you'll progress quickly without risking a serious injury.

Outside the Gym

Getting your workout done outside the gym means you get to enjoy fresh air and sunlight, but it means you can't regulate your pace or time your intervals as easily.

Use a stopwatch (or the stopwatch function on your smartphone) to time your

intervals.

On some watches, you can set it to make a sound at different intervals, which will save you from having to reset it during your workout. If that's not possible, just reset it yourself during your rest interval or have a friend time you.

Now, onto the outdoor workout

Go to a public basketball court or a park with a court-sized asphalt area that you can use. Bring a basketball.

Start with a short warm up.

Do 10 laps of a brisk walk or light jog around the court while dribbling the basketball slowly (just fast enough that you can keep it with you as you walk or jog).

Alternate your dribbling hand with each lap.

It may take a while to get used to dribbling with your non-dominant hand but you'll get the hang of it.

An added benefit is that it has been proven through research that use of our non-dominant hand for various tasks, such as this one, increases brain function and development.

Along the outer border of the court, do squat shuffles (you'll read about these in step 4). Instead of going from side to side and touching the ground, do a full lap of squat shuffles around the court while dribbling a basketball as quickly as you can without losing control.

Dribble it from one hand to the other so that they are both working throughout the exercise. Once you have completed one full lap around, squat shuffle to the other side so that your legs get a balanced workout.

Do high intensity intervals for 20 seconds and low intensity intervals for 40 seconds.

High intensity in this case means squatting as low as you can without falling over and shuffling to the side as quickly as you can.

Low intensity can be just walking if you are completely exhausted. If you want more of a challenge, just lift out of the squat a little more and shuffle a little slower.

Repeat this cycle of intervals for a total of 20 times. Then do a cool down walk or light jog while dribbling slowly for 10 laps (exactly as you did in the warm up). Altogether it will be between 25 and 30 minutes.

By adding the basketball here, you are doing a full body cardio workout.

The squat position will build strength and provide the resistance you need even though you are on a flat surface.

Dribbling the ball will build coordination and work as light resistance cardio for your arms.

If timing the intervals during this workout does not seem possible, you can use the basketball court as a rough gauge. Do high intensity along one long edge and then low intensity around the other three sides. As you get better, you can do high intensity for one long edge and one short edge and low intensity for the other two edges.

If you use this method instead of time, just make sure you keep count and get 20 high intensity intervals in and 20 low intensity intervals (that will be 20 total laps around the full court).

At the Gym

In this exercise, you'll use the treadmill.

Start with a 5-minute warm up walk. It should be a brisk pace but you shouldn't be running just yet (somewhere between 3-5mph).

Raise the incline of your treadmill somewhere between 5% and 10% - whatever you can handle running on at a high speed for 20 seconds.

Then bump up the speed to the fastest that you can handle without flying off the treadmill. Run at this speed for 20 seconds.

Lower the incline to 0%. Slow down to a brisk walk or light jog (4-6mph) for 40 seconds.

Repeat this 20 second/40 second cycle of high intensity and low intensity 20 times total.

Cool down with a brisk 5-minute walk. It should be at the same pace as your warm up walk.

Step off the treadmill and do some stretches. Focus on stretching your hamstrings and other leg muscles.

Altogether, this will take you about 30 minutes: 5 minutes of warm up, 20 minutes of workout, 5 minutes of cool down, and finally a couple of minutes for stretching.

This workout primarily targets the muscles in the lower body. It will result in fat loss throughout your whole body, though, because the body uses the fat stores from everywhere as fuel.

But if you want to do a full body workout, you can add a quick 10-minute upper body cardio workout. Do this before you do your 5-minute cool down.

Do a quick 1-2 minute stretch focusing on your arms, shoulders and upper back.

Find a punching bag and wrap your hands or wear gloves.

Get into a firm boxing stance - legs slightly wider than hip width apart with one leg slightly in front of you and one leg slightly back, knees slightly bent, elbows bent so that your fists are just above your heart.

When in the correct stance, start boxing – punching the bag like it's everyone who ever made your life difficult all wrapped into one evil, annoying bag!

Continue to punch with everything you've got for 20 seconds. Then rest or punch air for 40 seconds. Repeat this cycle 10 times.

If there isn't a punching bag at your gym, you can hold light weights (no more than 3 to 5 pounds) and just punch air while holding them, alternating between 20 seconds of high intensity, rapid punching and 40 seconds of low intensity slower punches (you can drop the weights during the low intensity punches).

Remember to do a cool down walk after this while stretching your arms.

This will bring your total time at the gym up to about 40 minutes.

If you'd prefer to keep your daily gym time down, you can alternate days of upper and lower body cardio. But remember to always have one rest or low intensity day for every two HIIT days.

Intermediate Resistance Workouts

For an intermediate level resistance workout, you can choose to do either of the beginner workouts if they appeal to you more than the 2 you are about to read below.

Just up the challenge by doing 30 seconds of high intensity and 30 seconds of low intensity or rest (repeat that 20 times).

Otherwise, try one of the following specially designed intermediate workouts.

Outside the Gym

For the intermediate outdoor resistance workout, we're going to try something that's both challenging and fun. You can make the world your playground by using outdoor objects in new ways to get an awesome workout that never gets boring.

To start, estimate a 2 ½ mile route through your neighborhood, town, large park or some sort of area that you can run through.

Alternatively, do a 1 ¼ mile route that you will go in both directions.

Get out a pen and paper.

Pick 4 or 5 landmarks or objects that you know will be on your path: fire hydrants, benches, bicycle, a certain kind of tree, whatever you like.

They should be things you know you'll see but that won't be so common you'll see them every step of the way.

For example, don't choose "tree" if you plan on running in a forest.

For each landmark or object you list, assign it a specific exercise: pushups, shoulder presses, or pretty much any of the other exercises from step 3 that doesn't require equipment.

Now, get out and start running.

Remember to warm up first by briskly walking or lightly jogging the first $\frac{1}{4}$ mile of your route. Then, break into your fastest sprint for 20 seconds.

If you don't have a timer, just count out 20 seconds in your head. Remember to count slowly by saying something like "1-1,000-2-1,000" and so on. Don't let your counting speed up because you're trying to rush to stop.

After your 20 seconds of high intensity running is up, give yourself a 40 second low intensity break (just walk or jog at a moderate pace).

Each time you see one of your landmarks or objects, stop and do a set of 10 repetitions of whichever exercise was assigned to that object.

Repeat this for the next 2 miles of your route.

Do a cool down walk or light jog for the last $\frac{1}{4}$ mile. Altogether, you'll be doing a $\frac{1}{4}$ mile warm up, a 2-mile workout (with random breaks for exercises based on your landmarks), and a $\frac{1}{4}$ mile cool down for a total of 2 $\frac{1}{2}$ miles.

This workout is naturally a resistance workout since running outdoors means you'll be dealing with uneven terrain. But you can increase the resistance by purposely picking a route that includes a lot of hills so that you can do more incline running.

The benefits of this workout structure are not only that it stays exciting by virtue of the fact that you're not entirely sure when to expect one of your marked objects to pop up; but it also works as muscle confusion (which you will learn more about in step 5).

By stopping at completely random points to do a different kind of exercise that works out a different group of muscles, your entire body will stay on alert and get a full workout.

Keep things fresh and exciting by changing your list of landmarks or objects, changing which exercises are associated with them, or going on a different route.

When you start to notice that getting through the full 2 $\frac{1}{2}$ mile route is getting too easy, you can add on more distance.

At the Gym

Working out at the gym might not be as exciting as the intermediate outdoor resistance workout that you just read about above but it will be easier to time your intervals and track your progress.

For this workout, you'll use an elliptical machine or similar stair stepping machine and a resistance band.

The resistance band is essentially just a long elastic band. So get a resistance band and get onto an elliptical machine.

Start at a moderate pace for 5 minutes to warm up.

Then, wrap your resistance band around the console or body of the elliptical and hold one end in each hand. Now, set the machine to either the highest incline or the highest resistance.

Different models will allow for either increased resistance or increased incline. Some models may allow you to adjust both, in that case, just pick one or the other to max out.

Once it's at the highest level, pump as hard as you can with your legs for 30 seconds. While you are moving your legs, pull the resistance band toward yourself. Pull with one arm at a time as far back as you can. After the 30 seconds is up, decrease the resistance or incline back down and do your 30-second low intensity interval.

Repeat the high intensity and low intensity interval cycle 20 times (for a total of 20 minutes). Then do a 5-minute cool down at the same pace as your warm up.

After your cool down, take a few minutes to stretch. You'll want to do stretches for your arms, legs, and back.

Altogether, this should take about 30 minutes.

By combining your time on the elliptical with the resistance band, you're getting a full body resistance cardio workout so you'll get everything covered in that 30 minutes.

There are some models of elliptical machines that come with resistance bands

already attached but even if the one you are using doesn't, you can still use a separate resistance band. This workout can also be easily adapted to a stationary bike.

In this chapter, you've already gotten four great resistance cardio workouts, which combine cardio with some resistance training. But, resistance cardio can't be a complete substitute for a solid strength-training workout.

So in the next chapter, you'll learn about strength training with and without equipment so that you can target muscle growth to increase the amount of fat you can burn in a day.

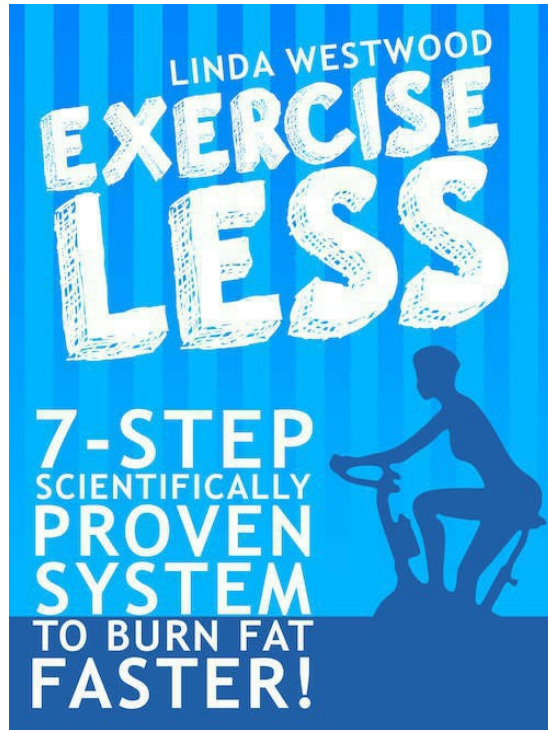
Remember, the best workout plans combine different kinds of exercises to create a balanced routine that takes care of the whole body and helps prevent predictability.

So don't just pick one workout from this entire book. Combine at least one workout from each step and modify them as necessary to create the ideal balance of strength, cardio, and flexibility for the ultimate fat burning workout plan.

Did You Enjoy The Exercise Less System?

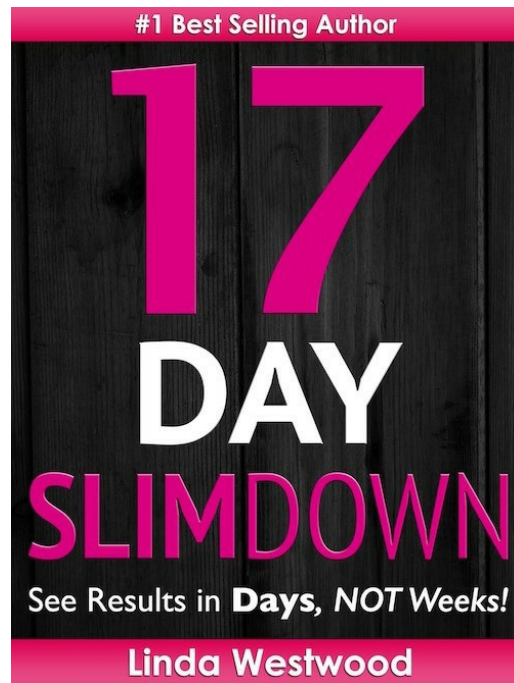
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Sneak Peek

17 Day Slim Down – Results in DAYS, Not Weeks!



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Who is this book for?

Do you need a *strong* kick-start with your weight loss?

Are you ready for a full body transformation in just 17 days?

Do you just wish that your fat would just fall off *effortlessly*?

If you answered “Yes” to any of those questions – **this book is for you!**

I am going to share with you the most effective way to slim down and get flat abs, a firm butt and lean legs in just 17 days!

I have put it all together in this awesome 17-Day Slim Down plan!

The best part about is that you are going to see amazing results and this will *TRANSFORM YOUR BODY IN LESS THAN 3 WEEKS!*

You can be a complete beginner or someone who works out regularly, it doesn't matter!

If this sounds like it could help you, then keep reading...

What will this book teach you?

Inside, I will teach you one of the best ways to transform your body, especially your belly, butt and legs, which will not only boost your weight loss, but also rejuvenate both your mind and body!

You will feel the healthiest you have ever felt – have the most energy you have ever had – and the fat will be melting *constantly!*

How?

Because you're going to be eating well, and doing some of the most effective workouts that accelerates body transformation in a short period of time.

In this book, I give you the plan right in front of you that will change your life – all you have to do is follow it!

One of the most important things for you to realize when reading this book is that this 17-Day Slim Down *really does work!*

However...

For you to achieve *real success*, you HAVE to apply this to your life.

This is where most people fail – they read through the entire book but do nothing.

You MUST try your best to apply as you read through the book!

Introduction

I am delighted to introduce the 17-Day Slim Down, one of the most effective ways to lose weight – and keep it off for good.

During our busy modern lives, many of us slide into bad eating habits. It is hardly surprising – we are a time-poor society, always rushing around and grabbing fatty, snacks on the go, or quickly cooking high-calorie, over-processed ready meals.

This can become a way of life and then... well, it is no wonder that so many of us pile on the weight.

So how do we tackle our weight problems?

All too often we turn to weird and wonderful ‘solutions’, the sort of faddy diets that involve us eating nothing but cabbage soup, for example.

Most of these crazy, unsustainable diets fail – we may lose a little weight if we manage to stick to their unrealistic rules, but we will actually wind up malnourished and cranky.

So cranky, in fact that we reach straight for the cookie jar again...

Time to choose a healthier path.

The 17-Day Slim Down is just that – a diet that is based on sensible eating principles, to give you everything you need in terms of protein, fiber, carbohydrates and a little healthy fat, whilst cutting out all of the junk.

It is a totally healthy way to eat, so much so that you could happily continue to eat along these lines for the rest of your life!

That’s part one.

The other key part of the 17-Day Slim Down is the exercise factor.

Those busy lives of us also, somehow, keep many of us spending more sedentary time than ever before. Strangely, although we have little free time, we appear to mostly be busy driving everywhere, fiddling with our smartphones or sending emails... everything you can do sitting down. So our waists get thicker, our legs heavier and our behinds get out of shape – hardly

surprising when you think about it.

Yet despite all this, most of us want trim, toned, healthy and attractive bodies. So, during the 17 days you will also do that vital part of any weight loss program - moving around!

This weight loss program includes some clearly defined daily exercises, which really will make a difference to the appearance of your body.

Are you getting excited?

You should be – the next 17 days will involve you eating some of the best, healthiest foods of your life, plus exercising your way to a great new shape.

You will feel brighter, tighter and much lighter... so what are you waiting for?

Chapter 1: Transform Your Body in 17 Days

Welcome to the start of a 17-day phase that will transform your body, improve your health and potentially kick-start a whole new slim and fit episode of your life.

Many of us try hard to find the perfect weight loss program. Modern busy lives do not always allow for the preparation of complex dishes and yet few of us have a private chef to balance out the calories and nutrients in our diet!

As for exercise, few of us have the free time to indulge in a 3-hour workout, but we still long for a toned, slender physique...

The answer?

A slimming plan that offers a variety of easy-to-prepare meals and a manageable, enjoyable and effective exercise regime—the 17-Day Slim Down!

What is the 17-Day Slim Down?

The 17-Day Slim Down is an easy-to-follow weight loss program that really works. It incorporates a super-healthy diet and optimum levels of exercise, meaning that if you follow it to the letter you *WILL* see a fantastic difference – after just 17 days.

When you follow the 17-Day Slim Down you will not only enjoy seeing the pounds melt away, you will also be able to tone up your body so that it looks better than ever.

Why does it work?

This weight loss program works brilliantly because it focuses on filling you up with low-calorie, high-fiber, nutritious food and working your body in all the right places, resulting in you losing the pounds and getting closer to that great-looking body you have always wanted.

It is not a crash diet; it is not based on any weird dietary principles.

It is a foolproof way to shed excess weight and tone up, based on what the best nutritionists and personal trainers tell us – eat less, move more.

Do this for 17 days and you will not fail to see fabulous improvements, both on the scales and in the mirror.

You will feel great too!

During the 17-Day Slim Down you will:

- Eat breakfast, lunch, dinner and a snack every day, chosen from the 17 options for each meal.
- Drink a lot of water and/or unsweetened herbal tea.
- Exercise regularly in 17-minute workouts, enjoying both cardio and toning exercises that will work wonders for your abs, butt and legs.

How does the 17-Day Slim Down work?

The 17-Day Slim Down works along the lines of a few simple but highly effective principles:

Low-calorie, high-fiber food – All of the recipes in the book contain plenty of fresh fruit and vegetables, healthy lean meats, fish and other protein, plenty of whole grains and minimally processed ingredients.

As they fill you up, help your digestion work at its best and provide lots of essential nutrients for very few calories, they really are a recipe for total success!

Avoiding bloating foods – Certain foods work against your digestive system and irritate it or make it sluggish, often causing bloating.

The 17-Day Slim Down recipes eliminate foods that are known to commonly cause bloating, so that you feel comfortable and so your internal engine continues to run at the optimum speed for burning those calories.

Daily cardio – Rev up that engine and burn even more calories – it's that

simple. Many people avoid daily exercise because they do not have the time energy or inclination to jump around for an hour or two.

Just the thought of so much exercise can be intimidating and off-putting. But how about 17 minutes of exercise?

This is a much more manageable slice of time and something that anyone can manage, which is why this program is so successful.

Effective, targeted toning exercise – On top of the cardio, this weight loss plan incorporates 17 minutes of great exercises that will help you lose weight, flatten your belly, tone up your legs and beautifully firm your butt - perfect!

After the slim down, we will lead you forward into maintaining a much healthier new lifestyle that you can sustain, all clearly outlined in Chapter 14.

For now, let's just focus on getting ready to lose weight and discover a slimmer new you at last.

Chapter 2: Get Ready for the 17-Day Slim Down

Okay, time to prepare to change your life!

There are a few simple and fun steps that you should take before embarking on the 17-Day Slim Down. Do not be tempted to skip these steps as they will encourage you and make the whole process far more enjoyable plus they will help you measure the success of the program.

If you follow through all of these steps then you are going to guarantee your best chances of success on this diet.

Don't worry, there are only 3 steps for preparation.

Step 1 – Get in the right mindset

A little mental preparation at this stage can make all the difference. Time think positive and quash any residual doubts.

How?

Get a pen and paper and write down your own answers to these questions:

1. Why am I going on this 17-Day Slim Down?
2. What are the potential pitfalls that I must avoid?
3. What is my number one aim through doing this program?

Answer these questions and clarify for yourself why you are going to follow the program.

As a final tip, check-off some of the many benefits of losing weight:

- Look better than you have done in years – younger, fitter and more attractive.

- Drastically cut your risk of cancer, heart disease, stroke, diabetes and other potentially fatal diseases.
- Enjoy fitting into your favorite smaller-size clothes again, or treating yourself to new ones – it is a real ego boost!
- Feel more energetic and able to enjoy more activities.
- Eliminate toxins from your system with a high-fiber, high-water diet.
- Enjoy glowing skin and improve your complexion.
- Benefit from improved digestion – you may find that any internal issues you have been having simply melt away.

Step 2 – Doing the ‘before’ body prep

Thinking about your body shape and vital statistics before you begin will provide inspiration throughout the 17 days:

Measure Up

Fun time! Take some measurements of your body before you begin. Then keep a record of them and see how you measure up after the 17 days.

Simply take a tape measure and record the size of various areas of your body – you can keep a record of them here:

BEFORE:

Waist _____

Hips _____

Thighs _____

Calves _____

Upper arms _____

AFTER:

Waist _____

Hips _____

Thighs _____

Calves _____

Upper arms _____

Take a Before and After Selfie

Stay motivated throughout the program by taking a photograph of yourself at the start of the program.

Be honest (ditch the make-up and make sure it shows you in its full natural glory, when you may be looking and feeling a bit overweight, pasty and blurred around the edges).

Then, simply look forward taking another photo after the 17-Day Slim Down. You may be amazed at the difference in your appearance – a slimmer profile and a wonderful glow.

Dig Out those ‘Skinny Jeans’

It is vital to keep your aims at the forefront of your mind when you are losing weight.

Open your wardrobe and unearth a piece of clothing that you want to be able to get into and hang it on the wardrobe door for a moment.

Wouldn't you look great – if you could just get into it?

Stay on track and soon you'll be wearing it!

Step 3 – Get Ready to Shop!

Nutrition is the most essential part of weight loss, period. This book provides you with a wide range of recipes that will have you feeling slim, happy and healthy in 17 days.

The recipes are simple and you can stock up as you go along – there is even a comprehensive shopping list and store-cupboard check-list.

Just choose your recipes, or opt to try every single one over 17 days if you prefer. Then, turn to Chapter 15, select the ingredients that you need and go shop!

Chapter 3: Let's Begin!

Great – it is time to get started!

To keep things really simple, here's a clear breakdown of what you need to do over the next 17 days.

1. Choose your meals

There are 17 meals for breakfast, 17 lunches, 17 dinners and 17 once-a-day snack options.

Simply pick a different one each day and work through all of them, or select your favorites and stick to those – whatever you find easiest.

Of course, if you find that one or more of the dishes are not to your taste, don't worry at all.

Simply eat another one of the recipes or even substitute it for one of your own favorites. You just have to remember to keep it low in calories and high in fiber with a focus on fresh foods and wholegrains.

2. Exercise is a very important part of the 17-Day Slim Down

Not everyone feels that they are well suited to exercise, but it is amazing how you can enjoy and benefit from just a few minutes every day.

In every area of the 17-Day Slim Down, 17 is the magic number!

In order to maximize your weight loss, you will therefore do 17 minutes of exercise, every morning and every evening, for 17 days.

Embrace it – you will feel great!

3. This means that every morning, you will do 17 minutes of cardio

In the next chapter we will look into the benefits that regular cardio offers and the various types of cardio that you can enjoy.

4. Every evening, you will carry out the body transformation toning exercises

These will give you a flatter stomach with more defined abs, better, more slender legs and a firmer, more toned butt.

Again, each set of exercise that you do will only take 17 minutes.

5. You will rotate the toning exercises so that each part of your body – abs, legs, or butt - only gets exercised once every three days

These rotations are crucial as they will ensure that the correct muscles are rested enough and can ultimately perform better, helping you to slim down.

To find out more about the exercises that will get you into shape over the next 17 days – read on...

Chapter 4: Shed Those Pounds

Time to start moving more and getting rid of those excess pounds.

Carrying extra weight can make us look and feel less than our best, plus it is very bad for our health. Some leading doctors have claimed that if we could see how the unwanted fat was hampering our vital organs, we would act much more urgently.

Do you want to wait until you are ill?

Of course not.

Let's make a change, starting now.

Exercise is a key part of that change and this program has a simple regime to follow.

First comes the cardio, which you will carry out every morning. But what exactly will it do for you?

What is cardio?

Cardio is short for cardiovascular, which indicates that it is good for getting your heart going.

Also known as aerobic exercise, cardio really gets you moving about and really gets you out of breath as it is designed to get more oxygen into your blood.

Sound worrying?

Not at all!

When you start to puff, your body will also be sending a load of feel-good hormones called endorphins around your body and serotonin will be creating a sweet natural buzz in your brain. This is genuinely exercise as pleasure, not pain.

In any case, it only last 17 minutes!

Which exercise to choose

There are endless cardio exercises to choose from. It does not have to be just running (although if you love it, do it), it can be any number of fun activities.

The only rule is – if it gets you moving, and healthily out of breath, then go for it!

Here are some cardio exercise ideas, which are great fun, will get you moving, and which you can do in the morning for a burst of 17 minutes:

- Adult gymnastics to music
- Aerobics workout, medium to high energy
- Aqua aerobics, medium to fast-paced
- Capoeira
- Cycling
- Disco dancing, vigorous
- Flamenco dancing
- Hiking at a good pace in the great outdoors
- Hula hooping
- Ice skating, medium to fast
- Jazz dancing

- Just Dance computer game
- Kick-boxing home workout
- Nordic Walking, vigorous
- Off-road mountain biking
- Rollerblading
- Running
- Salsa
- Skipping
- Swimming
- Tap-dancing, energetic
- Tango
- Trampolining
- Ultimate Frisbee
- Urban dance
- Walking, at least 3 mph

- Wii Tennis, Wii Fit etc
- Zumba

So – just how much can you get done in only 17 minutes?

The answer is... plenty!

You don't need hours to make an impact on your body. Make life easy for yourself, get your smartphone and set the time to exactly 17 minutes and then just get going...

Take a look at these sample cardio workouts based on the exercise options above and you will see how easily the 17 minutes can just fly by!

Example 1 – Interval Training... in Just 17 Minutes

This is easier when done to music, so turn up your best tunes loud – you might feel less inhibited if no one else is around!

Warm up by marching on the spot, lifting the legs high for one minute.

Follow up with 10 jumping jacks, then drop and do a plank for 30 seconds. Repeat x2.

Lift your right knee and bring your left elbow down to meet it, then swap sides – do this 20 times.

Reach up to the sky and lift your knees as if you are climbing a rope for 30 seconds. Then drop and do a plank for 30 seconds. Repeat x3.

Touch one foot with the opposite hand 20 times. Repeat x3.

Do the box-step. Step left foot, then right foot forward, raising the corresponding arm. Then put your left foot and right foot back and lower the matching arm. Do this vigorously 15 times over.

Go for a brisk walk, even if it is just around your own house. Swing your arms and take enthusiastic strides – if you have stairs to go up and down, this is even better. Do this for 5 minutes – make sure you keep moving.

Return to your original spot and do 10 more jumping jacks.

Now do the Grapevine. Stride sideways, crossing your steps and your arms as you scissor – 5 steps left then 5 steps right. Touch your toes, reach to the sky and then repeat x4.

Stretch up to the ceiling as high as you can, then slowly bend from the waist to touch your toes. Uncurl your spine very slowly until you are upright again, then stop.

You're done!

Example 2: Simple Swimming... for 17 minutes!

These exercises are based on a 25-meter length pool, as not everyone is lucky enough to live within a short distance of an Olympic-sized pool of 50 meters.

Get into the water at the shallow end and start doing the front crawl. Do 5 laps.

Now it's time to do some water-running. Stand on the floor of the pool and run as fast as you can towards the other end. The water resistance will slow you right down, but keep going.

When you are starting to get out of your depth, turn around and run back in the other direction. Keep water-running for a full 5 minutes, ending up back at the shallow end.

Now do the back crawl for 5 laps; next do a final front crawl for 5 laps.

If you are super-fast and have a minute or two left to spare, do some gentle stretching exercise against the wall.

Then – your time is up!

Example 3 – Disco Dancing... for 17 Minutes!

This cardio is the easiest of the lot, as it will inevitably be done in your own inimitable style.

The instructions are very simple.

Put on your favorite pop music, nice and loud. Then – dance!

Wave those arms, move those feet and shake that booty without stopping for 17 minutes... and that's it!

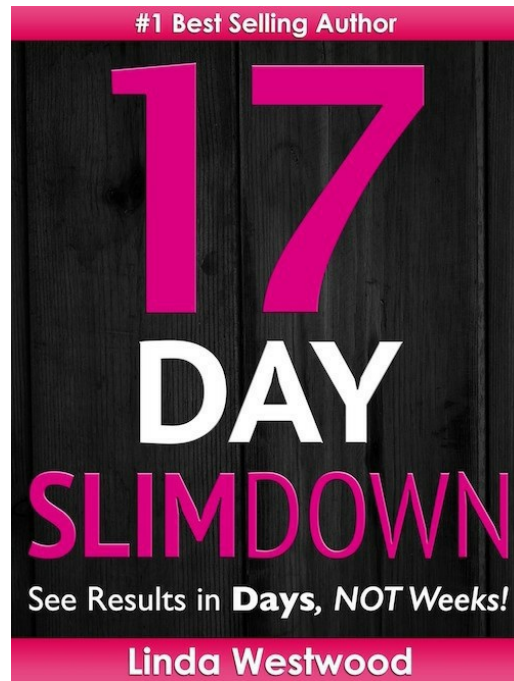
Do any of these exercise and you will feel refreshed, younger, fitter and healthily worn out, which means you have burnt some serious calories.

Not a bad pay-off for just 17 minutes of exercise.

Did You Enjoy 17 Day Slim Down?

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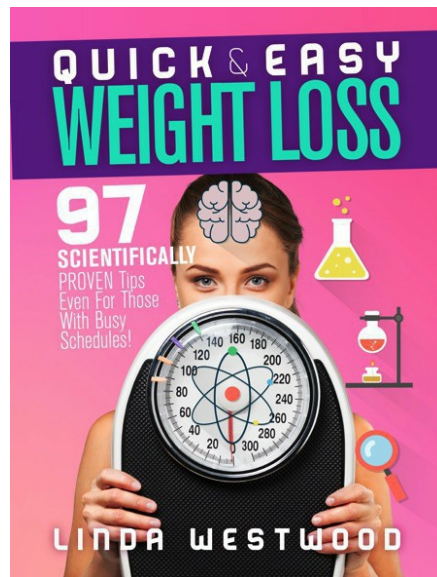
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