

SECTION FOUR: CONCEPTS

6 MISCONCEPTIONS ABOUT FAT LOSS

Upper body – chest, back, shoulders, triceps, biceps
Lower body – quads, hamstrings, glutes, calves

Have your trainer or physician help you follow the program. It's not just your diet and exercise that will help you lose fat, it's also your lifestyle.

Exercise is good for the cardiovascular system, but it's not the most important factor. It's your diet.

Body & Metabolism

Metabolism is the process by which your body converts food into energy. It's the rate at which your body burns calories.

In fact, when you train you burn the most calories. When you rest your body the most calories are burned.

That's why it's important to have a good diet and exercise program. If you don't, you won't lose fat.

I recommend you get about 150 hours of sleep per week. That's the best way to lose fat and your body can handle it.

Get enough sleep, eat a healthy diet, and exercise. That's the best way to lose fat.

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BEFORE



AFTER

HOW TO LOSE FAT AND BE
HEALTHY THE REAL WAY

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SECTION ONE: WHAT IS FAT?

ME

IT'S

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