



I LOST IT AT THE CLUB TIP #5
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Trainer Tip of the Week from **Arlene Perez**

The Ten Commandments of Fat Loss

- 1. Cut Carbohydrates.** Not all carbohydrates are the same. Reducing your intake of processed sugars keeps your body's insulin levels low. Lower insulin means less fat storage. Remember processed sugar is the kind you find in junk food, white bread and most pasta.
- 2. Eat More Fruits and Vegetables.** These are the right kind of carbohydrates you should be eating. Fruits and vegetables are full of fiber and they will keep you full longer.
- 3. Eat More Protein.** Lean Protein builds muscle and increases your metabolism. Chicken, fish and lean cuts of beef are good choices.
- 4. Train The Whole Body at Once.** By working all your muscles in one session, you will burn a massive amount of calories.
- 5. Do Intervals.** When your body is working at peak intensity, you will reach your maximum fat burning potential. Try this: run all out for 30 sec, then slow down to a slight jog for one minute. That's one interval, keep a record of how many you can do and work towards increasing that number.
- 6. Eat Small but Frequent Meals.** Regular grazing on small portions will keep your metabolism burning at a steady pace. Always include protein and vegetables or fruits in each small meal.

- 7. Do Exercises That Work More Than One Muscle at a Time.** Exercises like squats, dead lifts, lunges, presses and rows should be included in your program.
- 8. Change Things Up.** Your body will adapt to an exercise in four to six weeks. Change your number of reps, add an extra set or completely change the exercise for that muscle group.
- 9. Keep Food Log.** You are less likely to put junk food in your mouth if you make and keep a food log. Every time you eat you have to write it down in a food journal. Also, over the course of the day we tend to forget all that we have eaten. By writing it down, you will be accountable.
- 10. Drink Water.** It's the drink of choice for dieters. Besides the obvious that it will keep you hydrated, it will fill you up and help move food through your system faster. Drinking cold water can actually make your body burn more calories in an effort to warm it up. You need to drink at least 8 – eight ounce glasses of water each day.

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