

Faster Fat Loss Checklist

Get Enough Sleep There are over two dozen studies that show that people who sleep less weigh more. For example, insufficient sleep leads to an increase in ghrelin (which increases appetite) and decrease in leptin (which sends a signal to your brain to stop eating) levels, which also lead to weight gain. Make sure you are getting 7-8 hours of sleep each night and make sure to turn off the TV, computers and iPhone 30-60 minutes before bed because these are all stimuluses to the brain which will prevent you from falling into a deep sleep.

Use Intervals Training and Dump the Cardio The reason you want to do interval training instead of steady state cardio (like running or biking at the same speed for 30+ minutes) is something called EPOC (Excess Post Exercise Oxygen Consumption) or otherwise known as after-burn. Studies have proved that after performing interval training you continue to burn calories for up to 38 hours after your workout. As opposed to stead state cardio where you only burn calories for an additional 2-3 hours.

Eat until you are 80% full We eat too much, plain and simple. Instead of always eating until you feel full, or worse yet, until you can't eat anymore, stop when you are about 80% full. If you're not sure when that point is, start by only putting about 80% of what you normally eat on your plate. You'll be surprised at how satisfied you still feel after stopping at 80%.

Replace grains with greens There is much debate over whether grains are good or bad for you, but there is no debate over all the health and fat loss benefits from eating your greens. Whether it's the cancer fighting sulforaphane found in broccoli or the nutrient dense spinach, packed with vitamin A, C and folate. Eating more greens will help with fat loss by improving satiety (feeling full) and increasing your fiber intake.

Do 2-3 Resistance Training Sessions Each Week This one is easy to explain. Lean muscle increases your metabolism because your muscles need fuel to work. Your fat doesn't need any fuel because all it does is just insulate you and makes you feel uncomfortable in your favorite pair of jeans. And 2-3 resistance-training sessions each week is the sweet spot for seeing faster fat loss results.

Drink at least 8 cups of water If you're not drinking enough water each day, your fat loss will stall. Not only does staying hydrated help you control your appetite, but dehydration also actually slows down the fat burning process. Another unknown fact is that most of your toxins are stored in your fat cells, so when you burn fat, these toxins need to be flushed out of your body. If you're not drinking enough water to help rid your body of these toxins, your body will hold onto more fat to make sure these toxins aren't roaming around your blood stream.

Don't make it too hard This is what trips up most people and why 98% of self-directed fat loss programs fail. Most people make fat loss too hard by trying to do too much at once. It's "all or nothing" at its worst and it leads to a staggeringly high rate of failure. So, rate the six tips above on a scale of 1-10 on how confident you are that you can do it every day for the next 14 days. If the answer is a 9 or 10, then get started on that tip. If it's less than 9, then wait until the 14 days are up and then reevaluate.

This is what my most successful clients do to accelerate their fat loss, but this is only the tip of the iceberg. If you're ready to take your health and fat loss goals to the next level, I would love to invite you to give me a call at **832-562-9571** or shoot an email [Personal Training](#) so we can set up a [Success Session](#) for you. This is what I do with all my clients, and it's to ensure that we are a good fit for you and that we are the best choice to help you reach your goals. Helping people just like you reach their goals is what I'm passionate about, so if you're ready to take the next step either call or email me.

Yours in Health, Reynaldo **832-562-9571** to trainserious1@gmail.com