



FAT BURNER SERIES

Thank you for downloading my Fat Burner Series.

I'll let you in on a secret - Burning fat is much easier than it is made out to be.

Carrying excess fat has negative impacts on our body, from heart disease and type two diabetes to hypertension and fatigue...etc. Poor lifestyle choices, lack of education and a slowing metabolism have created a growing trend in overweight or obese individuals (Over 60% according to the Australian Bureau of Statistics in 2014-15).

It's time to change all that!

In this three part series, I will show you:

- **THREE** main influences of a fat-burning metabolism
- **TWO** simple ways to burn fat
- **ONE** secret to creating permanent change in your body-shape

Part 1: The 3 main influences of a fat-burning metabolism

Our metabolism is very simply put - a bunch of chemical processes that convert food that you eat into energy to perform your day to day activities.

It has three main functions - to create body-shape, increase energy and improve function.

So how do we kick-start your fat-burning furnace and get your metabolism firing again?

1. Build Lean Muscle

Lean muscle mass makes up most of your fat-burning metabolism. It burns energy just by existing and burns even more calories when you perform intense exercise. More muscle mass = a more powerful metabolism.

2. Exercise Efficiently

"Intense exercise". That's right, you need to actually put effort into your training. Walking on

the treadmill for an hour isn't going to cut it. What you need is to get your heart rate up and start puffing.

3. Have Excellent Nutrition

I've always told my clients, "You can have the best builders but no bricks, and you can't build a house". That's where excellent nutrition comes in. You will need the best "bricks" to support your intense workouts.

Controlling these three things is key to getting your fat-burning metabolism firing again.

Did you know that the number of fat cells in our body can only increase but never decrease? Fat cells expand and shrink throughout our lives to give us the appearance of gaining and losing fat. In more significant circumstances your fat cells can increase in number, but once they do, they stay with you forever. Think of fat cells like suitcases, once they're full you'll need to get new ones in order to carry more luggage and suddenly you're overweight. But not to worry, there are ways to shrink those suitcases.

Part 2: Two simple ways to burn fat

1. Perform Intense Exercise

It is intensity that results in adaptation.

You always get sore (Delayed Onset Muscle Soreness) after an intense workout. That's your body telling you that it's doing some renovations to itself. Some muscle fibers have torn resulting in inflammation in the area - and you complaining to the rest of the world that you can't move and your life is ending...

It's this process that causes the body to repair and build muscle, and we know from Part 1 that more muscle means a more powerful fat-burning metabolism.

So if you truly want to create permanent change in your body, go and smash out an intense workout and start burning fat! A simple 45 minute workout at roughly 8 out of 10 intensity will give your body sufficient muscle stimulation and begin muscle adaptations.

2. Eat More Food

Typical diet plans pressure us with calorie restrictions and limited meal options that are not appealing at all. But would you be interested in a lifestyle where you could eat whatever you wanted, or even better, eat more and still lose fat?

Think of your metabolism as a coal train. The more coal you burn, the faster the train goes, but burn too much at once and it slows down, burn too little and it goes too slowly. We need fuel for our metabolism. Most of us trying to lose fat end up cutting too many calories which causes a metabolic slowdown. Your body ends up in 'starvation mode' and starts storing whatever you eat.

To reprogram your metabolism, slowly start eating more, and more often! More lean proteins, more fruits and vegetables and more low GI whole grains around training times! Aim for around 4-5 meals each day with each portion just keeping you comfortable, not full. Have lots of variety and create meals that you enjoy. There's no need to live off chicken and broccoli. Nutrition should be deliciously simple!

It's not about what you do but how you do it that makes all the difference.

Start burning fat by eating more food and performing intense workouts!

Part 3: One secret to creating permanent change in your body-shape

The secret to creating permanent change in the body is knowing why.

Most of us are too focused on what we do, but it's understanding why we do things that really creates permanent change.

Why am I trying to burn fat?

Why am I giving up junk food?

Why am I waking up early on those cold mornings to get to the gym?

Knowing the reason behind your goal creates a strong intrinsic driver that keeps you on track towards any goal you have.

Here's a simple checklist to find out if a goal is really that important to you.

1. What do you want to achieve?
2. Why do you want to achieve your goal?
3. What would happen if you do not achieve your goal?
4. Would you be okay with that?

If you answered "No" to question 4, nothing can stop you from achieving your goal. What was your answer to question 2? Write it down, remember it and remind yourself each day. Knowing why gives you a reason to be consistent with your nutrition and training and helps you to create permanent change in your body-shape.

Thank you downloading my Fat Burner Series.

I have spent the last 13 years helping my clients achieve their fitness goals. The greatest results have come from those with the biggest commitments. When you are ready to commit to creating a permanent change in body-shape and fitness, contact me on 0432 662 470 to book in your personal training consultation!

Adriel Yeo

A stylized, handwritten signature in black ink, appearing to read 'Adriel'.

Personal Trainer

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