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The Secret to Weight Loss!

By Fitness Professional
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I am about to share with you what supplement companies, gyms, and personal trainers do not want you to know. Many personal trainers and gyms are either ignorant to these secrets or deliberately hide them from their gym members because if you are aware of this knowledge, you will not need a gym membership or a personal trainer to get the results you want.

Supplement companies thrive on people that act like mindless robots to buy into their lies and misleading advertisements.

So, why am I sharing these heavily guarded secrets with you?

It's simple.

I believe they should not be secrets.

If you are disgusted with the lack of results you achieved in the gym or from a personal trainer you hired, I am sure the program you are using is not considering one or more of the concepts in this report.

Synergy

The reason for many failures in weight loss is not the participants, but the programs themselves. Whether it is too much cardio, not enough concern for muscle, or restrictive diets, a flaw in the weight loss approach will lead to frustration and unsatisfying results.

Conversely, a program whose foundation is in balance of supportive nutrition, moderate aerobic exercise, a concern for muscle, and rest and recovery will guarantee lasting results.

A program such as this is called a synergistic program.

By definition, synergy is when the sum of the parts is greater than the individual pieces. In other words, you will not get lasting success from a program that focuses only on cardio. A comprehensive approach is what is missing.

Yet, far too many people do not use such an approach and do not understand why they are not seeing the results they want. They enter a gym and want only to do cardio or they want only to focus on nutrition. A synergistic approach requires putting more thought into your routine, but there is no questioning that it will bring you far greater success.

A synergistic program is built on the following four pillars.

Supportive Nutrition

Choose food combinations that are thermic, functional, and nutrient complete.

The word thermic means to burn. We want to eat more foods in combinations that burn more calories during digestion.

What is a calorie? A calorie is a unit of heat. A calorie is the amount of heat needed to raise one kilogram of water one degree Celsius. So, the hotter your body's furnace burns, the more calories you burn!

Functional meals are foods that are packed with the right combinations of lean proteins, carbohydrates, and essential fats. These food combinations will provide energy for you to move and ingredients for strong muscles.

The last part is nutrient complete. Nutrient complete meals are full of vitamins and minerals the body needs to stay healthy and function correctly.

Moderate Aerobic Exercise

Many people starting out on a new weight loss program have heard over and over again that if you want to lose weight, you must do lots of cardio. Yet, this is not exactly true.

The scale might read that a person has lost weight, but in fact they have increased in body fat. Moderate means exactly that.

Doing fifteen to twenty minutes of cardiovascular exercise in your Target Heart Zone (THZ), will give your body a greater chance of burning body fat. Rather than thinking of cardiovascular exercise as the time to burn fat, I want you to think of it as strengthening the lungs and heart.

The stronger these organs are and the more efficient your cardiovascular system can transfer oxygen and blood throughout the body, the greater its ability to transport fat from the storage cells to the muscles where it can be burned as fuel.

Challenge Muscle

Did you know that if you increased your muscle by five pounds that is the equivalent of an hour cardio session?

So, if you are not so crazy about sweating with others in an aerobics class, increasing your body's lean muscle mass will give you an extra kick to your metabolism and allow you more time to do the things that are more important to you.

Do not hide from the weights for fear of getting big bulky muscles. This is a big misconception about weight lifting. This will not happen, especially for a client lifting a five or ten pound dumbbell.

When choosing your exercises, choose full body movements that utilize many different ranges of natural motion. By natural, I mean motions that you use in daily activities.

For example, use a squat with an overhead press or a standing chest press with resistant bands and a lunge.

Rest and Recovery

This is the most important of all the secrets to weight loss.

We live in the twenty-first century, and every day we are going from point A to point B rushing around to manage our lives. We stop for a quick bite to eat and then head back to the office. We pick up the kids from school and drop them off at soccer practice. At night we make dinner, help with homework, shower, and go to bed just to do it all over again the next day.

There is very little time to rest, let alone recover from our busy lives.

But, the body needs down time. If you cannot get seven to eight hours of sleep each night, then try for a mid-afternoon nap.

If that is not possible, then shut the door to your office, close your eyes, and listen to some classical or meditative music.

You have to do what makes sense for you, and implementing this secret alone will do wonders for you physically, mentally, and emotionally.

I know what you are thinking.

"That's it?"

That's all?"

Yes, that is it!

It is plain and simple.

If you want results and want them fast, apply synergy to your fitness and nutrition program now!

Think about it for a minute.

Are you getting the results you wanted with the program you are currently using?

Probably not, considering that you are reading this report.

All I ask is that you give it a serious effort and try it for thirty days. I guarantee your life will be changed forever.

If you need assistance with getting started, Trinity is here for you. We have several great programs including our [TAKE 21 – 21 Day Total Transformation program](#).

TAKE 21 has helped hundreds of women, lose weight, tone up and build lifelong self-confidence and self-esteem.

Call for more information at 404.966.5425 or email us at info@trinitybody.com
The next class is forming NOW.

So don't wait!

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