

Diet, Fitness and Fatloss

Author: Darren O Connell

Brought to you by <http://www.explosivemusclegrowth.com/download.html>

Diet, Fitness and Fatloss

Table of Contents

8 Weight Loss Tips	3
Best Diet - 3 Key Features Your Diet Must Have For Weight Loss Success	6
Diet and Fitness, Winning Tactics For Weight Loss.....	9
Fitness and Weight Loss Pointers	11
Physical Fitness Accentuates Weight Loss	13
Rapid Weight Loss Diet	15
Top 10 Weight Loss and Fitness Myths.....	18
Weight Loss and Fitness - Facts not Fiction.....	21
Weight Loss Motivation Tips and Strategies!	23
Weight Loss, Fitness, and a Peace of Mind for Life! – The secret is NOT in the charts!	25

Diet, Fitness and Fatloss

8 Weight Loss Tips

There are a lot of “crash” diets out there that promise that you’ll drop a considerable amount of weight in days or a week.

I have tried a few of these, and in my experience the weight always comes back on, just as quickly since the weight loss tips given are not something that will work with your body. One thing you don’t want to do if you are actually serious about losing weight is to follow these fad diets and their ridiculous weight loss tips. After their ineffectiveness has been proven time and again, people will start to wise up to that particular diet, and will head off in search of a new craze. Lets be honest, people are always searching for new weight loss tips because they want to lose pounds and they want immediate results, but this is just wishful thinking. To lose weight permanently and effectively it will be a rather slow progress, all depending on your metabolic rate and how much you need to lose. There are however some proven tried and true weight loss tips for aiding in the weight loss process, and I can make you familiar with them. **Weight Loss Tip 1**

Don’t skip breakfast. Whatever you do follow this advice, because otherwise you are much more likely in fact prone to binge later in the day. **Weight Loss Tip 2**

Don’t eat anything for at least an hour before going to bed. **Weight Loss Tip 3**

Don’t snack while watching TV. It’s acceptable to eat a meal while watching television, but never is snacking at this time acceptable. **Weight Loss Tip 4**

Substitute fruits like; bananas, watermelon, plums, peaches, and oranges for sugary treats like; cookies and candy. **Weight Loss Tip 5**

Substitute honey for sugar, and carob powder for chocolate in all recipes. These taste just as good if not better when used properly. **Weight Loss Tip 6**

Eat more vegetables. This can even be enjoyable if you have a good cookbook like Good housekeeping’s latest edition. **Weight Loss Tip 7**

Avoid unnecessary high calorie foods. Instead of a high calorie salad dressing for instance try cottage cheese or yogurt to improve the salads taste and peel of the pounds. **Weight Loss Tip 8**

Exercise at least a half hour each day for five days out of the week. Biking on a stationery bike while reading is a great form of excercise to slim legs. In conclusion there is nothing stopping you from losing weight except yourself. Get off the "I can't do anything about my weight problem" bandwagon and start dropping pounds today!

ABOUT THE AUTHOR

If you want to lose weight and keep it off visit fitness guru Brad Callen’s informative website at: <http://snipurl.com/98g1>

[Turbulence Training](#)

Say Goodbye To Long, Slow Boring Cardio
And Start Incinerating Maximum Fat In
Minimum Time With Killer Workouts You
Can Do In The Privacy Of Your Own Home
In 45 Minutes Or Less...

[Zero Down Real Estate Investing.](#)

How To Invest In Real Estate With No Credit And No Down Payment. Simple Step-by-step Directions. Site Has Excellent Conversion.

Diet, Fitness and Fatloss

[Train Your Dog Without Touching Him.](#)

Converts 2.69% On Keyword Dog Training.

[Keep Your Marriage EBook\(R\).](#)

What To Do When Your Spouse Says: I Dont Love You Anymore! Keep Your Spouse From Bolting & Buy Time To Improve Your Marriage.

Diet, Fitness and Fatloss

Best Diet - 3 Key Features Your Diet Must Have For Weight Loss Success

So you've made the resolution that THIS is the year you're going to lose weight and get in the best shape of your life. You're not going to settle for second best - you're going to achieve that dream body you've always wanted.

Great news - this is actually the best time to make that commitment. Why? Because you can take advantage of the powerful momentum and energy a New Year brings to achieve your weight loss dreams.

But there's nothing worse than committing to lose weight, only to get lost among the 5 gazillion diets out there. It can get confusing - you may end up wasting a lot of money and effort. You may end up wondering which diet is really the BEST diet for you.

You may even end up feeling so frustrated that you give up on your dream of becoming slim and healthy. But it doesn't have to be that way.

In order to have rapid weight loss success, you have to find the best diet for you (a.k.a. the diet that will speed you towards your dream body at lightning pace). There are millions of diets - but only a few that are best for you and your lifestyle.

The best diet for you will have the 3 key features listed below. Choose your diet with these 3 key features in mind and you're already halfway to your weight loss dreams.

#1 Proven Success Rate

Are there before and after pictures of people who have lost weight with that particular diet? Are there customer testimonials? Have there been independent studies done on the diet's success rate?

The diet you choose doesn't have to have all three of these but try to find at least some kind of proven success rate before choosing that particular program. Finding a diet with a proven success rate not only lets you know that the diet works but it also helps give you the confidence that the diet will work FOR YOU.

Confidence is one of the most underrated factors in a successful weight loss program. If you've tried and failed with diets before you especially need that extra boost of confidence to carry you through the more difficult times in the diet. By reminding yourself that this diet has been proven to work - you'll be able to keep going and reach your weight loss goals. A related feature that gets extra points is if the diet has been recommended by an expert or a physician. Again this boosts your confidence that the diet is safe and effective.

#2 Affordable

Losing weight should not cost you thousands of dollars (unless we're talking about surgery here and

Diet, Fitness and Fatloss

that's an entirely different article). The best diet will be affordable for the average person.

If the diet costs too much, be very suspicious and look elsewhere. There are too many shady diets out there and as a consumer, it pays to be cautious. I'll give you an example of what I mean:

A close friend of mine went to a well-known weight loss clinic in our area and was told she had to pay the yearly fees up front (around \$1000 NOT including food). They also told her she had to buy their food in bulk (like \$500 for a year's worth of chocolate).

When the chocolate gave her heart palpitations and she had to take it back, they told her it was non-refundable. She was out the money for the chocolate. Plus, she feels she can't leave the program because she's paid the yearly fees (which, you guessed it, are also non-refundable).

She unfortunately made the mistake of ignoring her instincts and paying way too much money for a diet program. If you notice you're being asked for hefty fees right out of the gate, warning lights should be flashing in your mind.

Now on the other hand, the best diet WILL cost you something. It actually is better if you put some cash on the table for your diet program. Why? Because when we invest in something we're more likely to stick with it. When we invest in something we are more likely to follow through and get the results we want.

For example I did a liver detox several months ago. I'm not really into liver detoxing but I read an article and figured I'd try it.

The detox kit cost me a whopping \$50 and when I opened the instructions they told me I had to give up junk food for two weeks. In any other universe I would have laughed and simply forgotten about detoxing my liver. But because I'd shelled out \$50, I was invested - I decided that I hopefully wouldn't starve from lack of junk food over two weeks and suffered through it.

If I'd gotten the detox kit for free there's no way I would have followed those instructions. But because I was invested, I followed through and now have a healthier liver thanking me for it.

So when searching for the best diet, putting out some money on yourself and your dreams of a better body is actually a healthy thing. Just keep in mind that you shouldn't have to spend thousands of dollars on it.

#3 Compatible with Your Tastes and Lifestyle

This is THE most crucial step however it's the one where most people go wrong. When choosing a diet, they simply pick one and go, without considering if it is compatible with their tastes and lifestyle.

For example, if you hate feeling deprived or empty you might want to choose a program that lets you eat many times during the day so you don't feel hungry. If you get bored easily you want a diet program that gives you tremendous variety and flexibility. If you don't do a lot of cooking or food

Diet, Fitness and Fatloss

preparation, you'll want to look at a program where the food is pre-made for you.

Diets are like cars - there are hundreds of different models out there, each with their own unique features. And they can get you where you want to go. But your personality might gel better with certain features than others.

Dieting is hard enough. Don't make it harder on yourself by choosing a diet not compatible with who you are. Setting yourself up for success will also guarantee that you'll stick it out until you reach your goal.

And one other thing, the best diet will be one that you can get excited about. Choose a diet that you enjoy, that you believe in, that may actually be - gulp - fun.

Emotional excitement will fade in time, yes. But it can give you enough of an emotional push to get you over the initial hump. By that time your first few pounds will have come off and will serve as your continuing motivation.

So those are 3 key considerations when looking for the best diet. Keep them in mind and you will progress in leaps and bounds towards your dream body. Remember, planning now may seem boring - but it's the key to your future weight loss success.

About the author:

Vienna Miller is a contributing writer to [Diet Reviews](#). Review the Best Diets of 2006 at: http://www.freetobethin.com/article_Diet_Review_Top_3_Diets.html

[Golf Fitness Guide](#)

"...Your Golf Swing Will Have Effortless Power....Producing Amazingly Long And Straight Drives That Blow By Your Golfing Buddies By 30 Yards On Every Hole"

[Sewing Roman Shades.](#)

How To Easily Sew Roman Shades. Step-by-step Roadmap To Professional Window Shades.

[Parenting Secrets By Mother Of Five.](#)

Raising Kids With Life Skills Makes Both Parenting And Growing Up Easier To Do.

[Find Ugly Homes And Assign The Contracts.](#)

Profit In Real Estate Without Cash, Credit Or Risk. Learn How To Make Quick Cash In Real Estate Without Owning Property.

Diet, Fitness and Fatloss

Diet and Fitness, Winning Tactics For Weight Loss

Tell me, does this describe you? 'I tried a zillion diets in fits and starts and was never successful.' Just going on a diet will not give you a complete healthy persona. I finally paid attention to what everybody was saying, but I was too lazy to do.

I added exercise and fitness to the equation. We also need to stay fit as well as diet to lose weight. Our true wealth is our health. Isn't it worth your time bring it into peak condition and maintain it? Diet fitness is all about an accurate mix of diet and an appropriate fitness program.

This basically includes three levels of consideration:

1. Balance-A balanced diet must contain carbohydrate, protein, fat, vitamin, mineral salts and fiber in well proportionate quantity. Carbohydrates are the source of energy so these play an important role in balanced diet. Intentional inclusion of all foods from fruits to vegetables and meats to grains.
2. Moderation- portion control, small quantity at regular intervals. I had to laugh when I heard the results of a 5-year study costing millions of dollars the government ran to find out why the population of the US is getting heavier. The results...they determined we eat larger quantities! 'Super Size it!'
3. Variation - wide variety in foods, means higher chances of complete nutrition. And variety in your workout routine means a greter chance of sustaining it.

It is a well-known fact that poor diet leads to diseases, like obesity, even cancer and heart disease. The link between diet and physical fitness has well been established and recognized as a science in itself. It's the basis of dynamic and creative intellectual activity. How do you balance diet and fitness? What changes in your diet and fitness regimes will prove to be the most beneficial ones?

These questions may have been on your mind for a long time but you didn't know where to start. I let the paralysis of analysis prevent me from getting started for a long time. I wanted the 'perfect' fitness plan. My advice? Just get started anywhere,

Diet, Fitness and Fatloss

but get started. There are the solutions at your doorstep. First and foremost, you need to ensure that the diet you are on, supplies you enough strength and energy to carry out the fitness training which means:

The basic fitness diet should:

1. Have a wide variety of foods-- wholegrain breads and cereals for vitamins and minerals, leafy green vegetables for iron fueling, fruit for adequate fiber, lean meat and Fish (lowers cholesterol and helps prevent cancer) and low fat dairy products.
2. Enable you to have optimal weight and energy to carry out daily activities with ease.
3. Enhance quick and complete recovery during exercise.
4. Supply enough fluids to have maximum hydration. 5. Provide both short and long term benefits and ease of maintenance.

When the above criterion is satisfied, you can confirm that you are on a diet that is not starving you or running you the risk of malnutrition and weakness. Fitness programs can include not only basic gymnasium but modern techniques like dancing, aerobics and yoga for variety and fun. If it is enjoyable it will be easier to maintain.

Make no mistake about it, fitness regimes help you speed up the process of losing weight along with the diet. That is the key, the magic diet accelerator. So eat healthy, exercise and be wise!

About the author:

Bill Urell reviews only the best diet and fitness plans, tips, and articles that promote healthier lifestyles. Visit us and claim your FREE E-Cookbook, as a welcome gift.

<http://www.online-weight-loss-resources.com>

[Getting Fit Right Now Program](#)

FINALLY, you WILL be able to stick to any fitness program you choose - guaranteed!

[Anti-Scam Manual For Online Dating.](#)

Diet, Fitness and Fatloss

Frustrated With Internet Dating Game? Scammers Drive You Crazy? Great EBook(R) From Dating Scams Expert. High Conversion Rate.

Orgasmology.com.

You Can Turn The Art Of Sex, Into The Science Of !

[The Shocking Truth About Russian Women.](#)

Discover The Truth About Your Future Russian Bride, Guaranteed!

Diet, Fitness and Fatloss

Fitness and Weight Loss Pointers

Who among us can truly say that they are as lean and toned as they ever want to be? Most people, even the fitness buffs, are in a constant fluctuation between their ideal body and a body that is not quite ideal. So how do we sway this struggle in our favor? Quite often the difference between the body that you have today and the body that you wish you had is made up of simple daily decisions. Read on for simple fitness and weight loss pointers that could very well turn the body you have today into a masterpiece tomorrow!

- Eating small meals every 2-3 waking hours will increase your metabolism and reduce fat storage. Make sure that these are healthy meals containing protein, carbohydrates and fat.
- The easiest way to effortlessly lose weight is to not eat three hours before bed. It has been proven that not eating three hours before bed reduces fat storage throughout the night.
- Eating a balanced diet is key in maintaining a healthy body weight. The American Council on Exercise suggests that this balance break down into 12-20% protein, 55-65% carbohydrates, and 25-30% fat.
- The average Venti sized Frappuccino weighs in at 530 calories. This staggering number equals 2.5 bagels, or one third of the recommended daily calories for an average woman. Beverages such as this contain high amounts of sugar should be consumed rarely since the extra calories they contain are readily stored as fat.
- Desserts should be eaten sparingly at an average of no more than two each week. If you have an insatiable sweet tooth, try munching on unsweetened dried fruit, or sugar free Jell-O.
- Eat a small meal and wait 20 minutes before deciding if you need more food. This will give your stomach and brain time to communicate. If have eaten enough food, your brain will alert your body and you will find that you don't desire anything more. If you are still hungry after this period, eat a small amount more and wait another 20 minutes.
- Fat free foods, when eaten in excess, will still be stored as fat! Fat free cookies and crackers are made up of a whole lot of SUGAR! Yep, the secret is out! Sugar is just as fattening of a substance than fat itself, when eaten in excess.

Take the time to incorporate these tips into your daily lifestyle, and you will be pleasantly surprised with your results! Remember that healthy weight loss takes time, so be patient! Make an effort towards your goal everyday and don't get discouraged!

About the author:

Diana Keuilian, Certified Personal Trainer, and author of "Avoid The Freshman Fifteen", has a proven method for avoiding college weight gain. Visit www.AvoidTheFreshman15.com to learn more. She is also the head Fitness Trainer for the nation's leading online fitness site www.HitechPersonalFitness.com and board member of www.HitechTrainer.com Learn more at www.Keuilian.com

Diet, Fitness and Fatloss

[All Star Trainer's Secrets to Maximum Muscle gain and Fatloss in 30 Days](#)

Learn How To Burn More Fat And Build More Muscle In The Next 30 Days Than Most People Do In 90 Days Or Even 6 Months!

[How To Build Auto Lawn Sprinklers.](#)

Build Your Own Automatic Lawn Sprinkler System. - Newly Increased Commissions!

[D.i.y. Dog Training At Home.](#)

Complete & Proven D.i.y. Dog Training System. 100% Guaranteed To Solve Any Dog Behavior Problem Quickly & Easily. Full Aff Supp.

[The Wedding Mc: A Guide To Success.](#)

A Complete Guide To Success For The Master Of Ceremonies.

Diet, Fitness and Fatloss

Physical Fitness Accentuates Weight Loss

Exercise is the key to a healthy body. A proper exercise benefits each and every part of our body and keeps it a healthy one forever. According to popular belief, our body should be used in totality because if they are left unused, they become defective in growth, susceptible to disease and age quickly. Physical exercise and activity is of prime importance for maintaining a healthy and ailment free life. It helps in weight loss and keeps our body slim n trim for ages.

A regular dosage of exercises has a beneficial effect on the course and severity of many diseases apart from helping in the process of weight loss. Some of its health benefits are:

Heart benefit: Making exercise a part of our life can help in preventing the development of high blood pressure. You can control the occurrence of high cholesterol levels which are a major risk factor in heart attack and stroke by performing regular exercise.

Control of Diabetes: Weight loss helps in preventing and treating diabetes. The effective treatment of this disease is influenced by the obesity of an individual. Mild diabetes is often controlled by diet and exercise which is much preferred in the elderly rather than management by drugs. So, make exercise a part of routine life and say no to diabetes forever.

Prohibiting the occurrence of Fractures: Regular exercise helps in strengthening our bones and muscles. It keeps us away from weak and brittle bones. Regular physical exercise not only increases the muscle tone but also helps the bones to retain calcium and remain strong, reducing the incidence of fractures when we grow old.

Say no to Cancer and yes to exercise: Exercise can help you get rid off dreaded ailments such as cancer. Studies have shown that cancer of the large intestines is greater in those who are not physically active. Similarly, breast cancer and cancer of the sex organs rarely affects sportswomen therefore exercise is the best way to keep a horde of ailments at bay.

Constipation: An inclusion of routine physical exercise combined with a high fiber diet can help avoid constipation and the pain and discomfort associated with it.

Exercise promotes a general sense of well-being. While exercising, people tend to take their minds off personal and psychological problems and thus avoid anxiety and depression. It keeps them away from weight gain and obesity and helps in leading a healthy life forever.

About the Author: Charles Jones is the author of the <http://www.slimtalk.com>, a website on weight loss drugs. For more information visit it.

Source: www.isnare.com

[Win The Fitness Game](#)

At Last! The NO BS Way to Lose Fat, Get Fit and Stay Thin Forever!

Diet, Fitness and Fatloss

[IamBigBrother Spy Software.](#)

Secretly Record All Email, Chat, Websites And More.

[The Attorneys Guide To Credit Repair.](#)

Best Sales Conversions Ever. Site Designed To Make Big Commissions For My Affiliates.

[How To Win A High School Election.](#)

Advice And Ideas From Over 1,000 High School Seniors About How To Win A High School Election.

Diet, Fitness and Fatloss

Rapid Weight Loss Diet

A rapid weight-loss diet helps to shed fat in a flash shaping a skinny lifestyle. In today's fast going life rapid weight loss diet is a plan mostly preferred by people. Improve your food choices that improve the nutritional quality of the diet to take off unwanted pounds. This will keep your body well nourished. Rapid weight loss diet says to keep your body and mind in harmony to keep the extra pounds off by a healthy diet and exercise program. The number of calories you eat and use controls body weight. Thus to lose weight you need to take in few calories than you use. By remaining more physically active or by eating less weight loss is possible. Following a weight-loss program that helps you to become more physically active and decrease the amount of calories that you eat is most likely to lead to successful weight loss.

The Rapid Weight Loss Diet states that:

1. Exercise is necessary it burns at least 2,000 calories each week. Rapid weight loss diet suggests ten-minute walk every day and work up to at least 20 minutes exercise sessions a week. Walking just one mile burns 150 calories.
2. Eat at least five servings a day of fruits and vegetables. Three cups of broccoli, for instance, contains roughly 120 calories.
3. Meal replacements are major part of the rapid weight loss diet. The packaged foods such as Lean Cuisine, or shakes such as Slim Fast are very helpful for maintaining long-term weight loss. Using just two meal replacements a week keep off ten pounds in a year. It is a lot of weight for a minimal change in eating patterns.
4. Rapid weight loss diet suggests listening and guidance by your body's signals. It says eat when you are hungry, stop when you are satisfied. You should enjoy food more than you ever have before.
5. Rapid weight loss diet helps to use hypnosis to change your mind about what you want to eat and how to be comfortable with your new behavior.
6. Avoid eating voraciously just because you like food. Rapid weight loss diet helps to identify eating triggers that you previously interpreted as hunger. This will heal underlying causes of overeating.
7. Proper diet and exercise is the only road gaining muscle and losing fat there are no short cuts. Exercise device or supplement can build muscle or burn fat.

Treat obesity with a diet plan that works for you.

[Diet and obesity.](#)

Diet, Fitness and Fatloss

<http://www.dietandobesity.com>

Be healthy with the right diet.

[Diet plans.](#)

<http://www.dietplansearches.com>

[Rapid Fatloss For Golf](#)

Burn Fat, Build Lean Muscle and Play your Best Golf with This Exciting New Breakthrough...

[Personalized Baby Newspaper Business.](#)

How To Start Your Own Personalized Baby Newspaper Business.

[How To Potty Train Your Child In Hours!](#)

Successfully Potty Train Your Child In Five Hours With The H.e.a.r.t. Method: Full Instructions Here.

[50 Secrets Of Blissful Relationships.](#)

Discover What The Top 1% Of Couples Know. Never Have Fights. Save Your Marriage. Grow Deeply In Love.

Diet, Fitness and Fatloss

Top 10 Weight Loss and Fitness Myths

WARNING: Don't weight train until after you've lost weight!

No, no, please don't believe that headline! That's one of the many myths associated with weight loss and fitness. If you're interested in losing weight and getting fit as quickly as possible, don't let these myths throw you off track:

Myth #1 - Some fancy exercise machine-of-the-month burns more calories than any other exercise.

FACT - One thing that many people seem to be confused about is how many calories are expended during different types of exercise. For example, I receive lots of questions regarding how many calories are burned with fancy exercise machines or certain unusual exercises that are supposed to burn lots of calories.

Don't be fooled by this stuff! Here's the bottom line - caloric expenditure is directly related to the amount of effort an activity requires. In general, the more difficult it feels, the more calories you burn. The easier it feels, the fewer calories you burn.

That's it! I don't care how fancy or expensive the equipment is, the harder you work the more calories you burn.

Myth #2 - Weight training with free weights is much more effective than with machines.

FACT - For the purposes of general fitness, muscle toning, and weight loss, it doesn't matter. My suggestion is to do whichever you are most comfortable with and are most likely to do on a regular basis.

Myth #3 - Low intensity exercise puts you in the "fat burning zone" and is ideal for weight loss.

FACT - The "fat burning zone" doesn't matter. Here's how it got started. Your body is always "burning" a mixture of carbohydrates and fat for fuel. This mixture tends to contain a little more fat during lower intensity exercise.

Somebody took this to mean that a lower intensity workout was best for losing weight.. not so!

It all comes from the same "pot". It doesn't matter if you're burning a little more fat or a little more carbohydrate at any particular time in your fuel mix. It all comes from the same calorie pool. The bottom line is, how many calories are you burning. With higher intensity exercise you're burning more calories.

Myth #4 - Exercising for 30 minutes two to three times per week is sufficient for weight loss.

FACT - That's better than doing nothing but it's not optimal. I firmly believe our bodies are designed to be active daily. When we exercise daily we are healthier, leaner, more energetic, and the list goes

Diet, Fitness and Fatloss

on and on.

Also, daily exercise boosts your metabolism like nothing else can. I recommend working up to 30 to 60 minutes of daily aerobic exercise and three days of weight training per week.

Myth #5 - You can lose fat from a specific part of your body by doing an exercise for that part of your body. For example, abdominal crunches will remove fat from your abdominal area.

FACT - You can't spot reduce! You cannot control where fat is removed from your body.

Myth #6 - You can't lose weight.

FACT - You CAN lose weight but it often happens much slower than you'd like it to. Believing that you CAN lose weight is critical to making it happen. Realize that if you are consistently doing the right things, it will happen. Don't get side-tracked by every new crazy diet or exercise gizmo.

Myth #7 - You shouldn't start weight training until you've lost most of the weight you want to lose because it will slow down your fat loss, or trap your fat in the muscle, or who knows what else.

FACT - Weight training is VITAL to a weight loss program because it turns up the metabolic fires that burn calories -and it tones your muscles. You should start weight training immediately.

Myth #8 - You burn more fat if you exercise on an empty stomach.

FACT - Exercising on an empty stomach does not affect how you lose weight. In fact, it may hinder it if you don't have the energy to exercise. Eating or not eating before exercise should strictly be a matter of personal preference.

Myth #9 - You should always do your weight training just before your aerobic exercise session because you burn more fat that way. I've even heard that you should weight train, eat two raw carrots, and then do your aerobic exercise.

FACT - The order in which you exercise does not affect how you lose weight. I always recommend weight training just after your aerobic exercise (such as walking) simply because your muscles are warm and supple and much less prone to injuries.

Myth #10 - You'll burn more calories jogging a mile than walking a mile.

FACT - Caloric expenditure is 62 calories per 100 pounds body weight per mile traveled (walked or jogged). For example, if you weight 150 pounds, you expend 93 calories per mile walked or jogged (62 x 1.5). Of course, if you're jogging, you'll cover the distance in less time than if you're walking. Thus, you'll burn more calories in a given period of time if you're jogging.

Get movin'! :)

Diet, Fitness and Fatloss

About the author:

Author and exercise physiologist, Greg Landry, offers free, unique, weight loss and fitness articles and his "Fast and Healthy Weight Loss" Newsletter at his site.. <http://www.Landry.com>

[Quick Start Energy Program](#)

Stop The Trial And Errors!
Finally Discover The Time Tested and
Proven Method To Unlock Unlimited Energy
And Release Stored Body Fat Forever...

[Sleepytime Secrets.](#)

Earn \$22.45 Per Sale With This Fantastic Sleeping Guide!

[Avoid The 10 Biggest Divorce Mistakes.](#)

Find Out How To Avoid Making Common Costly Mistakes During Divorce And Save Thousands Of Dollars.

[Ultimate Guide To Baby Gender Selection.](#)

An EBook(R) Containing Safe, Natural Techniques To Choose Whether To Have A Boy Or A Girl.

Diet, Fitness and Fatloss

Weight Loss and Fitness - Facts not Fiction

Weight Loss And Fitness

The world of weight loss and fitness is certainly vast, and the American consumer can absolutely get lost in the thousands of easy effortless and ostly useless ads if not careful. With my books and research I want to clear the air about the various myths and false statements regarding our health and fitness that have clearly muddied the waters for many Americans.

What I want to stress in particular is that there is no magic answer, potion, or diet pill that is going to make everything better. The ad on TV where the pretty lady says "it's easy. you'll love it", is appealing to our need for instant gratification with no effort. We don't want to hear the facts so we continue to look for the instant solution. If there was a magic diet pill, or diet plan, over 60% of Americans wouldn't be overweight, in spite of spending over \$35 billion annually on diet products.

Achieving weight loss and fitness requires a commitment on your part to strive for a healthier you. What you will get in return for all of your hard work and dedication is a fit body, a renewed clarity of mind, better quality sleep, and perhaps even a pronounced increase in your libido. I have found that through the positive changes I have made in my own life regarding weight loss and fitness, all areas of my life are exponentially better.

I wake up energized, I feel excited about my day and my interactions with people, my body feels strong and capable, and my entire outlook on life has improved significantly.

The Weight Loss and Fitness Commitment show that claims that teach you shortcuts on how to drop 30 pounds in 30 days are improbable at best and unhelathy at worst.

That claim is water loss pure and simple. You do the math: 1 pound of fat = about 3500 calories 30 pounds of fat = 105,000 calories. To lose 30 pounds of fat in 30 days you would need to reduce caloric intake by about 105,000 calories or about 3500 per day. If you are eating 3,000 calories a day now, that might be tough. OK you say I'll exercise it off. 1 hour on a stationary bicycle running at an average over 20 miles an hour burns about 400 calories. Meaning to burn 3,500 calories a day on the bike, you'd need to ride it for about 9 hours.

Diet, Fitness and Fatloss

If you are looking for a quick fix, you will continue to be frustrated about health and fitness.

However, if you are tired of feeling fatigued and know for sure that you are ready to make a solid commitment to your own health and mind, Living to Be Younger can act as a guide. It is my hope that you will read each page with an open mind and a willingness to make some changes that will enable you to break out of your rut.

First, lose the idea that there is a magic diet pill or supplement that will transform your body to a svelte shape. Losing weight requires that you expend more calories than you ingest—plain and simple. This means that you must get up and moving at least three to five days per week, for at least 30 minutes each session. If you were considerably overweight, it would be ideal to aim for at least five workout sessions per week. Always consult with your physician before embarking on any new exercise plan. Second, take a good look at what you are putting in your mouth on a daily basis. Aim for natural foods that are high in vitamins and minerals, fiber, protein, and complex carbohydrates. Limit your intake of foods high in saturated fats, sodium, refined sugars, and preservatives. When you take the Living to Be Younger Challenge, you will find that your zest for life isn't gone—it's just been hiding. Congratulations on taking this first step towards a healthier you.

About the author:

Real nutrition, fitness and weight loss information for real people. Learn how our everyday living environment impacts our health and wellness.

Click on the link to learn more:

<http://www.livingtobeyounger.com>

[Secrets to Fatloss for Women: Breakthrough Fat-loss System that Gets Results](#)

The 6-Week Ultimate Fat-Burning & Instant Motivational System, Exclusively For Women 30+ That Does Exactly This To FINALLY create The Body You Want, And Keep Off The Unwanted Fat & Inches!

[Sign Language For Babies And Beyond!](#)

Diet, Fitness and Fatloss

Learn How To Communicate With Your Baby Before Your Baby Can Speak Using American Sign Language! Includes Video Of 250 Signs!

[Fun Music Software.](#)

Music Software That Makes Learning The Piano Easy And Fun!

[Dog Training Secrets Revealed.](#)

Get Paid \$28.07/sale, Even In Our Email And Free Dog Training Video Follow-up Series.

Diet, Fitness and Fatloss

Weight Loss Motivation Tips and Strategies!

How do you maintain your weight loss motivation beyond the first 5 or 10 pounds?

We've all been there, you make incredible progress in your weight loss program, only to fall "off the wagon" a few days later because you lose that initial weight loss motivation.

It's true, your mental attitude is 90% of the battle in achieving rapid weight loss.

Here are 6 weight loss motivation tips you can use next time you hit the wall in your weight loss program:

Weight Loss Motivation Tip 1: Set realistic goals. By planning to lose 10 pounds each week, you are setting yourself up for a letdown.

Weight Loss Motivation Tip 2: Set flexible goals. Understand that you will lose more weight in the first 2-weeks of your weight loss program than you will after.

Weight Loss Motivation Tip 3: Have a support system in place. If you can set goals with a friend or support group, you will have more motivation to succeed.

Weight Loss Motivation Tip 4: Make sure your weight loss program includes exercise. Exercise results in positive chemicals being released in your brain which helps with staying positive and achieving maintaining weight loss motivation.

Weight Loss Motivation Tip 5: Have a strategy to combat stress. Stress is the 1 cause of uncontrollable activity in our lives. Practice meditation as part of your weight loss program.

Weight Loss Motivation Tip 6: Set goals beyond losing weight. Set goals linked with happiness, feeling better, looking better, having more energy - less focus on pounds lost to overall health will give you more motivation.

Diet, Fitness and Fatloss

Learn to deal with weight loss motivation as part of your rapid weight loss program, you will substantially increase your chance of long-term success.

About the author:

Discover Rapid Weight Loss Tips, Techniques and Strategies Toward Looking Better, Feeling Great and Finally Realizing Your Weight Loss Goals - Click Here:

<http://www.rapid-weight-loss.com>

[Diet Program](#)

Lose FAT now and for good. Lose FAT without medicine. Lose FAT without diets.

[Solving The Bullying Problem.](#)

An EBook(R) That Offers Solutions To Parents And Victims Of Bullying.

[The Pitbull Guide.](#)

The Best Selling Pitbull Training And Care EBook(R) On The Internet / Unmatched Conversion Rate.

[Hope For Healing Canine Liver Disease.](#)

Alternative Treatment For Healing Canine Liver Disease.

Diet, Fitness and Fatloss

Weight Loss, Fitness, and a Peace of Mind for Life! – The secret is NOT in the charts!

If I had to narrow the secret to weight loss and fitness down, I would say it in three words; Consistency, Variety, and Efficiency! Combine that with some Hope, believe and pure motives and then you will succeed!

Weight Loss, Fitness, and a Peace of Mind for Life! – The secret is NOT in the charts! I am Greg Ryan, a high profile fitness expert with 50,000 hours of paid personal training under my belt, and twenty years of consulting health clubs. My career began in the eighties. I grew up without self-discipline, confidence, or faith in myself. I was raised on a farm, which required a lot of discipline, but not self-discipline. As a youth, I was overweight. In my late teens, during the first few years of my career and with the help of a few close friends, I was fortunate to have discovered three very important things about myself that changed me forever: hope, belief, and motivation. www.resolutions.bz Hope As I worked on getting in better shape, I began each day with a glimmer of hope. Hope that I could do something with my life by exercising; hope that I could help someone else through my own experiences; and hope that someday I could give back what life was giving to me. “You can live a month without food. You can live a week without water, you can live five minutes without air, but you cannot live a second without HOPE.” Even today, there are times I do not feel like exercising, eating right, and especially working on correcting bad habits. However, it’s that bit of hope for the future that keeps me going, even if it’s just for one more day. “All you need is a little bit of HOPE!” Belief My father taught me to work hard, have faith, and treat others with respect. It was easy for him to say, but not so easy for me to follow. Treating others kindly was much easier than having faith in myself. Life was scary for me growing up. I was afraid of not meeting the expectations of those around me. I didn’t know what direction to take in life or what advice to follow. When I first stepped into a health club, it was equally as frightening. I had two friends that exercised with me on a regular basis. The confidence they had in me started positively affecting my attitude and fear of failure. After awhile, I noticed those fears I had about myself slowly began to disappear. Then one day it dawned on me. Somewhere, down deep inside, I believed I was doing something good. I suddenly knew that with the advice of my father, having realistic expectations, and a one-day-at-a-time attitude, I could change. With a little bit of hope, mixed with some faith, I knew I could really make things happen. “When you know that you know that you know...” This quote had a deeper meaning for me now. The more I thought about the good I was doing for myself, the more I believed in me. Motivation As I developed more confidence, I started to realize how important it was for this change to come from me inside out. Looking better, having more energy and getting physically stronger are great things to experience, but what I am most grateful for is that my heart was also changing. I felt better about myself. I had purpose and I was doing something positive. That heart-felt motivation became the glue that has kept me going for all these years. No matter what you do in life, if you have purpose, and if it is good for others, life will be rewarding. Your MOTIVES must come from within. Listen and follow your heart. Over the years I have achieved quite a bit. I have the education and experience in fitness educational programs, health club management, body building championships, business ownerships, movie star and world class athlete clientele and professional speaking engagements. In all my years, in all the miles of travel the message is all the same; weight loss, fitness and a peace of mind is not about the numbers on a chart. It is about your approach. If I had to narrow the secret to weight loss and fitness down, I would say it in three words; Consistency, Variety, and Efficiency! Combine that with

Diet, Fitness and Fatloss

some Hope, believe and pure motives and then you will succeed! My hat is off to you who will follow that! Greg Ryan best selling author of the Changing from the "INSIDE OUT", former employee of Kathy Smith and a high profile fitness expert. Discover the five step common sense way to lose weight that the medical and fitness industry's DON'T want you to know. FREE Mini Course www.resolutions.bz

ABOUT THE AUTHOR

Greg is a best selling author, high profile fitness expert, public speaker and former employee of Kathy Smith.

[Forget Calories](#)

To lose weight you DO NOT NEED TO COUNT CALORIES - you need to OPEN your MIND to a NEW WAY OF THINKING...

[One Stop Macrame Shop](#)

Macrame Ebook that Offers Easy To Follow Instructions, Knot Examples, Patterns, Materials Needed, Suppliers - All In One Book

[Feng Shui Secrets Revealed.](#)

This Is A Very Successful And Highly Effective Template On How To Feng Shui Your Home That's Been Proven And Tested By Thousands.

[TeleRepsathome.](#)

Site Sales ITs Self! Keep Commissions In Your Pocket. Quality Service- High Conversion!

Diet, Fitness and Fatloss

Diet, Fitness and Fatloss

Anyone reading this ebook can pass it along to anyone they believe would benefit from it. It must be given away and not sold. No changes may be made to the content or the links in this ebook.

Diet, Fitness and Fatloss

Disclaimer

Disclaimer - Legal Notice:

While all attempts have been made to verify information provided in this publication, neither the Author nor the Publisher assumes any responsibility for errors, omissions, or contrary interpretation of the subject matter herein.

This publication is not intended for use as a source of legal or accounting advice. The Publisher wants to stress that the information contained herein may be subject to varying state and/or local laws or regulations. All users are advised to retain competent counsel to determine what state and/or local laws or regulations may apply to the user's particular business.

The Reader of this publication assumes responsibility for the use of these materials and information. Adherence to all applicable laws and regulations, federal, state, and local, governing professional licensing, business practices, advertising, and all other aspects of doing business in the United States or any other jurisdiction is the sole responsibility of the Reader. The Author and Publisher assume no responsibility or liability whatsoever on the behalf of any Reader of these materials.

Any perceived slights of specific people or organizations are unintentional.