



Body Temple

5 Permanent Fat Loss Tips

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Overview

Understanding the epidemic

The 5 greatest fat loss tips

How to apply this in every day life

A real life example

Sky Rocket your fat loss success course

Review/ Questions



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Understanding the epidemic...

It is estimated that over **100 BILLION DOLLARS** will be spent on weight loss in 2006.

The number one reason for hiring a personal trainer in 2004 was for weight loss.

Weight loss clinics are a multi-million dollar business – if not a billion dollar business.



PERMANENT FAT LOSS TIP 1

Resistance training

Resistance training is the biggest key to permanent fat loss. By increasing lean muscle tissue we burn hundreds more calories at rest.

Hundreds of different research have proven this:

Effects of resistance vs. aerobic training combined with an 800 calorie liquid diet on lean body mass and resting metabolic rate. J Am Coll Nutr. 1999 Apr;18(2):115-21.

The aerobic group performed four hours of aerobics per week. The resistance training group performed 2-4 sets of 8-15 reps, 10 exercises, three times per week.

Both groups lost weight. The resistance training group lost significantly more fat and didn't lose any LBM, even at only 800 calories per day.

The resistance training group actually increased metabolism compared to the aerobic group, which decreased metabolism. It seems that resistance training is a more significant stress to the body than a starvation diet.

PERMANENT FAT LOSS TIP 1

Resistance training- continued

Benefits:

Increased lean muscle mass

Increased bone density

Faster metabolism

Shapelier Body

Increases strength and improves imbalances in the body that cause pain and weaknesses

Recommendations:

Perform resistance training 2- 3 x per week.



Body temple specializes in resistance training for women.

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PERMANENT FAT LOSS TIP 2



Increase Protein

About the year 424 BC Hippocrates, the father of modern medicine, made the statement, "Your food shall be your medicine and your medicine shall be your food."

One of the biggest areas that women miss out on is Protein. This is by far the most important food source for fat loss.

Protein is an important component of every cell in the body; Hair and nails are mostly made of protein.

Your body uses protein to build and repair tissues.

You also use protein to make enzymes, hormones, and other body chemicals.

Protein is an important building block of bones, muscles, cartilage, skin, and blood.

PERMANENT FAT LOSS TIP 2

Increase Protein- continued

Protein sources include:

Lean meat

Fish

Low fat dairy

Eggs

Protein Powders

Kidney Beans/ Legumes

Chicken



Avoid- soy products as they have a big impact on our endocrine system which affects us in so many areas fatigue, depression, hair loss, poor skin, and diminished sex drive.

Amount of Protein for women:

1.5 gram of protein per kilo per day. Or an another way to ensure you get enough is to eat protein at every meal.

PERMANENT FAT LOSS TIP 3

Eat every 3-4 hours

Generally women eat too infrequently due to fear of eating too many calories, however by the time we eat we are starving and so over eat. The way we prevent this is by eating smaller meals more often.

Example:

BF - Glass of water

Oatmeal with skim milk

BR - Glass of water

Fruit salad with half a small tub of yoghurt

L - Glass of water

Spicy Thai salad with chicken

T - Glass of water

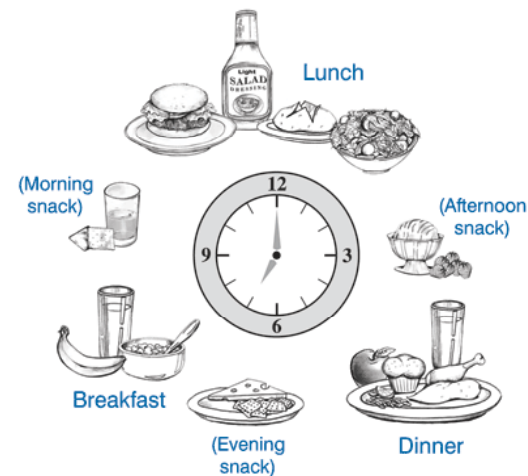
carrot sticks with hummus

D - Glass of water

Tuna with stir fry vegetables

S - Glass of water

½ protein bar



PERMANENT FAT LOSS TIP 4

Promote fat burning hormones

Maximizing hormonal response is one of the most overlooked and misunderstood areas of fat loss programs

Favorable Hormones;
Human Growth Hormone
Insulin

Unfavorable Hormone

Corticosterone- is produced when we are stressed and has a catabolic effect on the body and fat loss

How to increase these;

- Through certain types of exercise: heavy lower body compound movements
- Through minimizing the amount of foods that we eat that have been exposed to hormones especially chicken and soy products



"What do you mean you know how I feel! Like you've had a hell of a day with your hormones!"

PERMANENT FAT LOSS TIP 5

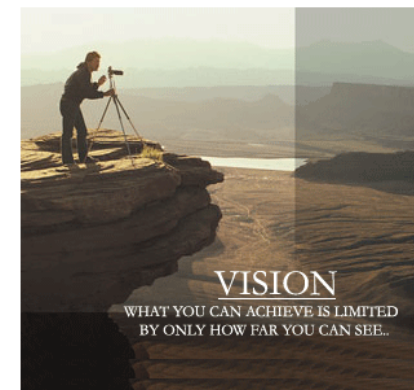
Think yourself thin

Pre conceived ideas are often the biggest deterrent we have to achieving permanent fat loss. Here are some of the preconceived ideas that prevent us from achieving our goals.

- 1/ Its always harder to lose weight after the second baby- not true
- 2/ This is the way ill always be; nothing ever works for long- not true
- 3/ I don't think I can do it- yes you can

Replacement statements- say them until you truly believe it.

- 1/ I am strong and fit and can maintain a healthy weight
- 2/ Fat comes off me easily and stays off
- 3/ I am worthy of terrific results



HOW TO APPLY IT NOW



- 1/ **Begin to keep a food journal-** recognizing all the habits and patterns that are preventing you from achieving your goals.
- 2/ **Ensure that you eat protein at every meal**
- 2/ **Begin to exercise-** resistance training is the most effective way to get results. The team at Body temple can help you from as little as one session per week.
- 3/ **Drink more water everyday**
- 5/ **Begin a gratitude journal-** noting 5 things each day that you are truly grateful for including the positive changes you are making in your life

A Real Life Example

Shona Sanosi- Mum of 2. How she has applied these tips into her life.



Sky Rocket Your Fat Loss Success



6 week Permanent Fat Loss Course

Commencing 12th of June

Location: Body Temple

Day/ time: Tuesday nights at 7pm

Duration: 1 Hour with 15 min discussion time.

Cost: \$250 per person (women only)

Numbers strictly limited to ensure results.



Self Empowerment

Questions



Body temple team

Suzanne Bocking

Karine Gauthier

Sophie Quilley

Jimmie Read

Judy Kaur

CONTACT US

BODYTEMPLE@SINGNET.COM.SG

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