

Fatlossity

**Keep the Fat Loss
Coming!**

Never Look Back!

Now that you've finished all 12 weeks on the *Fatlossity System*[®], you should hopefully be feeling a great sense of accomplishment and self-worth. You just completed what few would ever dare to undertake. The last 12 weeks required sacrifice, determination, and a great deal of dedication to transform your former way of thinking about how you live your life.

By now you know what you should and should not be eating in order to keep the weight loss coming. You are also aware of the level of exercise that is required to jumpstart your metabolism on a daily basis. Those are tools you will need for the rest of your life and they will serve you well every step of the way. Never forget what you have learned about yourself over the last 12 weeks or about living the fit life.

Knowledge is power and now that you've got a mind full of proper diet and exercise guidelines, you can never go back to being the way you were before. You know what foods cause you to gain the most weight and what a lack of working out can do to your body both physically and emotionally. In order for you to maintain this new lifestyle and to share what you have learned, try to instill some of this knowledge with family, friends, and coworkers so that they too may begin to live a healthier and more fulfilling life.

By building a community of people around you who all share the same goals of living well, you will find that it is much easier to achieve even greater fitness goals. A community can support each other when one member needs a boost. It is also less frustrating to go out to eat with those who are not ordering heaping bowls of pasta or slabs of fatty foods. You can even find a workout partner to push you during your workouts and to share your highs and lows with.

Most of all, you need to remember the hard work you put in to get to this point. There is no way you're going to slide backwards. You deserve better and you must continually make the right decisions for your mind and body. Respect both of them with nourishing choices and they will reward you with joy and happiness.

Shopping for New Clothes

This is the fun part! It's time to throw out any clothes that cannot be permanently altered and start anew. It is important that you don't keep your larger clothes anymore. If you end up hanging on to them you are leaving that thought in the back of your mind that you may one day need them again. We can't have that type of negative thought process, so they must be donated to charity or given to someone else who could use them. Keep repeating this process every time you lose weight. Enjoy the satisfaction you get of buying new and smaller clothes. You've earned it!

Dealing with Setbacks

Ah, setbacks. Yes, everyone falls from time to time, but only the strong choose to get back up and keep moving forward. The nice thing is that if you acknowledge ahead of time that you will eventually come to a rough patch on the road to reaching your goal weight, you will be better equipped to deal with it emotionally.

Setbacks come in many forms. You could have cheat on a meal, missed a workout, or haven't been able to fully follow the guidelines set up for you. Maybe you were required to work late, or go to a company dinner, or out with friends to celebrate and your choices were limited. Did you make the best decision you could with the options you were given?

If you were not able to choose your meal, did you eat the protein and vegetable and steer clear of the starch and dessert? Did you compromise and just have a bite of the starch and dessert? Or did you cave and eat everything that was served to you?

Remember, there are always varying degrees of cheating. When forced to make a decision that is not a part of the *Fatlossity System*[®], you must choose the closest option. That usually means whatever meat, fish, or protein is being served along with the vegetables. Try to scrape any unhealthy sauces off the food. If you have only been presented with a starch, like pasta, you may politely decline or just consume one fistful portion size. Eating out does not have to be painstaking and you should focus less on the food and more on enjoying the company you have sat down with. I also find people are more than willing to accommodate you, if you let them know ahead of time what you prefer to eat and not eat.

As for missing a workout, you need to ask yourself why you let it happen. Did you have to work late? Were you having a bad day and the last thing you wanted to do was lift weights? Did you lack energy or motivation to begin the workout?

Short of being physically sick, there is never a reason to miss a workout. Your workouts take only about 20-30 minutes to complete. If you needed to, you can even complete just two workout sets if you are time-crunched that day. If possible, go to bed just a half an hour earlier so that you can wake up that much earlier to complete your *Fatlossity*[®] exercise program every morning before you begin the rest of your day. This will keep your compliance much higher and it will also remind you to make healthier decisions throughout the rest of the day.

To keep your setbacks to a minimum, focus on how good it will feel to achieve the body that you have been dreaming of. Remind yourself that every choice either brings you closer to that body, or pushes you further away from attaining it. All the power to create anything you want for yourself resides within you. What you choose to do with that gift is up to you.

The Next Chapter of Your Life

As it is time for me to pass on this book to those who need it the most, it is now time for you to move on to a new exercise program and keep your results coming. You will always use *Fatlossity*[®] as a reference guide and as your personal success journal. Hopefully, whenever you need a motivational boost it will serve as a reminder of how far you've come.

The next step is to begin a new exercise program to keep your body from hitting a plateau and prevent your workouts from becoming stale. You can do this by either returning to the *Fatlossity* workout program and completing each exercise as you did before, but this time you will be using heavier weights and only completing 8 repetitions for each set. This means you'll be lifting about twice as much weight as you did the first time around. This will lead to greater strength gains and to a faster metabolism after coming off a 15 repetition program. Don't try to over complicate this. You do the same exact workout, just using much heavier weight and for 8 reps instead of 15.

If you're are looking for new exercises to spice things up, you can do some research and look for workouts similar to the ones done in *Fatlossity*[®]. My advice is that you use your new found exercise knowledge and stay away from any exercise programs asking you to use machines or single joint exercises like leg extensions or isolated bicep curls. You will only get weaker or more prone to joint overuse and injury with those types of workouts.

The reason I won't name any one specific book or program to move on to is because by the time you are reading this I will have more up to date recommendations for you to invest your time in. Always be sure to check back in on *StephenCabral.com* for my latest recommendations, programs, and blogs where I review and recommend all sorts of useful items to enhance your weight loss efforts.

You have come so far and I am sincerely grateful you allowed the *Fatlossity System*[®] to aid you on your journey to healthy living. You have so much to look forward to and I hope to be of assistance to you in the future. Please feel free to recommend this book or any of my other educational success tools to those you care about and together we will start building a healthier community to live in.

I wish you all the success and happiness in the world. Keep up the amazing work!

Committed to your success,



Stephen Cabral, CSCS, CPT, NS

Fatlossity

Additional Support Tools

Additional Support Tools

We all want that extra edge to make our weight loss goals easier to accomplish. At *StephenCabral.com* I have tried to make that my primary focus. When you visit my site, you will find many different educational resources. Here are just a few of the most popular:

Newsletter & Article of the Week

Stephen Cabral's weekly article, *Trim, Tone & Tighten*, is read by countless people all across the globe. Each week detailed topics such as nutrition, exercise, workout programs, lifestyle choices, and product reviews are published to help people decipher what is really working in terms of health and fitness. You may sign up for free and begin receiving the newsletter within one week!

www.stephencabral.com

The Daily Skinny

TheDailySkinny.com is Stephen Cabral's blog that he posts to daily. It is a great way for readers to interact with Steve and to read his useful nutrition, exercise, lifestyle, and motivational tips for the day. You can feel free to ask questions and to talk with others through this blog. In terms of reaching your goals, this will be the best way to spend 1 minute of your day!

www.thedailyskinny.com

Nutritional Supplements & Exercise Equipment

At *StephenCabral.com* you will find my personal recommendations on safe nutritional supplements and exercise products. These are the same ones I recommend to my family and friends so you can feel confident that you are buying the best products for you and those you care about. I have personally reviewed each item I recommend and have found the ones listed to be my top picks in terms of price and quality.

www.stephencabral.com

Educational Resources & Training

I personally strive everyday to improve upon what I have done the day before. I take great pride in my work, providing what I feel are the very best weight loss and healthy living resources for those who are serious about living a fit life. At *StephelCabral.com*, I am continually upgrading my website to provide my readers with free exercise video demonstrations, articles, coaching, and many more helpful tools to achieve their goals. I will also be offering a limited number of people the opportunity to participate in my online coaching programs through which they will receive monthly workouts, full nutritional plans, and healthy lifestyle tips to educate, motivate, and dedicate themselves to reaching their peak potential. You'll find all of this and more at:

www.stephencabral.com