

BodyMagic Pro

The Fat Loss and Health

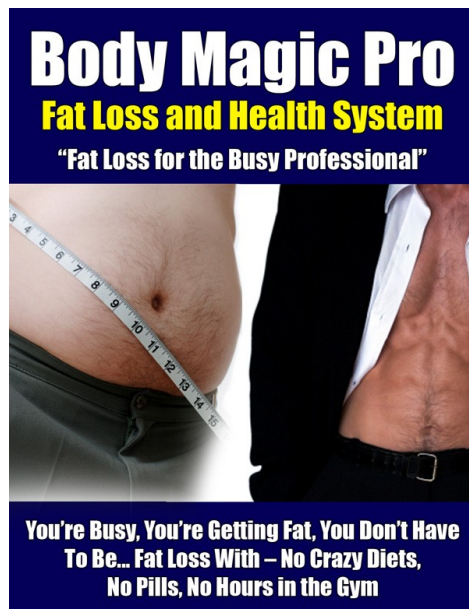
System

For Busy Professionals

By

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1st edition - 2009



There's No Need to Be Unhealthy

There's No Need to Be Fat

You're Travelling, You're Busy, You Don't Have Time

But.....

You CAN Do It IF - You Know the Code

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Always consult your physician before beginning this or any exercise program. Consult with your healthcare professional to design an appropriate exercise prescription. If you experience any pain or difficulty with the anything shown in this guide, stop immediately and promptly consult your healthcare provider.

Chapter 1

Introduction

If you're a busy professional, chances are you spend every waking minute of the day either travelling, on the phone, in meetings or going from one meeting to another. You might take a few minutes here and there for e-mail, text, and IM communications to team members, employees, and customers too.

The point is – You're extremely busy and have little time for a traditional fat loss or fitness program. To top it off, there's a good chance you spend a great deal of time on the road. Eating in restaurants can be difficult when you're trying to trim the waistline, but it really doesn't have to be. There are some simple things you can do to keep the pounds of fat away, whether you're eating fast food on the road or dining clients in the finest 4-star establishments.

If you're trying to fend off the pounds with a sensible exercise regimen, that too can be tough with the demands of running a business, travelling, and meeting clients. There are ways you can make it happen though. Read on.....

First -

Congratulations on taking the first step to a better life!

You are about to embark on a journey that will be incredibly rewarding in so many ways. Your health, self-esteem and appearance are all about to begin an upward spiral that will only end if you decide to stop. You can work as much or as little as you want toward your goals and still see positive results. Just keep in mind that more effort, in the right way, always gives better results. That's why you can get such great results with so little effort using this system. It all comes down to working smart, before working hard.

I went from being a physically fit person to someone who was more than 40lbs overweight in just a few years. I did the same things many people do. I got married, had children and bought a business. This was definitely a lifestyle change on multiple levels. For a while, I continued to hit the gym and keep my weight under control. Soon however, my many commitments to family and business combined with stress-induced binge eating sidetracked any possibility of staying at my ideal weight. After a while any chance of getting in a workout had fallen by the wayside. I was in the fast lane on the road straight to fat city.

I ballooned from about 190lbs and 10% body fat to 224lbs and 27% body fat in less than 3 years. At that rate, I'd be 260lbs soon! It was actually far worse than it sounds. Remember, I was physically fit and was working out fairly hard 3 to 5 days a week. My body fat percentage (which is a better indicator of health than is weight or BMI) at that time was fairly low, around 10%.

When I stopped working out I lost about 12 pounds of muscle in the 3 years, in addition to gaining all that blubber. So that means, although I gained 34 pounds, I really gained over 45 pounds of pure, blubbery, fat in only 3 years! It doesn't take a genius to see that it wouldn't be long before I'd have been clinically obese.

On top of gaining fat, my cholesterol and triglycerides went in the toilet. Even though it seemed I was falling apart, I just couldn't seem to make a change and reverse the slide. I'm sure you know exactly what I'm talking about. I had to buy new clothes - smaller shirts and bigger pants. Few of my old clothes would fit any longer.

I'd see pictures of myself and think, "Who is that fat guy?" before realizing "Holy Crap! That's me!!" I was worried about my health. With two wonderful, young children and a lovely wife, I had a huge incentive to grow old, not die of a heart attack before I hit 50. I had to make a change fast!

That was when I discovered the FatMagic Pro Fat Loss & Fitness program. It was just in the nick of time too. I knew I'd never stick to some rigid diet or intense exercise program. I kept getting sidetracked, despite my best efforts. You've probably had the same thing happen to you as well. This was so much better. I could lose weight and not give up all the foods I enjoyed.

I wouldn't be spending endless hours in the gym or slogging through the rain, snow or wind. Where I live, it rains all the time, so outdoor exercise just isn't a real option for me, especially in the winter. With my new discovery, I just had to follow a few simple principles. Guess what?

IT WORKED!!!

The pounds melted away. In just 3 weeks, I had lost 15 lbs. In the following 5 weeks, I lost another 10 lbs. After that, it was a pound a week. **I WAS LOSING FAT BY DOING VIRTUALLY NOTHING!** I was overjoyed. I'd been needlessly worried that I would have to stick to a rigid diet and exercise program. Even better, my cholesterol dropped from 220 down to 165 and my triglycerides are normal again.

**Here's What I did and How How You Can Get Started.....
Right Now.**

Chapter 2

What You Must Do and Why...

More Importantly - How You Can Do it So Much Easier

It's quite simple, really. To lose bodyfat your body must either burn more calories throughout the day, or take in less calories. You can train your body to burn more calories when at rest. This is known as raising your basal metabolic rate. That is the secret. You must make your body do the work for you, on its own, without any interference (or effort) from you.

By elevating your basal metabolic rate, you can lose bodyfat all day long, provided you do not dramatically increase your caloric intake. Raising your basal metabolic rate turns your body into a fat burning furnace. Raise your BMR enough and you can't stop your body from burning fat even if you wanted to. By eating various combinations of foods and supplements at the correct times of the day, you can increase your basal metabolic rate.

Exercise will multiply this effect significantly, if you want to participate in any. One of the main secrets to losing fat and keeping it off is to use resistance training in short, but fairly intense sessions. It's all about working smart, instead of merely working. Too many people rely on endless hours on various types of cardio equipment or running to burn fat. That is not the best way to elevate your basal metabolic rate and keep it elevated throughout the day though.

Did you see the sprinters at the Olympics? They have about zero body fat, but their workout includes little or no cardio. They do short, intense resistance workouts.

In addition to raising your basal metabolic rate, you can train your body to burn more fat as fuel, instead of relying on so much carbohydrate for energy (Actually, in the cells carbs are the main fuel, but you can help

make your body choose to metabolize fat when it would have otherwise not done so).

That combination of raising your basal metabolic rate and metabolizing a greater amount of fat is the way you can eliminate most of those unsightly and unhealthy pounds. The key is to make as much of these two processes as possible fully automatic, so they'll continue on some level without any action or intervention on your part.

There are two components to weight loss, and you have probably heard them before: Diet and Exercise. Together, these tools can rebuild your body into anything you desire. As with any tools, the real key is how you choose them and how you use them. Making some simple changes can make all the difference in terms of the amount of effort you have to put out and the effectiveness of the tools.

Chapter 3

The Proper Nutrition to Maximize Fat Loss

You have probably tried diets before, only to find they didn't work or you gained all the weight back and then some. "Going on a Diet" has been an American pastime for decades. We are always going on and off one diet or another. The Zone Diet, The South Beach Diet, Weight Watchers Diet, the Sonoma Diet, the Atkins Diet...stop me any time. We are constantly bombarded with the latest diet fad or craze to lose those unwanted pounds.

The problem is that many of these simply don't work for the long term. Why? Primarily because people do not stay on them for the long term. That's why this program is so great. You don't have to go overboard, so it's easy to stay with it. Once you see the amazing results, you just want to stay with it. Restrictive diets are typically just too restrictive, so in time, they are ignored and BAM! the fat all comes back. A 1997 study by Dr. Wayne Miller at George Washington University found that individuals using a restrictive diet as their sole means of losing fat lost an average of 22lbs, but that after only one year over 8 lbs was gained back.

To rid your body of that unwanted body fat, and keep it off, you need to refrain from going on another of those crazy diets. See, isn't that better? You have to NOT go on a diet. In fact, too *few* calories will completely sidetrack your fat burning efforts and cause your body to store fat instead. You must use your two tools, diet and exercise to build a *new lifestyle*. It doesn't have to be a drastic change, either. You can use both diet and exercise, in varying degrees, to change your body for the better, and fast.

Here's something you may not know. Muscle weighs more than fat. You may have heard that a pound of fat has an equivalent energy content of 3,500 calories, and that is basically true. Muscle, on the other hand, contains about 600 calories per pound. What this means is that if you cause your body to run a caloric deficit of 3,500 calories, you can lose

either 1 pound of fat, 5.8 pounds of muscle, or any mix of the two. Obviously, you will be shooting for the pound of fat, for the important reasons to follow.

Remember, you're trying to lose fat, not weight. Because muscle metabolizes so much more energy than fat (*about 20 times more!*), losing muscle not only makes your body weaker, it's like putting out your body's metabolic furnace. Lose too much muscle and you'll pack the fat right back on, because your metabolism will be so low. The vast majority of people will lose both muscle and fat when they lose weight, but your goal is to maximize the fat loss and minimize the muscle loss.

The “Don't Diet” Secret

You can change your diet, without going on a diet. The vast majority of people who go on diets eventually regain the weight they lost, so why go on a diet in the first place? In addition, since the majority of people that “go on a diet” only gain their weight back in a few years again anyway, that sounds like a great reason not to go on one.

The more fat you have, the better you will be able to go excessively low on your calories. If you're less than 25% above your target weight, its fat loss suicide to cut too many calories, though.

If you don't have the time or desire for exercise you can use it little or not at all. You will achieve great results either way. The added component of exercise will, however, allow you to change faster, look better and achieve better overall health.

You must break from those old habits that caused you to become that which you wish to change. It need not be overwhelming, either. You can effect subtle changes that will get you where you need to be. It is simply up to you how dramatic and how fast you wish to lose your fat. One important step in beginning your journey to a leaner version of yourself is to start a journal and chart every step of your progress. If you want to

take it all the way, you should write down everything you eat and when you ate it, but you can realize plenty of success without taking it that far. Just chart your weight.

If you have a body fat measuring scale, use it. If you haven't one of those scales that can measure your body fat percentage, go get one. These scales are no longer very expensive. You should be able to find one for well under \$50.

The medical journal *Annals of Behavior Medicine* recently published a study that found simply writing down your weight every 3 days will greatly increase the effectiveness of your fat loss efforts. That's one very simple thing you can do that will take virtually no time, yet yield impressive results. It's about working smart to lose your fat.

You can also get your body fat percentage measured using a skin fold test or hydrostatically. The skin fold test for body fat uses calipers to measure the thickness of skin folds at certain areas of your body. The hydrostatic method requires your body be submerged in water. That way your body's density can be determined and fat percentage calculated to a high degree of accuracy. (You cannot really do this hydrostatic test at home; it requires special equipment, including a really big water tank)

There are home body fat percentage measuring devices available now that you can buy for under \$100. Typically, they will include a scale so you can measure both your weight and body fat percentage. They work by passing a very small electric current through your body and measuring the resistance to it. You can get more information on one of these body fat analyzing scales at <http://www.BigFitness.com/scales>.



Chapter 4

There are Two Main Enemies to Your Fight Against Fat.

1) The first is sugar, or more specifically, **high glycemic index / high glycemic load carbohydrates**. The glycemic index rating of a carbohydrate is a measure of how rapidly it causes a rise in your body's circulating blood sugar levels. Glycemic load takes into account the absolute level of a carbohydrate as well as the glycemic index. For example, some foods have high glycemic indexes but a low overall level of carbohydrates so they still have a relatively low glycemic load.

The majority of people in the U.S. have a body type that renders them sensitive to carbohydrates, especially simple sugars. If you're one of the minority that can eat all the carbs they want with no adverse effects, that's great, but less than ¼ of the population falls into that category. If you are in the majority, a mix of somewhere around 30% of both carbohydrates and fats (healthy fats only please, not saturated fats or trans fats) and 40% protein. Your body can only metabolize a relatively small amount of protein at one time, so you'll want to eat many smaller meals throughout the day, instead of just a few, large meals. There will be more on this later.

Some traditional diet foods can sabotage your fat loss progress because they have a high glycemic index. This causes spikes in your blood sugar level. When your blood sugar spikes, your pancreas releases the hormone insulin to facilitate transporting sugar into the cells.

Unfortunately for those people trying to lose fat one of the other effects of insulin is causing the liver to synthesize fatty acids. It also causes the cells to metabolize (oxidize) carbohydrates more favorably than fatty acids. To add insult to injury, not only does it cause your body to burn carbs instead of fat for energy, it will also cause your body to store fat in the adipose tissues, exactly the opposite of what you'd like your body to

be doing. This is why preventing your body from spiking blood glucose (sugar) levels, and thus insulin levels, is one of the most important things most people can do to lose body fat.

The most notorious example of foods used by dieters that should be consumed in moderation, if at all is a common diet staple, the rice cake. White rice has a glycemic index approaching that of table sugar. To put it simply – “Rice Cakes Can Make You FAT!!!” This is especially true if your diet consists of a large number of them. They will ensure your blood sugar level stays high and your body is storing lots of fat. They don’t have many calories but eating rice cakes and eating other carbs that are moderately high glycemic index will pack on the pounds in a very efficient manner.

[See Table 1.1](#) on the next page for the 10 foods to stay away from and the 10 foods that are your friend when losing fat.

2) The second dietary enemy is large, unbalanced meals. You can eat a lot of food, just don’t do it all at once. There is a trend in America today toward larger and larger portions. What is a regular today would have been large 20 years ago, and the largest portions today would have been unheard of two decades ago.

Your body is much better at utilizing nutrients when you eat more, smaller meals. The other benefit to this is that you don’t have very long to go until your next meal. You should be eating six or seven meals a day. Now don’t just take the same huge meal you have been eating two or three times a day and eat it six or seven times a day.

The secret is many smaller meals. Take the same *amount* of food you used to eat in those 3 large meals and consume it in 6 smaller meals instead. The other benefit is, after a short while, you will feel fuller on less food. Your stomach will become acclimated to smaller meals and you will not need such large meals to feel satisfied.

If you are using eating as a form of therapy, endlessly munching junk foods, especially candy and cakes, you will need to get to the real root of your problem. The same holds true if you use food as a cure for boredom (Guilty here!). Find some other interests so you don't focus on food so much. This is especially true if you find something that has some action component in it, no matter how small.

Here's a great idea. Get yourself a Nintendo Wii, play the tennis, boxing, and hit home runs in the baseball training. You'll be surprised how much exercise you get while playing video games and having a whole lot of fun.

Low Glycemic Index Foods You Can Love

Glycemic Indices courtesy of Oregon State University

G.I. Ratings (Free Glucose = 100)

Table 1.1 – The Top / Bottom Dozen

TOP Rated (Best for Fat Loss)

<u>Food</u>	<u>Glycemic Index</u>
Peanuts	14
Cashew Nuts	22
Pearled barley, boiled	25
Kidney Beans boiled	28
Lentils	29
Skim Milk	32
Spaghetti, Whole Wheat	37
All-Bran Cereal	38
Apples / Pears	38
Oranges	42
Spaghetti, boiled 15 minutes	44

Bottom Rated (Worst for Fat Loss) – You’ll note that most of these foods have a glycemic index worse than table sugar, which places 7th on the list. Here are diet’s “Dirty Dozen”:

<u>Food</u>	<u>Glycemic Index</u>
Dates, dried	103
Corn Flakes	81
Jelly Beans, Rice Cakes (see!!)	78
Baked Potato, Doughnut	76
Saltine style crackers	74
White Bread (higher than sugar)	73
Sugar	68
Pancakes (no Syrup)	67
Boiled white rice	64
Boiled brown rice	55

Here are foods that are actually calorically negative. That means that your body uses more calories eating and digesting them than they provide. Eat as almost as much of these a you want.

Cucumber	Green Beans
Lettuce	Spinach
Turnips	Cauliflower
Celery	Tomato
Broccoli	Asparagus

NOTE: There are diets that claim to be negative calorie diets, in which you eat only negative calorie foods to lose weight. *Remember that you are not trying to starve yourself here.* That is dangerous and actually counterproductive to losing fat. Your body needs calories. If you have insufficient caloric content, your metabolism will slow down and it will actually be more difficult to lose weight. You want to avoid the body’s natural “Starvation Survival Mode”. Eat these foods, they are very healthy, but only use them as part of a balanced diet that includes the proper ratio of fats, carbohydrates and protein.

Chapter 5

Important Nutrition Takeaways

What you eat and how much you eat is defined as your “diet”. Don’t think that going on a diet is the only way to lose fat, though. Here’s what you have to know. First, you will not want to eat too little or you will not have sufficient energy throughout the day.

As noted earlier, another problem with eating too little food is that your body will interpret the reduction in calories as a problem and invoke the “starvation metabolism response” whereby energy is conserved by reducing your metabolism in preparation for a time where food is unavailable. This is innate and will happen no matter your attempts to change it, so do not eat too little.

Here are the 10 nutrition takeaways to remember.

1) If possible, eat only whole, minimally processed grains. Things made with whole-wheat flour are not the same, because when the whole grain is refined into flour, it loses about 25% of its protein, and over ½ the B vitamins. In addition, its glycemic index is raised. You can find bread that’s actually made with no flour at all, just whole grains. How it is made, I’m unsure, but it tastes good, and it’s very good for those trying to lose fat. The same holds true for pasta. You should find whole grain pasta if you are going to eat pasta.

2) If it’s white, it has to go. I’m talking about the uncooked food in your refrigerator. The only white foods you should keep are white vegetables, fish and beans. Note: Chicken isn’t white, it’s pink, and egg whites aren’t white until after they’re cooked..

3) Generally, the health of benefits and the amount of processing it has received are inversely related. Basically, the more processing it gets, the worse it is for you. I.E. If it comes in a box with a laundry list of

ingredients, the majority of which you have trouble pronouncing, it should probably be fed to your dog, not your family.

4) **Stay far away from refined sugar and flour, especially sugar.** That alone is worth more than any other diet advice you can follow, especially if fat loss is your goal. It is probably the single most important piece of guidance in this entire system. If you can follow only this advice, your battle is half won, and you will probably see substantial progress. Sugar is often a bit hidden in the ingredients list. Keep in mind that there are about 7 terms for sugar, and many times, multiples of them are found on the back of a single product.

If it ends in “ose” it is a sugar. Sucrose, dextrose, maltose, glucose, fructose, etc. Other sugars are molasses, corn syrup, and definitely high fructose corn syrup. The form of storage sugar in your muscles is called glycogen. An excess of glycogen, i.e. glycogen that cannot be immediately used by the muscles and liver, will be stored for future use as....well, body fat of course.

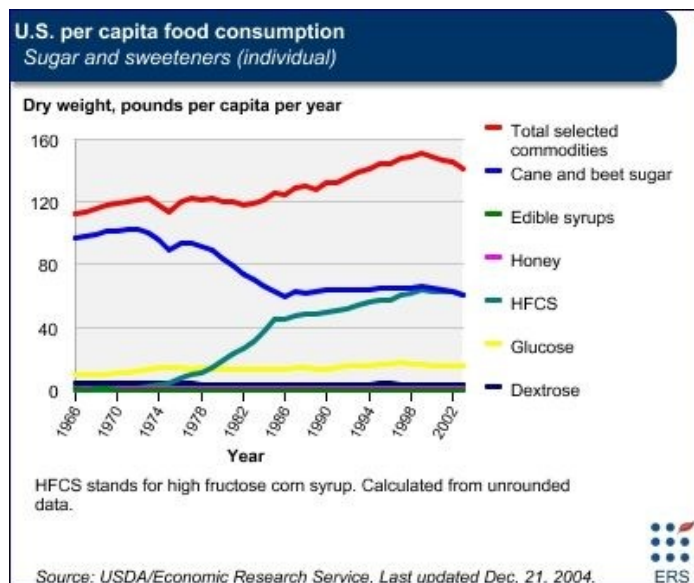
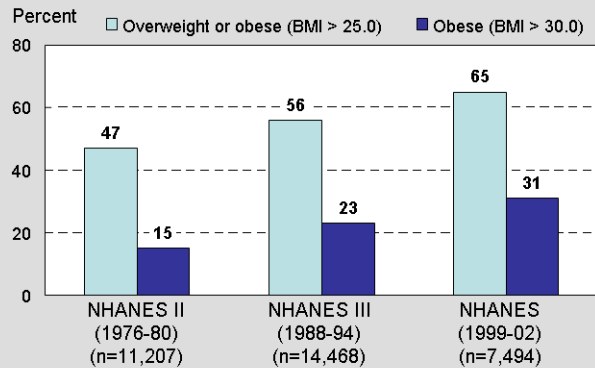


Figure 2. Age-adjusted* prevalence of overweight and obesity among U.S. adults, age 20-74 years



*Age-adjusted by the direct method to the year 2000 U.S. Bureau of the Census estimates using the age groups 20-39, 40-59, and 60-74 years.

Note how there seems to be a correlation between specific sugar consumption and obesity. The more sugar the U.S. population eats, the more prevalent obesity becomes. Remember that breaded, deep fried foods contain more than the fat in which they were fried. They also contain the breading, which is composed almost entirely of white flour, something you're trying to avoid. That is one of the places simple carbohydrates can hide from you.

5) Remember, always read the nutritional information on food's packaging. It's hard to know what's in there if you never look. Many foods you think are healthy are not as good as you would think. They will have hidden sugars (see above), are high in saturated fats, or have other problems that are only revealed by perusing the nutritional information label.

6) Drink plenty of pure, clean water, at least 96oz. daily. Note: Diet Coke or A&W doesn't count. If you are engaged in intense exercise, or in a hot environment, you may need much more. Water is part of the hydrolysis (the 'hydro' in the name) reaction that creates energy from ATP (adenosine triphosphate). ATP is the main source of energy for your body's cells. *NOTE: It's also important not to drink too much water, as you can create a harmful, possibly fatal electrolyte imbalance.*

7) Something that is important is to eat enough fat. That's right, you have to eat fat, not cut it all out of your diet. Fat is an important nutrient required by your body for proper function of the brain, the immune system, and other important bodily functions. It is also an important energy source.

The important thing is to eat the right kinds of fat. The "Low Fat" craze that began in the '80's got many people to rid their diet of much of the fat they were consuming. When it comes to saturated fats that was a great idea, but it can be taken too far. Your body needs some kinds of fat to function properly. Other fats should be eliminated.

Trans fats are taboo, in any amount. The adverse health effects of these fats are well documented, so stay as far away from them as possible. Saturated fats should not be completely avoided, but keep them to no more than about 10% of your total fat intake. The artificial saturated fats are the really destructive ones. When hydrogenated fats are heated, such as when cooking, they form trans fats. The FDA has determined trans fats have no safe amount, so it's best to stay away from them entirely.

Take note that many "low carb" protein and energy bars have significant saturated fat content. It all points to reading the labels of your food, so you're aware of what really goes into your body. You'll be surprised. The main problem with fat from a standpoint of one who is trying to lose it is that fat is more calorically dense than are carbohydrates or protein.

Fat has 9 calories per gram, whereas the others only have 4 calories per gram. That means that fat provides more than double the calorie content for the same weight, so smaller portions of high fat foods can be deceptively high in calories.

So, how much fat do you need to eat to ensure your body efficiently burns fat?

Here's the best part!

In addition to being a vital nutrient, eating the proper amount of fat actually helps the body burn fat more effectively. Yes, you need to eat fat to burn fat! For one thing, fat helps you feel full, so you're less inclined to graze in additional food when you shouldn't. But fat actually contributes to the fat burning process within your body.

8) This not technically nutritional, but is food related and important nonetheless. Be sure you chew your food enough. Not chewing enough has 2 adverse effects; you won't feel as full when eating the same amount of food, and your digestive process won't be as effective.

9) Once you take calorie reduction to a certain point, don't have to further reduce calories in order to lose weight. Obviously if you're eating 6,000 calories a day, you're going to balloon up like the Hindenburg, but take heart, you definitely do not have to starve yourself in order to melt away your fat. This is where making sure you get at least a moderate amount of activity, if not actual exercise is important.

It becomes counter productive to reduce your caloric intake too far because your body will reduce it's metabolic rate to compensate. One of the goals of efficient fat loss is to keep the metabolism high, so you can see how cutting too many calories can be counter-productive.

10) Make sure you are in no way deficient in B vitamins. These vitamins are essential for the metabolism of carbohydrates. If your body has insufficient B vitamins to metabolize the carbohydrates, they'll be converted to fat and stored.

11) Don't drink much alcohol, if any at all. One of the key functions of your liver is the metabolization of fat. Another main function of the liver is detoxification of the blood. Alcohol is toxic to the body, and so the liver is used to filter it out. That has a higher priority than does the efficient

metabolization of last night's cheese pizza, so the pizza stays, while the booze goes. Basically the liver is going to be busy detoxifying your blood, so it won't do much to metabolize your fat.

Chapter 6

Important Foods to Help Increase Fat Burning and / or Improve Athletic Performance and Overall Health

NOTE: Too much of any food is bad. Eating to excess of anything will either make you fat or cause medical problems, so use common sense, please. Other than that, eat or drink (as applicable) as much of these as you want, within reason.

- 1) **Green Tea** – Green tea has powerful antioxidant properties, which scientist believe can help prevent health problems such as cancer. Green tea has other benefits as well. Scientist at the Biological Sciences Laboratories of Kao Corp., Tochigi, Japan, discovered an 8-24% increase in swimming time-to-exhaustion in lab animals was "accompanied by lower respiratory quotients and higher rates of fat oxidation."

They estimate that humans would require about 4 cups of the tea per day to achieve similar benefits. It's a double benefit really, because the increase in fat metabolism causes the increase in endurance. One important note here; the findings point to benefits from long term consumption, not 1 time or intermittent use. You're not going to drink a cup of tea and drop a pound of fat.

- 2) **Yogurt** – This tasty breakfast staple has been shown in scientific tests to promote fat burning. A study completed in 2005 at the University of Tennessee and published in the *International Journal of Obesity* found study participants that ate yogurt not only lost 22% more weight than the non yogurt control group, they lost an astounding 61% more bodyfat. As an added bonus the yogurt eating group was able to retain more muscle mass while they were dieting.

This is very good news, because many people who lose weight often lose a large amount of muscle mass along with their fat. The loss of lean body

tissue makes it more difficult to maintain the high metabolic rate necessary to lose fat and maintain the lower level of overall body fat.

Other study findings were that the yogurt eating group lost 81% more fat from the belly region than those who abstained from the calcium laden treat. The calcium is, in fact, one of the key components in yogurt that researchers feel contributes to the weight and fat loss effectiveness of this dairy product.

An added bonus to eating yogurt discovered by the UT study was that those in the yogurt eating group were able to hold on to muscle with double the effectiveness of those who were yogurt free. Again, muscle burns fat while fat ...well, fat just *is* fat.

3) **Walnuts** – These nuts are high in a number of valuable nutrients, but for those trying to lose fat and maintain an exercise program, they're even more valuable, and here's why. They have more Omega-3 fatty acids per ounce than widely touted salmon. As the price of salmon goes through the roof, that's good to hear.

They're very high in protein, containing 50% that of lean chicken breast per ounce. In addition to the protein, walnuts contain anti-oxidant substances called polyphenols. Polyphenols have been shown to reduce inflammation. This inflammation reduction is worth its weight in gold when you're exercising. To top it off, the polyphenol's anti-oxidant properties are thought to help prevent cardiovascular ailments and cancer.

4) **Blueberries** – Blueberries are showing promise as a powerful food that can help prevent disease and promote overall health. Higher in antioxidants than virtually anything else you can eat, the benefits of this fruit are just being discovered. The blueberry has been shown to reduce cholesterol and help overall cardiovascular health.

An April, 2008 study at England's Pennensula Medical School found that the blueberry was effective at improving memory and brain functions. Other studies have found similar benefits to eating the blueberry.

The very high level of antioxidants are believed to help fight cancers and heart disease and reduce the effects of aging. The study showed a 45% improvement (termed a "significant increase") to memory function in lab animals in the study. This was over a relatively short, 3-week period. Berrys are high in sugar however, so eat blueberries, but show a bit of restraint.

5) **Spinach** – Food poisoning outbreaks a few years ago notwithstanding, spinach is an extremely beneficial food, just like Popeye told you in the '50's. Spinach is a good source of iron and folate. Folate helps promote increased blood flow, and other nutrients in spinach are beneficial to bone health. A newly found benefit to spinach unrelated to fat burning, but nonetheless good to hear is that spinach helps prevent blindness in the elderly so says a new study from the National Institute of Health. Spinach is another of the foods very high in antioxidants. Spinach helps transport calcium in the body, increasing the effectiveness of eating yogurt, which as noted above has remarkable fat fighting properties.

6) **Skim Milk** – It is thought that the combination of protein and calcium is responsible for much of skim milk's effectiveness, much as with yogurt. In 2007 a study performed at McMaster University's Department of Kinesiology's Exercise Metabolism Research Group found some amazing results for 56 test subjects between the ages of 18 – 56, engaged in a 12 week weight lifting program.

Research subjects were given either 2 cups of skim milk, a carbohydrate drink with the same amount of carbohydrates present in the milk, or a soy protein drink with the same amount of both carbs and protein as was present in the skim milk. The results were nothing short of phenomenal.

The milk drinking group gained more muscle and lost more fat than both other groups. The milk group *gained 40% more muscle mass* than the soy group and *63% more than the carb-only group* during the 12 week period. As for fat loss, the soy drink group lost none, while *the milk group lost twice as much fat as the carbohydrate only group*.

Chapter 7 The Training Program –

Fat not only weighs less than muscle, it burns only about one twentieth the calories that muscle does. Basically, fat just sits there, making you look bad. Metabolically, muscle is always working much harder, even when you're not really using it. That's why it's essential that you build more muscle. Remember, you're not trying to look like Stone Cold Steve Austin, Terrell Owens, or one of the American Gladiators, but the key that unlocks the door to fat loss is muscle gain, and it doesn't take much at all to dramatically enhance your fat burning efforts. Why struggle for an hour doing cardio 6 days a week?

Cardio training definitely has its place in building cardio-vascular health, and making you live longer, but the fat loss effects of cardio taper off relatively quickly after you finish your workout. Resistance training on the other hand, stimulates lean tissue (muscle) growth. It's that magic muscle that keeps you burning calories (and fat) throughout the day, long after your workout is finished. In fact, you'll even burn much more calories on days you don't exercise at all if you put on just a few extra pounds of new muscle! It even burns more fat when you're sleeping.

Your body burns fat and carbohydrates differently over time. When you begin exercising, your body derives about 90% of its energy from carbohydrates and the remaining 10% from burning fat. The longer you exercise, the greater percentage of energy consumed is created by burning fat. At the end of a long, moderately low intensity exercise session, you'll burn progressively more fat as a percentage of your energy consumption.

Does this mean that you should forego short term workouts and try to maximize fat burning by engaging in long, low intensity workouts to maximize the time when your body is burning a greater percentage of fat? *On the contrary*; although your body will burn a greater percentage of

fat with a long, slow workout, the total amount of fat and calories burned is greater with short duration, high intensity exercise, such as sprinting.

This is backed up by scientific studies, such as an Italian study presented at the Experimental Biology Meeting in 2005. Subjects in the study burned the most fat when they were near their anaerobic threshold, such as when cycling fast or sprinting.

Another study performed at the University of New South Wales' Medical School in Australia was even more definitive. The study, entitled *Metabolic Response of Trained and Untrained Women During High Intensity, Intermittent Cycle Exercise*, was completed in 2006 and published in 2007 by researchers Trapp, Chisholm, and Boutcher.

For a period of 15 weeks, test subjects were monitored as they performed either steady state cardio exercise at 60% intensity for 40 minutes, or interval training. You'll note that the steady state exercise regimen is almost precisely what many people do when following traditional weight and fat loss programs; 40 minutes on the treadmill.

In the UNSW study the efforts of the steady state group resulted in zero fat loss. On the other hand, the interval trained group, which only exercised a maximum of half as long, 20 minutes, as the steady state group, experienced impressive fat loss during the study. Although they exercised less than half as long, the interval trained group lost an average of 11.2% of their body fat. That means if you use traditional cardio programs, you're wasting too much time!

The interval program that the Australian's used was comprised of 8 second sprinting intervals, followed by 12 seconds of recovery. They used a maximum of 60 of these 20 second blocks, for a 20 minute total maximum session time. Both groups expended the same amount of energy during their respective exercise regimens, which points to part of the reason for the difference in effectiveness of the programs.

Once again, work smart to lose fat and you won't have to work so long, or so hard. I don't know about you, but I'd much rather do 20 minutes of intense interval training, than slog along on the treadmill for 40 minutes, especially when the fat loss effectiveness of the 20 minutes was so much greater.

Chapter 8

Here is what many people do wrong when exercising to lose fat:

1) **They do low intensity cardio for very long periods** – As has been shown by the previously noted studies, the effectiveness of a fat loss program has little to do with the length of time you exercise. Even if you stay in the so called “Fat Burning Sweet Spot”, the total amount of fat burned will be less this way, even though the percentage of fat burned will be higher.

It would be better to only go for 15 – 20 minutes, but do so at your limit, or using intervals, rather than to do cardio at low intensity for 45 – 90 minutes, as so many people do. Another benefit to short, high intensity exercising is that you can fit in such workouts where your schedule may not permit longer ones. In addition, you plain just aren't wasting endless hours of your valuable time on the treadmill (see below).

2) **They are using cardio exclusively when trying to burn fat** - Instead, many studies have found that the long term fat burning effects from resistance training are much greater.

3) **They do cardio after eating** – You'll maximize the effects of your fat burning cardio efforts by doing your cardio first thing in the morning, on an empty stomach. Why should you get up early and do your cardio? Good question.

It's because your stored glycogen and blood sugar levels are lower. This has been found to cause the body to lean towards burning stored body fat for energy, rather than it's typical fuel source. If you eat first, your glycogen and blood sugar levels are back to normal levels, and your body will use the now readily available carbohydrates for energy, rather than fat, as is desireable.

Training and Fat Burning Tip – Recent studies have shown that the treadmill is much more effective than the stationary bike for burning fat and increasing cardio vascular fitness.

Chart 2.1 – The average energy expenditure of different activities for a 150 lb person.

Energy Expenditure Chart

A. Sedentary Activities	Energy Costs Cals/Hour*
Lying down or sleeping	90
Sitting quietly	84
Sitting and writing, card playing, etc.	114
B. Moderate Activities	(150-350)
Bicycling (5 mph)	174
Canoeing (2.5 mph)	174
Dancing (Ballroom)	210
Golf (2-some, carrying clubs)	324
Horseback riding (sitting to trot)	246
Light housework, cleaning, etc.	246
Swimming (crawl, 20 yards/min)	288
Tennis (recreational)	312

I doubles)	
Volleyball (recreational)	264
Walking (2 mph)	198

C. Vigorous Activities	More than 350
-------------------------------	--------------------------

Aerobic Dancing	546
Basketball (recreational)	450
Bicycling (13 mph)	612
Circuit weight training	756
Football (touch, vigorous)	498
Ice Skating (9 mph)	384
Racquetball	588
Roller Skating (9 mph)	384
Jogging (10 minute mile, 6 mph)	654
Scrubbing Floors	440
Swimming (crawl, 45 yards/min)	522
Tennis (recreational singles)	450
X-country Skiing (5 mph)	690

How to Calculate the Target Heart Rate for maximum Cardio Vascular Fitness

To find your target heart rate the zone in which aerobic exercise will be most beneficial:

- First determine your **maximum heart rate** (MHR) by subtracting your age from 220.
- Multiply your MHR by .65 (65%) to determine the minimum aerobic training rate. Next, multiply your MHR by .8 (80%) for your maximum aerobic training rate.
- The numbers in between are your target rate, expressed in beats per minute.

For example, a 42-year-old would subtract 42 from 220 to get 178; then multiply 178 by .65 to determine the lower threshold of the target zone, or 116. Then he/she would multiply 178 by .8 for the upper threshold, or 142. The target heart rate of a 42-year-old, then, is between 116 and 142 beats per minute.

To see if you're on target during exercise:

- Count the number of pulse beats at wrist or neck for 15 seconds, then multiply by four to get your beats per minute.
- Compare to your target zone. If your heart beat is faster than the maximum, you're probably overdoing it. Slow down.

Chapter 9- The Resistance Training Plan

Taking Fat Loss to the Next Level – Fast
How You Can Look So Much Better....and Feel Better Too

The Four Most Important Contributors To Muscle Growth Are:

- 1) Adequate growth stimulus (training).
- 2) Sufficient recovery periods to allow tissue repair & growth (See, you *do* get days off). Typically, the older you are, the longer the recovery period. For example when you're in your teens or early 20's you may be able to train a body part or muscle group every 4 days, but when you're in your 30's or 40's you may only be able to train it every 6 or 7 days.
- 3) Proper nutrition.
- 4) Consistency

With the correct combination of these four factors, virtually anyone can have a low fat body that will make them proud. These factors are different for every person, depending upon such things as age, genetics, sex, etc. Recent years have brought to light new developments in strength & size training in the first three areas.

While not everyone can, or wants to, become a professional bodybuilder, everybody can improve their body, and *in many cases with far less effort than they thought possible*. You can be one of those people! In some cases the improvement can be dramatic, in others a little more subtle. Whether you desire to gain muscle, lose fat, or both, there is an exercise program to help you achieve your goals.

Several things can be detrimental to achieving the body of your dreams. **Alcohol and drugs, stress, a sedentary lifestyle, and poor nutrition are four of the things that will stand in the way to achieving your dream of fat loss.** Drinking lots of beer, partying late into the night, and a steady diet of pizza and snack foods will not give you a body you can

be proud of. If you can achieve a great body while doing those things, you will have to work much harder than would otherwise be necessary.

A Quick Note About Steroids

The dangers of steroids and other performance enhancing drugs are well documented. Just ask former Oakland Raider great Lyle Alzado. Wait, you can't, he died from the effects of taking steroids. Some people, especially younger ones, are tempted to try and take shortcuts in their training, or get to a level beyond their capabilities.

While these drugs have proven to be effective at building muscle mass, the list of side effects is long and scary. These include, but are not limited to: heart disease, liver disease, skin problems, serious personality problems, kidney problems, growth disorders, and sexual problems.

Some take these types of drugs at a young age while thinking they are invincible. No one is. Forty years old may seem a long way off when you're only 21, but it gets here sooner than you think. It is too young to die of something stupid that could have possibly been prevented. Professional sports teams and associations are now testing for these substances, often randomly, due to their illegality and ill health effects.

With proper training and nutrition, you can get a body others will envy. You can also keep it long enough to laugh at all your fat friends at your 20 or 30 year high school reunion. Training and proper diet is part of an active lifestyle that will enhance athletic performance as well as making you look like a million bucks.

Almost every college and professional athlete today has a training regimen that includes serious weight training, cardio, and flexibility training. This same type of training can help you clean up the court in basketball and volleyball, and smack softballs over the fence. Now you probably don't want to train like an elite collegiate athlete so this program

takes the most effective parts of a major division 1 university football program's conditioning system and modifies it for the average person.

Now - LET'S GET IN SHAPE!

Note: Consult a doctor before beginning this or any exercise program.

Phase 1 - Beginning With Weights

If you have never lifted weights before, or if it has been a very long time since you have been to the gym, it will not take much training to stimulate growth. Only 10 – 15 minutes of very moderate training should do it. Muscle mass increase is an adaptive change initiated by the body in response to physical stress. As the muscles are asked to perform at ever increasing load levels, they increase size and strength to compensate. This explains why, at first, a relatively modest workout can produce sizeable results. Later, as the body acclimates to the workload, the overload must be gradually increased.

A common mistake is to start with too much, too soon. This can lead to two things, both of them bad. The first is injury, and the second is extreme soreness that keeps you from coming back to your workout. That is not to say you will not have periods of soreness. On the contrary, it will be a frequent occurrence if you push yourself hard enough. You can get impressive results without driving yourself like an Olympic athlete, however.

The first thing is to get your muscles used to lifting. In the beginning, the whole body can be worked in one session. Later, if you'd like to take it to that level, the increased intensity of the workout will make this a counter productive because you won't be able to maximize intensity. Intensity is a key component to making maximum progress in minimum time (and if there's one thing that's in short supply when you're a busy professional, it's time), while keeping exercise sessions short. Trying to work the entire body at the same time will also contribute to the phenomenon of over

training. This is a condition in which the body's recuperative ability can not keep pace with the demands placed upon it. At the beginning stage of the system, one exercise per muscle group will suffice. At this stage, three sets of each exercise are performed. Each set will comprise 10 to 15 repetitions of the indicated movement.

Muscle Groupings –

The muscles are grouped accordingly:

Chest

Triceps (Back of Upper Arm)

Shoulders

Legs

Back

Biceps (Front of Upper Arm)

To start, compound exercises will be used. Compound exercises involve more than one joint at a time. Because they recruit more muscles at one time, they are more effective at burning fat in a given time interval. Examples of compound exercises are the bench press, dead lift, and overhead press. Later some isolation exercises can be used. These target individual muscle groups.

With each movement it is important to breathe properly. Exhale upon exertion. Do not hold your breath.

The beginning program:

Note: It is Very Important to consult a doctor before beginning this or any exercise program.

See Chapters 2 - 6 for nutrition information. The recommended nutrition profile is essential to maximize success of this program.

It is important to warm up before beginning each weight training session. Ten minutes at a fairly easy pace on the stationary bike or treadmill (note

that a treadmill is far effective for fat burning, as noted above) are excellent for this purpose.

Stretching

Make sure you also stretch after your warmup. It will multiply the effects of your strength building program and help prevent injuries. This has been found in many studies. A 1999 study at the South Shore YMCA in Quincy, Mass. determined that stretching delivered much better results from resistance training programs than did exercising alone.

After a 10 week program in which subjects did identical training programs, with the exception of the stretching component, it was found that those *subjects who stretched as part of their regimen gained an average of 23.5% more leg strength than those subjects who did not incorporate stretching into their programs.* Stretching is also very important to help prevent injuries.

After the warm up and a thorough stretching regimen, begin the lifting portion of the training session. Begin with a weight you can easily handle for the indicated number of repetitions. In later weeks the weight will increase.

Important lifting information:

Breathe in on the “down” phase, and out on the “up” phase. This is important to maximize exertion. There is a bigger reason, however.

Breath holding while lifting can be dangerous. It can cause increased blood pressure, and in some cases strokes and even death. Just be safe and maximize your progress by remembering the proper breathing technique.

Keep a training notebook with detail on the weights you used, how many reps, how you felt etc. This technique has been used by more top bodybuilders and athletes than you can believe and has been proven to accelerate meeting your goals. It is the best and easiest way to track your progress. Later this information is invaluable to determine the

aspects of your program that is the most successful and what should be modified.

**Use a spotter for safety on all overhead lifts such as the bench press & overhead press unless you're using dumbbells. That's one reason why using dumbbells is recommended for training. The other is that the increased range of motion will boost the effectiveness of your efforts.*

Failure to use a spotter when necessary can cause very bad things to occur. You can be seriously injured.

Cardio Training

In the morning, before breakfast, do high intensity cardio, such as riding a stationary bike or running on a treadmill, for 20 - 25 minutes, 4 or 5 days a week. Begin by easing into your cardio routine for the first 3 – 5 minutes to get warmed up, then rapidly accelerate your intensity so for the remainder of your cardio routine you're exerting yourself more fully.

You should get your heart rate into the upper end of the target heart range detailed on page 29. A basic guide is included below.

		EXERCISE ZONES										
		AGE										
		20	25	30	35	40	45	50	55	65	70	
BEATS PER MINUTE	100%	200	195	190	185	180	175	170	165	155	150	VO2 Max (Maximum effort)
	90%	180	176	171	167	162	158	153	149	140	135	
	80%	160	156	152	148	144	140	136	132	124	120	Aerobic (Cardio training / Endurance)
	70%	140	137	133	130	126	123	119	116	109	105	
	60%	120	117	114	111	108	105	102	99	93	90	Moderate activity (Maintenance / Warm up)
	50%	100	98	95	93	90	88	85	83	78	75	

Exercises

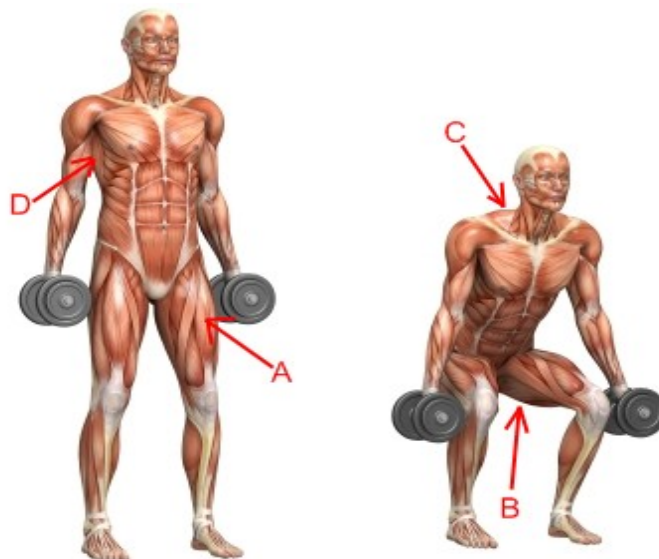
Here are exercises and alternatives for the programs described below. Many of these can be performed anywhere, with minimal equipment. That's great if you're on the road or just can't invest in a large array of home fitness equipment.

When performing these movements Remember: 1) Don't bounce, 2) Lower the weight fairly slowly, then explode with power as you lift.

Dumbbell Deadlifts –

Dumbbell deadlifts are a fantastic, whole body movement. They strongly stress many of the body's largest muscle groups, including the *quadriceps (A)*, *gluteals*, *hamstrings (B)*, *trapezius (C)*, *latissimus dorsi (D)*, and *lower back*. Secondary stresses are also placed on the forearms and all muscles of the body's core, including the abdominals and obliques.

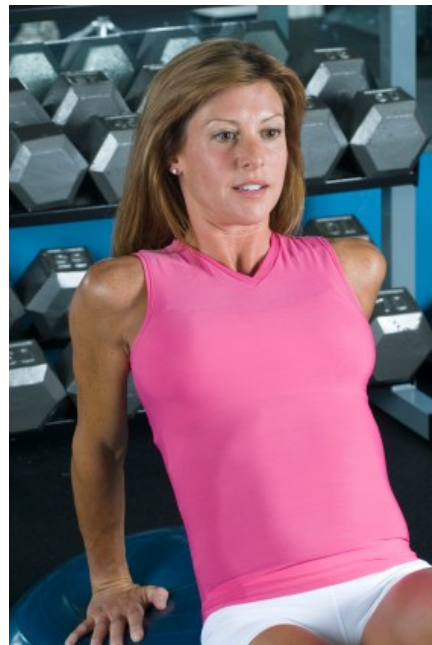
If you're only going to be doing 3 resistance exercises, make this one of them. Many people find performing these using dumbbells (as shown) is easier than using a barbell. As with all movements, concentrate on using good form to prevent injury. Stick with weights you can easily handle and don't bounce up and down. Do them smoothly and at a moderate pace. Keep your head up, and your back straight. Don't lean forward.



Dips –

Dips are a great, upper body exercise you can do just about anywhere. They can be performed between two parallel bars or using a ball, chair, or counter as shown below. Dips are a great way to build the triceps muscles at the back of the arms (A), the shoulders, especially the front deltoids (B) and the pectoralis muscle group in the chest (C).

Performing dips while in a more reclined position (as shown below) will work the shoulders and arms more than the chest. Changing into a more forward position, as is possible when doing dips between parallel bars, will shift the emphasis more toward the chest muscles.



Bench Press –

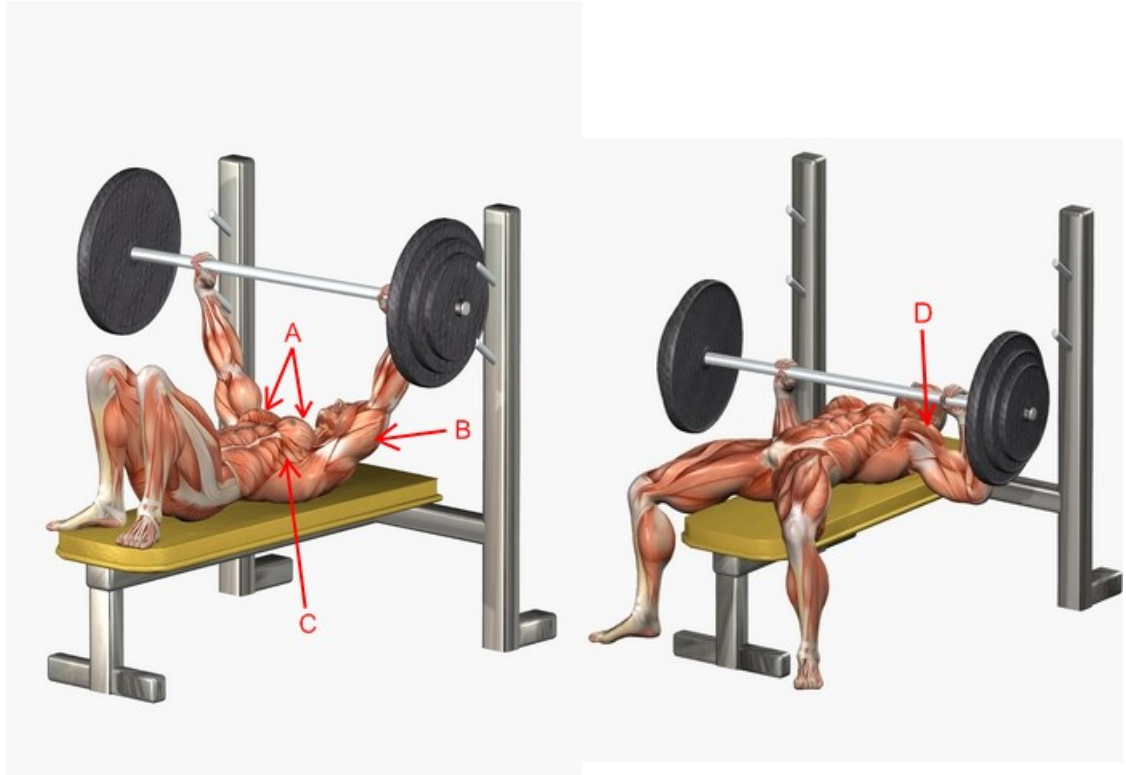
The bench press is one of the most popular resistance movements of all time, and with good reason. It recruits a very high number of muscle groups throughout the upper body. There are also a tremendous number of variations you can use to target different areas of your upper body.

It's performed by lying on your back with your arms out from your body's lateral center and the weight above you. You then lower the weight to your chest for the down phase. You then push the weight upwards and return it to its starting position. Remember to inhale on the down phase, and exhale on the push, or "up" phase.

Using these different variations is important not just for maximum effectiveness, but also when you mix up your routine every few weeks to help avoid plateaus in your progress. You can use a barbell or dumbbells, and vary the angle of the bench from flat to include both decline and incline positions.

NOTE: You can use a pilates ball in lieu of a bench. This requires strength, balance, and coordination acquired through years of lifting. It is not recommended for people that are not highly experienced.

The incline position will target more of the upper chest and shoulder areas, while the decline position will more effectively stimulate the lower chest region. A wider grip will target the outer chest area, while a narrower grip will be more effective in stimulating the inner chest, triceps, and deltoids.



Upright Row –

The upright row is a fantastic movement to develop strength in the shoulder and neck area. It can be performed using either dumbbells or a barbell. Upright rows target the deltoids (A), trapezeus (B), and place a strong, secondary stress on the biceps (C) of the upper arm. It is one of the best all around shoulder exercises and is a powerful, compound movement you can use to work the entire shoulder area. If you can only use a single exercise to work the shoulders, this one should be strongly considered.

The upright row is versatile. As with other exercises the muscles that receive the most benefit can be changed by altering the angle that you use to perform the movement. As shown the upper body is slightly leaned forward. This places more emphasis on the posterior deltoid muscles at the rear of the shoulder. A more upright stance will shift emphasis to the anterior deltoid muscles at the front of the shoulders.



Overhead Press –

The overhead press is one of the classic shoulder exercises. As with most of the exercises in the program, it can be performed with dumbbells, resistance bands, or a barbell. It provides tremendous development for the entire shoulder area, including the deltoids(A), trapezius(B), and triceps(C).



It can be performed behind the neck or in front. If you perform this movement in front of the neck with a bar, lower the bar so it just touches your upper chest. When performed behind the neck, lower the weight until it barely touches the trapezius muscles at the base of the neck. If are doing this behind your neck using a barbell, exercise care to avoid bringing the bar too hard against your spine. When using heavy weights, this could cause injury.

Overhead presses can be performed seated or standing. If done seated the legs are removed from the exercise and the shoulders are more effectively isolated.

The Beginning Weight Program –

Builds a Solid Foundation and Stimulates Your Metabolism.

Rest Approximately 60-90 Seconds Between Sets.

The First 8 Weeks.

Day	Bodypart	Exercise	Sets	Reps
Monday / Thursday	Chest	Bench Press (Dumbbell or Barbell)	1	15
			1	12
			1	10
Tuesday / Saturday	Shoulders	Overhead Press (Dumbbell or Barbell)	1	15
			1	12
			1	10
Tuesday / Saturday	Legs	Squat (Dumbbell)	3	15
			1	15
			1	12
Tuesday / Saturday	Back	Deadlift (dumbbell)	1	15
			1	12
			1	10

There no arm exercises the first 8 weeks of the program. The arms receive enough work from the stress of the above exercises. Even using light weights, you will be sufficiently exhausted after the above program and most probably a bit sore for a few days following.

Resistance / Weight Levels

Week 2 is identical to week one. By the end of week two, the weights should feel even easier than when you started. For the first workout of week 3 (workout #5), add enough weight so the last rep of the last set of each movement can just be completed.

Week 4 program is identical to week 3.

Week 4 - Increase the weight so the last rep of the sets of 10 reps can just barely be completed.

IMPORTANT - DO NOT sacrifice proper form when increasing the weight. If you have to use improper form to complete a repetition,

the weight is too heavy. Improper form is one of the biggest causes of injury when lifting weights. An injury will guarantee you make little progress in the weight room, the athletic field, or in front of the mirror.

From this point forward continually adjust the weight so that the last rep of the set(s) of 10 can just barely be completed.

Weeks 5 - 8 - as for week 4

At the end of week 8, you should see very noticeable changes in your body. Strength should increase and should be very apparent as well. The program will take the base built in the first 8 weeks into account for the last 8 weeks. You will continue to train with weights four days a week. Note that this workout should only take you about 45 minutes or so.

Weeks 8 – 16 Now it is starting to get a bit more difficult.

Day	Bodypart	Exercise	Sets	Reps	
Monday / Thursday	Chest	Bench Press (Dumbbell or Barbell)	1	15	
			1	12	
		1	10		
		Incline Dumbbell Press	3	12	
		Shoulders	Overhead Press (Dumbbell or Barbell)	1	15
				1	12
			1	10	
		Upright Row (Dumbbell or Barbell)	3	12	
Tuesday / Saturday	Legs	Squat (Dumbbell)	3	15	
			1	10	
		Lunges (Dumbbell)	3	15	
		Back	Deadlift (dumbbell)	1	15

			1	12
			3	10

For the last two weeks of the program, the weight should be heavy enough that muscular failure is reached on the last rep of all sets with 10 reps or lower. Use your spotter to assist just enough so that the rep can be completed. Feel the target muscle group contract to move the weight. Concentration on the correct muscle group with correct form is very important.

Chapter 10
Resistance Training - Phase II
Taking Your Body to the Next Level

To be started after the completion of Phase I. The more experienced lifter can begin with Phase II.

Phase I developed the connective tissues to be able to better contend with the stress of lifting heavier weights. In addition, the first phase of the program teaches what lifting feels like and allows the correct form to be developed. This is very important, both for preventing injuries and to achieve maximum gains in size and strength.

Phase II is adapted from the strength and conditioning programs developed for major college and professional football programs. It will develop strength not only in the weight room, but strength that can be put to good use on the athletic field, beach, or court. It is also an excellent mass builder.

Strict adherence to the program is essential for maximum gains. In addition, these muscle mass gains will cause an increase in basal metabolic rate and reduce body fat. Warm up as for Phase I, with 10 minutes on bike or treadmill.

Phase II

Day	Bodypart	Exercise	Sets	Reps
Every 5 – 7 days	Chest	Bench Press (Dumbbell or Barbell)	1	15
			1	12
		3*	7	
	Incline Dumbbell Press	1	12	
		3*	7	
	Shoulders	Overhead Press (Dumbbell or Barbell)	1	15
			1	12
		3*	7	
Upright Row (Dumbbell or Barbell)	3*	7		
Start 2 days after Chest / Shoulders Then every 5 – 7 days	Legs	Squat (Dumbbell)	3	15
			1	10
			3*	7
	Lunges (Dumbbell)	3	15	
	Back	Deadlift (dumbbell or barbell)	1	15
			1	12
			3*	7
	Pull Ups / Downs (use a lat pull down machine if you can't do enough pull ups)	3*	7	
Arms (optional)- The day after Legs / Back	Biceps	Dumbbell Curls	1	15
			1	12
			3*	7
Triceps	Lying tricep	1	15	

		extensions or standing pressdowns with rope		
			1	12
			3*	7

IMPORTANT - In phase II the 3* sets of 7 reps should be performed as follows:

Use a weight you can lift for 7 repetitions. Add 5lbs to the next set, and 5 more lbs to the last set. The last set you should barely be able to complete.

For example - If you are using 205lbs x 7 repetition's for the first set of your bench press, the second set of 7 reps should be performed with 210lbs, and the third should be at 215lbs. When you can complete the 7 reps at 215lbs, add 5 lbs to the entire progression for your next bench press session. So, in this example your next session would have 7 rep sets at 210, 215 and 220 lbs.

Chapter 11

Exercise Equipment for the Busy Professional

There is a question of the equipment you can use to do your workout. You can join a gym, and that is a great alternative for some people. Many modern health clubs have tremendous facilities, with great equipment, excellent audio video systems, and amenities such as pools, spas, and racquetball courts.

The problem is that many clubs in larger cities charge upwards of \$75/month for the privilege of using them, plus a hefty joining fee, in some cases. In addition, you have to drive to the facility, find a place to park, and then stand in line to use the machine of your choice. Then there's the issue of location. If you travel, it's nice to join a club that has locations throughout the areas you visit. While clubs are a great choice for some, other people are better served by working out at home.

There's no driving and you can get in a great workout in half an hour, start to finish, with absolutely no driving or parking involved. You can use a full complement of health club style equipment if you have the space and budget for it.

However, many people can't or don't want to dedicate an entire room and thousands of dollars to recreating a mini health club in their homes. The good news is that you don't have to. You can get a powerful, intense workout with some basic equipment.

Here are some of the tools of the fitness trade you can use to get yourself in fantastic condition. Some of these devices are great not only for use at home, but is compact and light weight enough to pack along for use on the road.



BodyLastics Home and Travel Gym 1

These things are really effective and are used by the military and police SWAT teams throughout the nation. For more information on this gym, which is great for home and on the road (the whole thing fits into the small bag shown above) Go to <http://www.BodyLastics.com>.



The most valuable fitness tool for any home gym is a set of dumbbells. Almost any conceivable exercise can be performed with a set of dumbbells, and you can hit about every muscle in your body. If you're just starting out you can get a set of small dumbbells in a series from 2.5 – 7.5 or 10 lbs. That will

be fine for most exercises in the beginning, but you'll rapidly progress past that to heavier weights.

Larger series of dumbbells, such as those that go up to 50 or even 100 lbs are fantastic for pushing your body to the limit. Unfortunately they also take up quite a bit of space. For example, a series of dumbbells in 5lb increments that goes from 5 to 75 lbs consists of 15 pairs of dumbbells. It

is also very expensive to purchase all these dumbbells and an appropriate stand for them all.

In the last decade or so, several different manufacturers have developed solutions to the problem in the form of selectorized dumbbell systems. These are constructed of interlocking plates that that can be used to create dumbbells of different weights. There are pin styles and rotary selector style systems. Both of these work very well and are a great solution for fitting an entire dumbbell series into your home gym.

You'll save weight too, which you'll appreciate if you ever have to move them. For example a traditional 5 – 90 dumbbell series weighs about 1,710 lbs! Not small potatoes. A selectorized system with the same 5 – 90 lbs would weigh only 180lbs. You can agree this would be much easier to transport.



Since 2001 I have used the PowerBlock dumbbell system and have been extremely happy with them. I have the classic 5 – 90 lb system, but they are available in a 5 – 45 lb system (shown at left) as well.

Both systems can be expanded, so if you're really progressing you can increase the dumbbells up to 130 lb monsters by purchasing an expansion kit. For more info on the PowerBlock dumbbells and how to get them or other dumbbells at a discount, go to <http://www.BigFitness.com/dumbbells>.

Elliptical Trainers –

One of the most effective ways to do cardio is on an elliptical trainer. These were developed as a low impact, and more effective alternative to treadmills. The elimination of impact is especially beneficial for people with knee and other lower body joint problems.

These trainers are very effective as a training tool to promote maximum cardio vascular fitness and fat loss in the minimum time, an important consideration if you're a busy professional.

There are 2 problems with elliptical trainers. They take up a bit of space, and they can be expensive. To get an attractive (deep) discount on health club quality elliptical trainers, go to http://www.SmoothFitness.com/elliptical_trainers.

They have a great selection of top rated elliptical trainers, and are known for offering their customers a savings of close to half off retail.

Here is an example of an elliptical trainer



Elliptical Trainer

Chapter 12

20 Frequently Asked Questions About Fat Loss and Exercise

1 - How does drinking more water help us to burn body fat?

Drinking adequate water helps free the liver from helping the kidneys, so it can devote its maximum effort to metabolizing fat. Metabolizing fat is one of the liver's primary functions one of its primary functions. The effects of drinking water on your performance cannot be understated. There is a reason professional athletes drink plenty of water, and you should too.

"Dehydration of as little as 2-percent loss of body weight results in impaired physiological and performance responses." Journal of the American Dietetics Association (Volume 99, number 2)

Don't go overboard on hydration though. Drinking too much water can result in a potentially fatal condition where your blood's electrolytes are imbalanced. If you drink over 8- 10 glasses of water, make sure you replace the sodium and other electrolytes you flush out with the water. When you need to drink this much water during heavy exertion, drink a sports drink with electrolyte replacements in it.

2 - I'm not sure weather the elliptical trainer, bike, or treadmill is better for losing weight.

Until recently it was thought that it doesn't really matter, although some ellipticals have attachments that involve your upper body. Recruiting more muscle groups increases your calorie burn rate, and stimulates more muscle growth. However, a 2003 study in Great Britain found that inclined treadmill training stimulated up to 45% more fat metabolism than did riding a stationary bike.

3 – What's my target heart rate for maximum fat loss?

There are two target heart rates; high intensity (85% of max) and low intensity (65% of max). You'll burn more total calories at the high intensity level, but you'll burn a higher percentage of fat calories at the lower intensity level. Both are important, although for the BodyMagic program,

we've found that the high intensity level is more effective to reduce overall body fat in a shorter period of time. To calculate your target heart rate, first find your maximum heart rate. That is calculated by using the Karvonen formula.

To use the formula, find your resting heart rate by lying still for at least 1 minute and then taking your pulse for 10 seconds. Multiply the result by 6 to get your heart beats per minute. Next, multiply your age by 2/3. After you have these two numbers, you're ready to calculate your target heart range. Here is an example of the calculation.

Example Target Heart Rate Calculation

Age = 35

Step 1 Age x 2/3 = 23.33

Step 2 Resting heart rate (example only) = 70 beats per minute (bpm)

Step 3 $206.9 - 23.33$ (Example age x 2/3) = 183.57, round off the result and you'll get 184.

Step 4 The result of the previous equation 184. Subtract your resting heart rate, in the example case, 70. You'll get $184 - 70 = 114$.

Step 6 Multiply the result of the equation by 85% (.85) as follows. $114 \times .85 = 97$

Step 7 Add back in your resting heart rate (70). $97 + 70 = 167$.

You've got it! Your high intensity target heart rate is 167 BPM.

4 - What is the best exercise I can do to reduce my abs?

That's kind of trick question. There is no exercise that can reduce the size of your abs. Abdominal exercise will actually increase the size of your abdominal muscles. This will accentuate that "6-pack" look, but only if the area is fat free. Spot reducing (burning body fat of in one area) is a fallacy. Your body will burn fat, but it burns fat from the entire body at more or less the same rate. So, you have to lose the fat covering your midsection through a combination of diet and exercise for best results. An

exercise that recruits the maximum amount of muscle, such as squats or rowing is typically best for this purpose.

5 – Am I doing enough to lose weight?

That depends on what you're doing. If you are just starting on your fat loss program, you will probably make great gains by simply eliminating white flour and sugars from your diet and making sure you're drinking plenty of water. Basically, you'll move to eliminate any high glycemic index foods. Later you'll probably have to get a bit more aggressive in your fight against fat. Remember, it's about intensity.

You don't need to spend hours in the gym, just maximize the effects of the time you do spend exercising. In 20-30 minutes, you should be finished. Later on in the system, you might spend as much as 45 minutes in the gym, but that's about all.

Make sure you maximize intensity by going all out, and going to complete failure + 1 or 2 repetitions. Don't stick with the same program. Change things up every 2 weeks or so. That will help keep you from reaching plateaus or sticking points where your progress stops.

6 – What's the best time to do my cardio?

There is some debate on this, but many experts advocate doing your cardio first thing in the morning, and on an empty stomach. This is thought to maximize the metabolization of fat for energy. Some think that drinking a cup of unsweetened green tea before you do your early morning cardio program maximizes the fat burning effect.

7 – What's the best time to do weight training?

Again, the best time to do any resistance training is open to debate, but many experts feel that it's better to do resistance training when your body is full mobilized, such as the hours from late morning to early evening. You are fully awake and able to recruit the maximum amount of muscle

fibers to your lifting efforts. This maximizes intensity and allows you to get the full effect of your training with the shortest possible workouts.

8 – Which supplements are the most effective for losing weight?

Fat burning supplements should only be taken after consulting with a doctor. Some, such as those containing ephedra, have been known to cause health problems, including death. It should be avoided. There are many fat burning supplements such as Hydroxycut Hardcore, that can be effective.

However, most of these are some of caffeine and other natural stimulants. Some also contain Yohimbine HCL, which is an extract from the bark of a West-African evergreen tree. While this has been shown to stimulate the metabolism, it can cause many side effects such as elevate heart rate and blood pressure, and nervousness. Some fat burning supplements also have things such as green tea extract in there for good measure. You may have notices that these ingredients are cheaper if you just drink green tea for example.

Safe Fat Burning Supplements:

Hydrolyzed whey protein isolate –

HWPI has been shown to promote fat loss, but no more should be taken than is required to equal a total dietary intake of 1g/lb body weight if in an intense resistance training program or 1g / kg body weight if not.

Green tea

Water

9 – Which supplements help burn fat the best?

Thermogenesis is the process of creating heat in a body. For the purposes of weight and fat loss it is obviously desirable for the cause of the heat creating to be burning fat. There are some supplements that can promote this to some extent, although they are no substitute for proper diet and exercise. Substances that can do this are called thermogenic.

Here are some that seem to be effective for increased fat burning in the body:

Bitter Orange – Bitter orange actually refers to the extract of certain orange varieties. This is used to not only increase fat burning, but decrease appetite. Before you rejoice, run out, and purchase a few pounds of this stuff, know that the jury is still out on conclusive, scientific proof of its effectiveness. In addition, it is very likely that it has many of the same health concerns as a substance it has been widely used to replace, ephedra. This supplement should probably be avoided until more study has been done.

Actually, a 2006 study for the American Dietetic Association by Sharpe, Granner, Conway, Ainsworth, and Dobre found that the following common substances used for fat burning supplements - (ginger root [*Zingiber officinale*], guarana [*Paullinia cupana*], hydroxycitric acid [*Garcinia cambogia*], white willow [*Salix alba*], Siberian ginseng [*Eleutherococcus senticosus*], cayenne [*Capsicum annuum*], and bitter orange/zhi shi [*Citrus aurantium*]) were questionable in terms of efficacy and safety.

Bitter orange was one of the 3 they found to have the most safety questions. The other 2 were guarana and ma huang (the source of ephedra, which is already banned in the U.S. and Canada for health reasons)

Green Tea – Green tea seems to be a supplement that does have some positive effect on fat burning and appears to be relatively safe. It is also a strong antioxidant and may have other positive health effects in the body. Costco and Sam's Club have excellent green tea available for a very reasonable price, about \$3.00 for a month's supply.

Caffeine - A 1990 double blind study (the only kind of study that truly means anything conclusive) performed at the Research Department of

Human Nutrition, Royal Veterinary and Agricultural University in Denmark and published in the American Journal of Clinical Nutrition found that Starbucks did work to promote fat burning in humans.

During this study, an increased thermogenic effect was found to be generated by an increased level of caffeine in the blood. The subjects studied were habitual caffeine users, so the effect was not from the introduction of caffeine into people that were not used to using it.

10 - Which supplements help build muscle the fastest?

A good protein supplement is valuable in increasing mass. Use a quality, whey protein, in isolate form if possible. Creatine Monohydrate can be part of a good supplementation program. Creatine is used to help deliver energy to muscle tissues. Creatine is natural and is normally found in the body in some quantity. In many cases, intense training will require more than is supplied by the diet. It has been demonstrated to increase performance and lean muscle mass, while significantly improving recovery times for hard training individuals. Many professional and elite level collegiate and Olympic athletes and bodybuilders use it as part of their supplementation program. In the last decade, repeated double blind studies have proven it to be effective for improving strength, endurance, and recovery times. Remember however, that no supplementation is a substitute for good, high intensity training and good dietary habits.

11 – I'm stuck. I was losing weight pretty well, but I haven't lost much lately, even though I've been doing the same things?

You've reached the dreaded "plateau". This happens because your body has basically acclimated, or gotten used to the exercises and dietary adjustments you made to lose your weight. Now you have to give it something else to adjust to. You'll want to shake things up a bit. Change your diet and revamp your exercise program.

For example, if you've been doing swimming and biking, try to do some weights and basketball. If you've been lifting weights, change the

exercises you've been doing, and maybe do a bit of biking or kickboxing aerobics. The change you make can be within the type of exercise you're doing. For example, if you've been doing flat bench presses, flyes, and overhead presses for chest and shoulders, change to incline dumbbell bench presses, dips, and upright dumbbell rows.

12 - Do I need to take protein supplements?

Protein is an absolutely vital nutrient if you're trying to lose fat. If you aren't getting enough good, quality protein, you will need to supplement your diet. The advantage to protein supplementation is that many of the foods that are high in protein are also high in fat. Red meat for example is high in protein, but also contains saturated fat. Some cuts of red meat are very high in saturated fat. Getting your protein via supplementation is one way avoiding getting excess fat.

If you are undergoing heavy weight training or playing sports such as football, or cycling, you need to ensure your muscles have sufficient protein to recover from the sport or workout sessions. Protein will enable them to recover and end up larger and stronger than they were before. Insufficient protein intake will slow this process down, or render your body unable to adapt and repair itself.

13 - How much is protein is enough?

For someone who is either not exercising or doing moderate exercise, 1 gram of protein per kilo (2.2lbs) of lean body mass is recommended. For those who are involved in competitive sports, power lifting, body building or want to maximize their muscle gains and minimize recovery time, that can be upped to 1 gram per pound of lean body mass. Remember, you have to drink sufficient water to enable your body to metabolize the protein, or you are wasting our hard earned money. Make sure you drink at least

14 – What’s the best kind of protein to use if I take protein supplements?

You can likely get the protein you need through your daily diet if you haven’t overly restricted your caloric intake. However, you may benefit from protein supplementation if you eat foods containing little protein or are aggressively resistance training.

If you do choose to supplement your diet with protein be advised that amino acid supplements are extremely expensive and in most cases you’ll be better served by using a quality protein supplement instead. All of the 50,000 different proteins used in the human bodies are made up of amino acids. There are 22 amino acids, and 8 of them are known as the “essential 8” amino acids. These are aminos that the body needs, but cannot produce on its’ own.

If you are going to use protein supplementation, what exactly should you use for protein? Much research has been done on this subject, and hydrolyzed whey protein isolate seems to be an excellent choice.

Whey has several advantages as a protein source. It is rich in Branched Chain Amino Acids (BCAAs), which are especially important for endurance activities such as running, basketball and soccer. One of the BCAAs, luecine, has been demonstrated to promote fat loss, and increased muscle mass. Whey protein also has all 8 of the “essential 8” amino acids.

Research studies (Wolfe, University of Texas, 2006) suggest that whey protein reduces the amount of body fat and increases the amount of lean body mass as well. The amino acid profile of whey protein is very similar to the amino acid profile of muscle tissue, so is well suited for maintaining or increasing lean body tissue. The isolated form is easily digestible and concentrated.

15 – What’s the best sport to do if you want to burn fat?

There’s no one “best sport” to do for losing fat, but there are some sports that are better than others. It depends on what level you participate and your individual level of fitness. Some sports, such as swimming, are very good for those who have problems with their knees, because it is low impact.

However, although it is very good exercise and involves many muscle groups, swimming has been shown to be less effective for losing fat than other sports such as running, biking, soccer, and basketball. These sports can keep your heart at your target heart very effectively, and recruit a substantial amount of muscle while doing so.

16 – What is the biggest mistake I can make if I want to have “6-pack” abs?

The biggest mistake most people make when trying to get those great looking, 6-pack abs is thinking they can get them by doing endless amounts of sit ups or other abdominal exercise. The only way to get great abs is to rid them of the layer of fat that is obscuring them. Sit ups, crunches, leg raises, and other ab exercises will build your abs and obliques (the muscles on the sides of your abdominal area), but you must eliminate the layer of fat covering them up. You can have the best developed midsection in the world, but if no one can see it due to the layer of fat obscuring it, you won’t have 6-pack abs.

17 – What is the 2nd biggest mistake I can make if I want to have “6-pack” abs?

The other common mistake people make in the quest for their 6-pack is doing endless cardio but neglecting weight or other resistance training. You increase your basal metabolic rate, and the best way to do so is to increase your muscle mass. Muscle tissue burns 20 times more calories by weight than adipose tissue, so the more you have the better results you’ll see from your fat loss efforts.

18 – I've been strength training, running, riding my bike, eating fruits and vegetables, and cutting way back on my fatty foods. Why can't I lose weight faster?

You may be confusing losing weight with losing fat. You may have lost significant amounts of fat, but you may also be simultaneously adding muscle. Do you feel as if you've been getting stronger? Therein illustrates another reason to keep a journal. To an extent your gains in muscle offset the fat loss.

You may think you're eating healthy, by eating lots of fruits and vegetables, but another common problem is eating too much fruit and not enough vegetables. Fruit usually has fairly high amounts of sugar, while vegetables are very low glycemic index foods. There's nothing wrong with cutting back on the fatty foods though.

19 – What are some good exercises I can do if I'm morbidly obese?

If you're extremely obese, your first exercise should be a visit to your doctor to make sure it's safe for you to participate in any exercise program at all. After that you'll want to start with exercises that will raise your heart rate, but avoid too much shock to your joints and connective tissues until you have gained some strength. Swimming, walking, and stepping up and down are excellent.

Having exercises that you can do at home are great ones to start with. You can use light dumbbells. These are inexpensive and will get you used to working with weights. Here are great exercises you can use to accelerate fat loss if you're extremely overweight:

1- Stepping up and down. Just take one step up, and back down. Alternate each leg. Start with 3 on each leg, then move to 5 the next day, and then 8 and 10 by the end of the first week. By the end of the 2nd week, you should be doing 15 single step up and downs with each leg.

2- Standing from a chair. Just getting up from a chair can be a struggle if you are very over weight. Start by getting up from a chair 3 times. The next day do this 5 times, then 8 times the following day. At the end of a week (5 days only, please) you should be getting up from the chair 10 times, and 15 times the second week.

3- Brisk walking. Walking is great exercise, weather you're heavy or not. Just walk for 5 minutes to start. Work up until you're talking brisk, ½ hour walks. If you live in a place where the weather is poor, or you can't venture out of your building after dark, you might consider investing in a treadmill.

These are great exercises because you can do them anywhere, such as at home or while traveling. Once you're able to do 15 repetitions of either one, try to add a second set of 15. If you can't get 15 reps for your second set at first, don't worry about it, just keep going until you can.

For your upper body you can use dumbbells for exercise such as upright rows, overhead presses, and bench presses. An excellent alternative to using a traditional bench is to use a step aerobics platform that's resting on the floor.



1ea Step Aerobics Platform

These easily adjustable platforms are inexpensive and are wider than a traditional exercise bench, which can help if you're much wider than the

average person. They are height adjustable, so you can use them for stepping and also bench presses and other exercises.

21- What if I'm dieting but still not losing any weight?

There could have many causes, but it's best to take a step back and look at what you're really doing. How are you dieting? Are you eliminating high glycemic index carbs, such as table sugar, high fructose corn sweetener, and white flour?

One trap many people fall into is that they over compensate for their dietary improvements by eating more food. Another common mistake is that people restrict their caloric intake too much. This causes you metabolism to slow down and sabotages your fat burning efforts.

Another possibility is that you may not be losing any weight, but you are still losing fat. This is why the scale alone is a poor indicator of what's going on inside your body. Muscle tissue weighs more than fat, so there's a real chance that if you've been doing any type of exercise along with your dieting, you may have put on some lean body mass that all or partially offsets your fat loss. You should determine your body composition (the percentage of fat and lean tissue) to really find out if you're losing fat. Do a base line test at the beginning of your program, then test every 2 weeks or so to track your progress.

22 – What do I do about all the lose skin I have, now that I've lost so much weight?

It depends upon how fast you lost weight, how much weight you lost and your natural skin elasticity. Losing less than 10 lbs a month and drinking plenty of water are 2 of the precautions you can take to minimize the lose skin, but it is, for most people, just a fact of weight loss.

After you've lost the weight, you can make sure to drink plenty of water. Don't waste too much money on creams touted to tighten the skin though. For the majority of people, few of them seem to work very well.

After 12 – 14 months the skin that is still loose may require medical procedures to tighten.

23 – What role does exercise really play in weight loss?

Exercise has 2 main effects; it directly burns calories, and it increases the basal metabolic rate. The increased basal metabolic rate is the more powerful of these two. Increasing the basal metabolic rate burns additional calories throughout the day and even while you're sleeping.

The additional calories that are consumed by an increase in the body's basal metabolic rate contribute substantially to the reduction of body fat. That is the reason that resistance training is so vital for maximum efficiency fat burning. Resistance training stimulates muscle growth which elevates the body's basal metabolic rate and promoting increased fat loss, 24 hrs a day.

Valuable Fat Loss and Fitness Resources

<http://belly-fat-loser.com>

You'll find all manner of the latest fat loss and fitness tips, information, and strategies here that you just can't afford to miss!

<http://www.WalkersWarehouse.com>

Offers great discounts on walking and running related fitness products.

<http://www.SmoothFitness.com>

Save up to 45% on top rated, health club style elliptical trainers

<http://www.BigFitness.com>

They really are big! They have a good selection of quality fitness products, great prices, and perhaps most important for heavy fitness products, often offer free shipping.

<http://www.healthierus.gov/>

Home page for the U.S. Government health and fitness initiative. It's full of great tips and useful information.

<http://www.foodsafety.gov/list.html>

The U.S. Food and Drug Administration Center for Food Safety and Applied Nutrition

<http://www.fitness.gov/>

The President's Council on Physical Fitness

<http://www.TheVitaminShoppe.com>

You can get big savings on over 20,000 supplements and vitamins from over 400 different manufacturers

<http://www.purityproducts.com>

You'll discover the wonders of Omega-3 rich fish oil and other powerful, natural supplements here

<http://www.eVitamins.com>

Get your vitamins and supplements at eVitamins and save 20% - 70%. They often have even better specials, including free shipping.