

Read the book. Follow the simple instructions. Lose all the weight you want. It's That Easy!

"I have never been in better shape, and he knows his stuff better than any trainer I have had in the past. I am a physician, and this guy knows more about orthopedics and injuries than I do!"

- Dr. Chris Phillips

"I went from 207 lbs. to 186 lbs. in just over four weeks! Not only did I lose 21 lbs., but my body fat went from 24.9% to 13.7%. Thanks to my new exercise routine, I no longer have to take daily medication for my high blood pressure."

- David Gardner

"Flawless!"

- Mark Kohler

"I lost 23 lbs. following Steve's exercise and nutrition program. The best part is that after 14 years of smoking I finally quit!"

- Jorge Gautomo

"I have seen great improvements in muscle definition, flexibility, and overall body strength. In addition, I have lost weight and am getting increased distance with my golf game!!!"

- Deb G.

"Over 8 weeks I lost 21.5 pounds, going from 211.5 to 190 pounds! I did falter a few times with my nutritional program during these first 8 weeks, but Steve's strong base program kept me losing weight!"

- Mike Spellman

"Thank you for your help. It has worked! I feel much better and have lost 15lbs, so I am ready for next year. Happy New Year!"

- Meredith Applebury

Fatlossity

“ This space is reserved for your testimonial. I sincerely look forward to hearing from you and listening to your success story. Best of luck on your new weight loss journey!”

- Stephen Cabral
Your Weight Loss Coach

The Complete In-Home Weight Loss System

Fatlossity

The Complete In-Home Weight Loss System

* Guaranteed Proven Results! *

* Complete Nutrition System *

* 12 Week Exercise Plan *

* Member Only Bonuses! *

Stephen Cabral

Certified Strength & Conditioning Specialist, Personal Trainer, Nutrition Specialist
Your #1 Weight Loss Coach

www.StephenCabral.com

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Our Mission

It starts with you

What if I were to provide you with an exact blueprint of how to get into the best shape of your life? What would you do with that information? Would you use it to transform your mind, your body, and how you view yourself and the world? What do you think would change within you if you regained control of your weight and your health?

After more than 10 years of research and field work, I can assure you that I have discovered the perfect formula that everyone can benefit from in order to get the body they deserve. You will find exact instructions on nutrition, exercise, and all the other critical factors that must be taken into account to reach your goal of looking and feeling great.

Our mission together is to learn how to burn off the body fat and keep it off for good. However, as we engage in this process we will come up against some strong opposition. This opposition has evolved over the past few decades and is getting stronger every day. It is the very environment that we live in. From our foods, to the media, to technology, we have been slowly conditioned not to challenge how our world is affecting our bodies. The obesity and overweight epidemic has reached astronomical proportions affecting over 66% of our population. That means that over 130 million people in America are overweight and at risk for many diseases such as heart disease, diabetes, arthritis, certain types of cancer, and many other health threats.

We can no longer sit back and let our environment control the way we think, feel, and look. You must make the first stand and take charge of your own life, so that you will then be able to help out those around you. It all starts with you. You must be the role model, the one who says, "I did it, and so can you!"

If you decide to take on this challenge to first help yourself and then your family and friends, I am willing to coach you every step of the way and show you the exact program that has been helping people just like you to break the cycle of being overweight. You have the power to achieve anything you set your mind to. It all starts with you!



Introduction

By now I'm sure you have noticed the staggering number of weight loss books on the market. Many of them are strictly diet books, while others are focused on exercising. Most of them are well intentioned, but in the end they fall short of your expectations. The results that they offer just don't translate to the real world.

For a weight loss plan to work, it must encompass both nutrition and exercise. Not just one or the other. It must also provide you with a clear and concise plan for getting the job done while leading a busy life. You probably don't have the hour a day most workout plans ask you to put in and I'm sure that you don't have another hour to prepare each meal.

This is where Fatlossity stands out. This exercise plan is built on real world results and completed by busy people looking to get the fastest results possible with a realistic workout plan. This is made possible by exercising in all 3 planes of motion and thus working every one of your 600+ muscles. It takes 3 different specific moves in the precise order each workout to effectively supercharge your metabolism. It's unlike anything else you've ever experienced. When you combine these exercises done in the correct order, your body literally flips on a switch to start burning body fat for up to 36 hours straight!

When you combine the Fatlossity workout plan with the Fatlossity three phase diet you will begin to experience the true power of weight loss. No starving, no crazy pills, and definitely no difficult meals to prepare. What you will find is a 3 meal, 2 snack per day diet plan that is easy to follow. Best of all, you will begin to develop the entire plan as part of your new healthy lifestyle, which is exactly how you'll achieve natural, long-term, permanent results.

As you read through this book you will begin to absorb the information laid out for you. This is an important part of your weight loss and body transformation journey. You will feel empowered with your new found knowledge and will have no interest in returning to the "old" you. Education is the key to making smart, healthy decisions on a daily basis and this book will serve you well for many years to come as a reference guide on what will help you attain the greatest results in the safest and fastest way possible.

Good luck on your journey!

From the Desk of Coach Cabral

For years now I have experimented with every training technique known to man. I've tried various exercising disciplines and have been certified in numerous forms of training including strength and conditioning, personal training, yoga, golf conditioning, integrated flexibility, functional training and many more. These multiple disciplines enable me to integrate some of the best forms of flexibility into my programs.

What I have found over the years is that no single discipline has all the answers to achieving your ultimate fitness goals. Only with an understanding and respect for all aspects of fitness can you begin to attain overall health and conditioning. As a result, I have made it my life's work to integrate the best from every discipline into programs.

After more than 10 years and over 11,000 one-on-one sessions I finally had a proven system that worked for anyone who was serious about losing weight. I tested and retested this exact program and kept getting the same amazing results from both men and women, young and old.

I knew that as a fitness professional with limited hours available to privately train clients, I had to find another way to get this information out to people like you. After hiring and training dozens of personal trainers to carry out the programs I developed, I quickly realized that this still wasn't enough. I knew I had to take the time to clearly lay out this program so that true beginners, as well as advanced professionals could take this information and apply it to their own programs to attain every one of their goals.

What I created was the ultimate body transformation program that could be done anywhere with minimal equipment. After all, your body is really all you need to get a complete workout. I saw the growing trend that people didn't have the time to travel to and from the gym and they wanted a quick and powerful workout that would get them the results they were looking for. They didn't want a bunch of fancy equipment taking up space and the exercises had to be simple and straight forward. When I combined this idea along with my powerful nutritional formula I knew I had formulated the recipe for success.

After years of research, careful planning, and amazing real world results I am very excited to reveal my *Fatlossity Complete In-Home Weight Loss System*® to you!

Use it, enjoy it, and live it!



Committed to your success,



Stephen Cabral, CSCS, CPT, NS

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The Complete In-Home Weight Loss System

Your Blueprints for Success

Why You Will Succeed with this System

After reading this manual you cannot help but begin thinking about making smarter, more informed choices. You will be armed with the kind of information you've been missing in order to create the body you are looking for.

Consistent, healthy decisions are the true path to success. Anyone can string together a couple of good weeks, but to really gain control over your body and mind you need to make healthy lifestyle modifications. Over the course of these next 12 weeks, you will notice that not only is your body changing, but your mind is evolving. You are subconsciously making choices that lead you toward achieving your goals, unlike your previous decisions which would sabotage any efforts made towards transforming your body.

Not only will you have the knowledge to make healthy selections, but you will begin to feel a sense of empowerment. After accomplishing some of your short and long term goals, you will start to see that you can reach anything you set your mind to. With this comes a burst of confidence and self-esteem. You may not be exactly where you want to be at this current moment, but after a couple of weeks of hard work and dedication you will see that what you once thought was impossible may not be that far away after all.

The Fatlossity system was designed exactly with you in mind. Realize that this program could not have been developed without working thousands of hours a year with clients just like you. Their hopes, goals, and dreams were no different than yours. They wanted results that would last a lifetime and they wanted them fast! I heard what they had to say and I understood where they were coming from.

I know you may feel at times that there is no way you can ever be thin and that every diet plan is the same. I don't blame you for feeling that way... the truth is most plans are the same. I've read most of them and I can assure you that what they lack, Fatlossity makes up for. Fatlossity was developed as a one-stop health and fitness blueprint to walk you step-by-step through the often seemingly complicated process of diet and exercise. It's the pinnacle of over a decade of research and constant refining.

Your journey over the next 12 weeks will be unlike any weight loss program you've ever experienced. You will have reprogrammed your physique, metabolism, blood sugar levels, energy, confidence and sense of self.

You will realize that you are the caretaker of you.

No one is responsible for you except you, therefore the choices you make are yours. With that in mind, you will recognize that what you put into your body and how active you keep it will ultimately result in its physical outward appearance.

The Complete In-Home Weight Loss System

I promise you the very best in diet and exercise with the *Fatlossity* system, and wish you all the success in the world. I look forward to hearing from you and about your experience creating the body you've always wanted!

Customizing the Program

One of the great features of the *Fatlossity System*® is that you can customize the workouts and nutritional plans to meet your needs. Since we are all unique individuals and have different eating and exercising habits, your diet and workouts should reflect that.

This book contains several sample meal plans that you are welcome to use as a guide to proper eating. More importantly, you are provided with several pages of healthy foods to choose from so that you may build your own 7 day diet plan to suit your specific tastes.

Although your workouts have been clearly laid out for you to follow step-by-step, there is still some room for customizing each program to fit your specific needs and wants. Your 3 warm-up exercises and your workout tri-set are set up uniformly, but the amount of weight you use and the number of sets you complete will vary depending on your level of experience. Someone who has been lifting for a number of months or years may feel comfortable starting out with a heavier weight that they are used to using, while others may choose to start out lighter and gradually increase the weight. Beginners may also choose to complete 1 set on the first week while advanced lifters will go right to 2-3 sets.

Additionally, you will find that the *Fatlossity Fat Loss Intervals*® are completely customizable with 5 or more options to choose from. You will also be able to pick an off day activity of your choice to keep your body active on the days that you are not completing one of your *Fatlossity*® resistance programs.

The best advice I can give you is to follow the program step-by-step exactly when you are first starting out. The program has been proven to work for everyone and every body type, so just put your faith in the *Fatlossity System*® and dedicate yourself to working hard. After you feel more comfortable and are consistently making progress, you can then tweak your nutrition, fat loss intervals, and off day workouts to be more aligned with your personal interests within the *Fatlossity*® program.

We both want the same thing – for you to lose weight, look great, and feel amazing! So enjoy the program and get the most out of your experience while transforming your body.

Simplifying the Complex

Never before has a program taken such complex nutrition and workout equations and widdled them down to the basic building blocks of what it takes to get into the best shape of your life. The *Fatlossity System*® was developed out of over ten thousand of hours of research, trials, analyzing data, retesting, confirming, and then laying out the material so that anyone regardless of their experience, would be able to read and apply the information given to them.

Unlike a typical diet or exercise book, the *Fatlossity System*® provides you with a complete spectrum of exactly what you need to do over the next 12 weeks to totally transform your body. You are given the blueprints necessary to achieve maximum fitness through motivation, education, and dedication. I promise to not only provide you with the nutritional and exercise plans to get you in shape, but I will also teach you what you need to do to maintain these great results permanently.

This is where most health and fitness books miss the mark. They start you off strong only to leave you vulnerable to relapsing into an even worse condition due to a lack of education. This is done through no fault of your own, you just haven't been given the correct information you need in order for you to attain long term success.

Fatlossity® will break down previously accepted diet and workout myths, as well as substantiate what you need to do to achieve all of your goals. With the *Fatlossity* system you will discover how you can workout less, yet achieve more than triple your results in that time.

This program will revolutionize how you view eating and exercising. By breaking down the research, I have taken the chaos out of trying to figure out what the fitness truths really are and present them all for you in an easy to follow manual. By the time you have finished reading and absorbing the *Fatlossity* system, you will know more about health & fitness than most people on the planet. That's a bold statement, but believe me when I tell you that the material backs it up.

You will no longer have to wonder what the best choice to make is when working out or deciding on what to eat. No matter where you are in the world you will be able to find foods included on all 3 phases of the *Fatlossity*® meal plans as well as the creativity to know that *Fatlossity*® workouts can be done anywhere and anytime with minimal equipment.

In the words of Ralph Waldo Emerson, "simplify, simplify, simplify."

After reading through *Fatlossity*® you will realize that no matter how complex the question the smartest decisions can be always be boiled down to the simplest of answers. Once the material has been mastered, you will see a world of opportunity

The Complete In-Home Weight Loss System

that exists to help you succeed in attaining your goals. It's only when one feels overwhelmed by a particular subject or experience that they can't see the answer to their problems.

Take a deep breath before beginning and realize you are changing not only your body, but the way you think. You must be willing to let go of preconceived notions of how you think people are supposed to get fit and replace it with modern day *Fatlossity*® principles. Take comfort in knowing that these programs have been proven beyond an ounce of doubt to work and that they will work for you. As you are reading through the education portions of the book, begin to reprogram your mind with thoughts of success and goal attainment.

Creating Order out of Chaos - Cabral Checklists®

What I find most confusing about the popular diet and exercise books on the market right now is how to actually use them and hold yourself accountable. Let's face it, without someone looking over your shoulder everyday, most people are going to lapse a little throughout the day or week.

What I found to work best is a daily accountability checklist for both your nutrition and exercise that you fill out similarly to logging data into a journal. The checklists are easy to comprehend and even easier to fill out. The best part is, it condenses all the information you need to be successful right onto one page that you can take with you anywhere you go.

This will lead to self-accountability and consistent adherence to the program. As I've stressed it before, being consistent and persevering are the two of the most important factors in achieving the body you've always wanted.

You will find the checklists laid out for you in your 12 week *Fatlossity*® program. This 12 week program is the only one of its kind to clearly spell out each day of the week to correspond with its own side by side Cabral Checklists®. Literally, all you have to do is fill in each day's food entries and workout sets and you cannot help but succeed!

I have but one absolute must for you: Use the daily checklists provided for you! I have seen people with the best of intentions fall short on many a program because they failed to follow the program written for them. In their mind, they thought they were adhering to the guidelines provided for them, but in all reality they were allowing mini-cheats to come up throughout the day. The checklists work - use them and you will amaze yourself in the simplicity with which you are able to follow the *Fatlossity System*®.

Real World Results

For more than 10 years I have had the privilege of sharing what I love to do with some very amazing people. They include everyone from fitness enthusiasts, to athletes, to health club owners who all believed in the programs that I provided my clients.

I want to thank all of those people who trusted in my coaching and now have the real world results to show for it. On the next few pages you will find a handful of people, just like you, who were able to use my programs and achieve amazing results. These are busy people just like you and I, who don't have the time or interest in spending hours in the gym or preparing gourmet meals with lengthy ingredients on a daily basis.

In short, these people are you. They came with a specific goal in mind and then followed the program to the best of their ability. Their consistency and dedication paid off with the body and mind that they were looking to attain. They continue to make progress and their success stories are constantly evolving. They truly understand that being healthy and fit is a way of life that you choose to live day in and day out.

Let their photos and stories inspire the desire within you. Push yourself to places you didn't know you had and strive to be your very best. You deserve to achieve the body that you have always wanted, but most of all you deserve the feeling that goes along with being confident in how you look.

Live their stories and then get ready to write one of your own!

Success Story



Kelley Finnerty

Achievements

Body Fat: *Can fit into a size 2 now!*

Lean Body Mass: *Added lean, toned muscle on arms and legs*

Weight: *Lost 15lbs of body fat in just 8 weeks!*

Measurements: *Lost double digit inches in just 8 weeks!*

Strength:

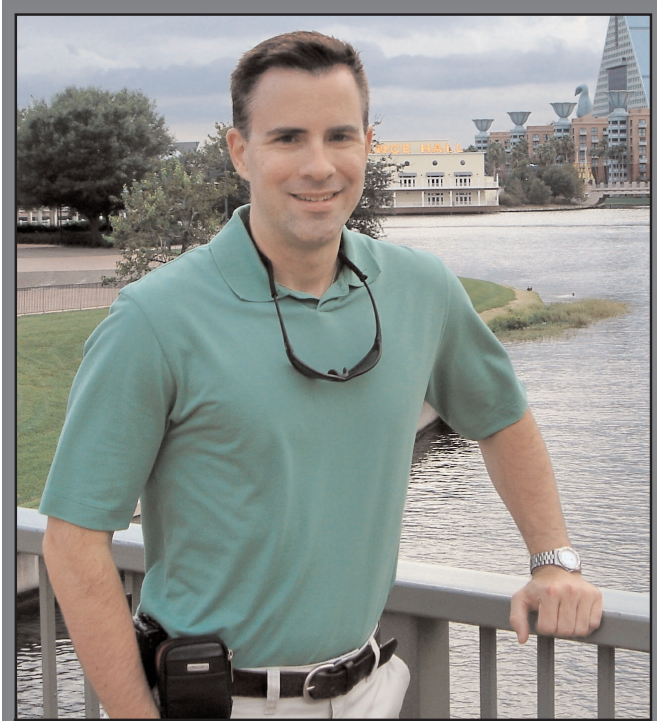
* *Strong abs and core!*

* *Huge conditioning improvements*

Testimonial

"I lost 15 pounds, and dropped two pants sizes! I went suit shopping the other day and almost passed out when I fit into a size 2! Several inches dropped off of my thighs and butt to make that happen! I have wanted to lose ten pounds for about three years now. I worked out on my own at the gym and was not seeing any results. After being on Steve's program for just two months, I have lost 15 pounds, and there is a noticeable difference in my muscle tone. Not only has his system helped me find a nutrition plan that works for me, but he has also introduced me to a whole new way of working out. Steve's program has been life changing. I am getting better results everyday without having to dedicate long hours in the gym. I now have nutrition and exercise knowledge that will help me stay healthy for the rest of my life!"

Success Story



Lost 6" off Waist!

Paul Clark

Achievements

Body Fat: *Lost 9.7% and over 22lbs of fat*

Measurements: *Lost 6 inches off waist!*

Lean Body Mass: *Added 4.2lbs*

BMI: *Lowered 2.5pts to within healthy range!*

Strength:

- * *Able to complete over 50 full push-ups and 35 two arm medicine ball push-ups*
- * *Went from 0 to over 12 pull-ups!*
- * *Improved postural alignment*

Testimonial

"I started hitting the gym in August of 2004. I did some basic cardio for about 40 minutes a day and attempted to put a program together with weights. Not a pretty picture. As most guys do, I concentrated on doing arms, chest and abs and not focusing on the total body. Needless to say, I was not getting the most out of the time I was spending in the gym. I was 34 and wanted to drop about 20 lbs and increase my overall muscle to make me stronger in my activities. In November, after losing my interest in going to the gym, I contacted Steve. During our first meeting I let him know my goals, to drop the excess weight, and to put a solid program together to see results. I explained that I wanted to make the most out of my time at the gym and to see results as well as have fun. In a few short weeks I was feeling better, had changed the way I looked at my workouts and made the commitment to myself to put in the time and effort both inside and outside the gym. My program changed every few weeks and as my personal goals changed, so did the programs. It is one of the best investments you can make in your own personal health and well being."

Success Story



Lost 4.75" in 4 weeks!

Faith Klele

Achievements

Body Fat: *Lost 3.2%*

Measurements: *Lost 4.75 inches*

Lean Body Mass: *Added 2.35lbs*

BMI: *Lowered to 21*

Strength:

- * *Went from 7 to 35 full push-ups!*
- * *Added 21 sit-ups in a minute!*
- * *Increased core strength*
- * *100% gains on most lifts!*

Testimonial

"While I was not new to working out, I needed to develop additional skills. Once I started working out properly under the guidance of Steve using the new strength training exercises, I trimmed down & toned up. I have been able to improve incrementally using his advice. I don't think I would have been able to do it on my own. Steve's programs were always there pushing me to do better. Thanks Steve!"

Success Story



***Lost 5.8% & 15.9lbs
Body Fat in 6 Weeks!***

Mike & Cilla Savage

Achievements

Body Fat: *Lowered body fat by 5.8% and lost 15.9lbs in 6 weeks!*

Measurements: *Lost 6.75 inches!*

Lean Body Mass: *Added 7.4lbs*

BMI: *Lowered 1pt*

Strength:

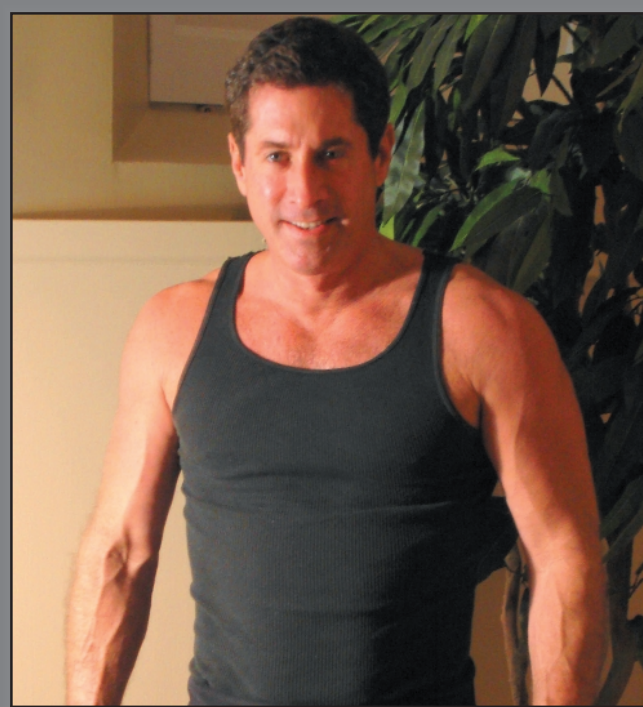
** Mike & Cilla both added 9 push-ups to their total*

** Dramatic increases in core strength and functional movement*

Testimonial

Mike & Cilla both decided to make a change in their lives for the better. They wanted to become healthier and lead a more active lifestyle. Having enough energy to be able to play with their grand children and enjoy their retirement was very important to them. Since they liked to travel they also wanted to be less stiff when making long drives or flying. Due to their determination and dedication to choosing to live a healthier lifestyle the two of them have made great strides in regaining their youthful ways. They are taking long daily walks, eating smaller meals, and working out 5 times per week.

Success Story



8.6% Body Fat!

Tony Corey

Achievements

Body Fat: *Lowered body fat to 8.6%!*

Measurements:

- * *Lost 2 inches off waist!*
- * *Added 1.25 inches to arm flexed!*

Lean Body Mass: *Added 5.1lbs*

Energy: *Dramatically improved sleep and daily energy!*

Strength:

- * *Able to complete 50+ push-ups*
- * *Able to do 51 sit-ups in a minute!*
- * *Improved bench to 70lb dumbbells*
- * *Improved postural alignment*

Testimonial

Tony is great example of someone who was in great shape but wanted to take his physique and conditioning to the next level. He was able to achieve a single digit body fat percentage while adding lean muscle. Some of the fringe benefits which he didn't expect to improve through his exercise and nutrition program were improved sleeping patterns, more energy, and a healthier lifestyle transformation. Tony continues to make great strides in improving and maintaining his mind and body through consistent resistance training routines. He admits that he is in the best shape of his life and he plans to keep it that way!

Success Story



Lost 8.5" in 6 Weeks!

Crissy Cerullo

Achievements

Body Fat: *Lost 7% and over 12lbs of fat in just 6 weeks!*

Measurements: *Lost 8.5 inches!*

Lean Body Mass: *Added 6.51lbs*

BMI: *Lowered 1pt to within healthy range!*

Strength:

- * *Went from 3 to over 20 push-ups*
- * *Added 25 reps to sit-ups!*
- * *Improved postural alignment*

Testimonial

"Working out on Steve's program has been one of the best decisions I have ever made! I am more inspired to focus on my exercise routine and I've noticed faster results than just doing cardio on my own. Steve takes the time to understand what real people want and puts together a program specifically tailored for them. I'm getting compliments every day on how great I look; the whole experience has been transforming. Thanks Steve for your help, dedication, commitment and motivation – I couldn't have done it without you!"

Success Story



***Lost 5.9% & 10lbs of
Body Fat in 6 weeks!***

Fred Kiley

Achievements

Body Fat: *Lowered body fat by 5.9% and lost 10lbs!*

Measurements: *Lost 1.5 inches off waist!*

Lean Body Mass: *Added 7lbs!*

Muscle Size: *Added 1.25 inches to arms*

Strength:

- * *Added 65lbs to Squat*
- * *Increased bench by 40lbs*
- * *Rehabilitated shoulder instability & pain*
- * *Increased metabolism with greater LBM to body fat ratio!*

Testimonial

Fred was already in great shape when he came to me looking for a new fitness program. By revamping his nutrition, workout design, and lifestyle factors we were able to blast through his previous plateaus and reach new heights in his body transformation goals. Fred's results were astounding: Losing over 10 lbs of body fat and gaining 7lbs of muscle in only 6 weeks! Most people would be happy to attain those results over the course of a year, yet alone a little over a month. Fred continues to improve upon his health and fitness every week and has surpassed all of his statistics since his first progress report.

Now it's time to start your own success story!

5 steps to get started on your “before” statistics:

1. Take photo. No one likes to have a photo taken of themselves as the “before” shot, but trust me, you will want this photo to look back on and to see how much you’ve accomplished.

2. Take measurements. Just take a floppy measuring tape and measure the widest part of your neck, upper arm, chest, waist, hips, thigh, and calf. If you do not have a tailor-type measuring tape, just use a piece of string and then lay it out along a ruler.

3 Take Body Fat %. Have a personal trainer at your local gym or someone who can accurately use skinfold calipers take your body fat percentage. If this is not possible you can find a BF Calculator at www.StephenCabral.com.

4. Calculate your BMI. To find you BMI, just refer to the height/weight chart on one of the following pages. Follow the line to the right across where your height is until it lines up under your weight. The number that intersects your weight and height is your BMI. If you are not on the chart you can just go to www.StephenCabral.com and calculate it there.

5. Calculate your Waist-to-Hip Ratio. To find your waist-to-hip ratio, just refer to the equation where you divide your waist measurement by your hip measurement.

That's it! Let's get started!

Goal Setting!

Let's visualize for a moment and really try to figure out exactly what your reasons are for wanting to lose weight and get healthy.

I want you to list your 5 main reasons for losing weight below:

1. _____
2. _____
3. _____
4. _____
5. _____

Now I want you to list the 5 reasons why you can't allow your allow yourself to fail:

1. _____
2. _____
3. _____
4. _____
5. _____

Finally, I want you to describe how you will feel about yourself and the world around you after you achieve your weight loss success!

Personal Baseline Beginning Statistics

Please use the body composition tools and charts on the next few pages to determine your current statistics. I know some people don't want to know these numbers in the beginning, but they are also the same people who wish they originally took those stats when they realize how much weight they have lost. Your body is going to be transformed from where you are currently and you definitely don't want to miss out on this opportunity to see how far you've progressed. It also an extremely motivating tool to use when you retake your numbers each month and you can concretely see your fantastic results. Let's get to it!

Body Mass Index Information

Body Mass Index is the standard medical method of assessing healthy weight, overweight and obesity.

BMI = Your Weight (kilos) divided by Your Height (Meters) x Your Height (Meters)

Interpreting Your BMI:

- *** If your BMI is 19 to 24.9 - you have a healthy weight.
- *** If your BMI is 25 to 29.9 - you are considered to be overweight and may incur moderate health risks.
- *** If your BMI is 30+ - you are considered to be obese, leading to increased risk of cancer, heart disease, other health problems.

Please review the chart on the next page and then fill in your current BMI.

Current BMI: _____

BMI Chart

To use the table, find the your height in inches in the left-hand column. Then move across the row to your current weight in pounds. The number at the top of the column is the BMI for your height and weight.

Height (in.)	BMI (kg/m ²)														
	19	20	21	22	23	24	25	26	27	28	29	30	35	40	
Weight (lb.)															
58	91	96	100	105	110	115	119	124	129	134	138	143	167	191	
59	94	99	104	109	114	119	124	128	133	138	143	148	173	198	
60	97	102	107	112	118	123	128	133	138	143	148	153	179	204	
61	100	106	111	116	122	127	132	137	143	148	153	158	185	211	
62	104	109	115	120	126	131	136	142	147	153	158	164	191	218	
63	107	113	118	124	130	135	141	146	152	158	163	169	197	225	
64	110	116	122	128	134	140	145	151	157	163	169	174	204	232	
65	114	120	126	132	138	144	150	156	162	168	174	180	210	240	
66	118	124	130	136	142	148	155	161	167	173	179	186	216	247	
67	121	127	134	140	146	153	159	166	172	178	185	191	223	255	
68	125	131	138	144	151	158	164	171	177	184	190	197	230	262	
69	128	135	142	149	155	162	169	176	182	189	196	203	236	270	
70	132	139	146	153	160	167	174	181	188	195	202	207	243	278	
71	136	143	150	157	165	172	179	186	193	200	208	215	250	286	
72	140	147	154	162	169	177	184	191	199	206	213	221	258	294	
73	144	151	159	166	174	182	189	197	204	212	219	227	265	302	
74	148	155	163	171	179	186	194	202	210	218	225	233	272	311	
75	152	160	168	176	184	192	200	208	216	224	232	240	279	319	
76	156	164	172	180	189	197	205	213	221	230	238	246	287	328	

Personal Baseline Beginning Statistics cont.

Waist to Hip Ratio

Please wrap a measuring tape around your waist making sure to align it directly around your naval. Then take your hip measurement around the widest part of your hips and butt.

Now divide your waist measurement by your hip measurement and you will have your current WTH Ratio. (Waist to Hip Ratio = waist/hip)

Interpreting Your Waist to Hip Ratio:

*** Women < .8

*** Men < .95

A high ratio can indicate an increased risk for heart disease, high blood pressure, type 2 diabetes, osteoarthritis, gallstones, and certain cancers

Current Waist to Hip Ratio: _____

Body Fat %

American Council on Exercise ranges for body-fat percentage:

	Women	Men
Essential fat	10-12%	2-4%
Athletes	14-20%	6-13%
Fit	21-24%	14-17%
Overweight	25-31%	18-25%
Obese	32% plus	26% plus

If you have access to body fat skinfold calipers you may use the tools on the following page to calculate your body fat percentage. Women will take their skinfold measurements at their tricep, suprailium, and thigh areas. Men will take their measurements at their chest, abdomen, and thigh areas.

If you do not have access to a set of skinfold calipers, you may ask a personal trainer if they wouldn't mind taking your measurements or you can go online and get a rough calculation of what they may be according to your height, weight, and a few measurements. You can find this tool at www.StephenCabral.com/bodyfatcalculator

Personal Baseline Beginning Statistics cont.

Body Fat Skinfold Testing

WOMEN

SKINFOLD SITE:	TRIAL #1	TRIAL #2	TRIAL #3	AVERAGE
TRICEP	_____	_____	_____	_____
SUPRAILIUM	_____	_____	_____	_____
THIGH	_____	_____	_____	_____
Sum of skinfolds:	_____			
% of Body Fat:	_____			

MEN

SKINFOLD SITE:	TRIAL #1	TRIAL #2	TRIAL #3	AVERAGE
CHEST	_____	_____	_____	_____
ABDOMEN	_____	_____	_____	_____
THIGH	_____	_____	_____	_____
Sum of skinfolds:	_____			
% of Body Fat:	_____			

Calculating your Body Fat %

% of Body Fat _____ x Bodyweight _____ = _____ lbs. of Bodyfat

Calculate your change in body fat from previous skinfold testing:

Bodyweight _____ - lbs of Bodyfat _____ = _____ lbs. of Lean Mass

Current lbs. of Body Fat: _____

Current lbs. of Lean Mass: _____

Starting Body Composition

Place your “before” photo(s) here

*It's best to take a front, back, and
side view photo*

Name: _____
Date: _____
Height: _____
Weight: _____
BMI: _____
Waist-to-Hip: _____
Body Fat %: _____
7-Point Measurement Total: _____

Measurements:

Neck: _____
Upper arm: _____
Chest: _____
Waist: _____
Hips: _____
Thigh: _____
Calf: _____

The Fatlossity Power 3 Factors

The next 3 chapters will teach you the long-term keys to success that you will need to achieve permanent weight loss results.

The *Power 3 Factors*® consist of:

Factor 1: The Mindset

Establishing the proper mindset is the most important piece to winning the battle over transforming your body. You can't have a healthy body without first having a healthy mind. You will learn exactly what you need to work on with your thought process in order to attain and maintain the body you desire.

Factor 2: Nutritional Support

Take the guess work out of what you should be eating on a daily basis. You will be given sample meal plans, healthy food recommendations, and grocery lists. Best of all, you will be presented with information on why you should make these choices, so that in the future you will have the knowledge and preparation to make the right choice no matter what situation you encounter.

Factor 3: Exercise Programming

For the first time you will realize that working out doesn't have to be complicated or time consuming. The *Fatlossity*® workout plan will get your heart, lungs, muscles, and entire body into great shape in less than 30 minutes a day. You will feel your energy levels soar and your metabolism skyrocket!

Most people fail on weight loss plans because they only focus on 1 or 2 of the 3 powerful factors that are needed to ensure long-term success. Like most people, you may be stronger in some areas than others and will really need to focus in on the other aspects that will ultimately lead to complete health in mind and body. Remember, for a dream or desire to become a reality you must first believe you can accomplish it.

Never let your mind waver. You have it in you to accomplish more than you could possibly dream!

Fatlossity

The Mindset

Do You *Really* Want to Lose the Weight?

Do you? I mean sure you'd like to be thinner and enjoy all the benefits that go along with it, but do you really want to lose the weight?

That's the first question you have to ask yourself before starting any weight loss program. Although the *Fatlossity System*® will literally transform your body, it all comes down to whether you really want this or not. If the answer is "yes," then you have to find out why? Is it to lower your risk of disease, increase health, look slimmer, fit into an old pair of jeans, gain confidence, increase energy? The list of reasons could go on, but whatever your reasons are, they must have meaning and be compelling enough to light a fire within you to begin this revolutionary program and see it through!

You see, most people would love to lose an extra 20-30 pounds of body fat, but it's more of an unsubstantiated wish. We need to change that and come up with a blueprint of exactly how to get you from where you are now to where you want to be in the not so distant future. All of my private clients know that they must write down their short and long term goals in order for them to begin to visualize themselves getting thinner. After you have your concrete goals of how much weight you would like to lose and how you would like to feel, you are now ready to develop a plan of action to achieve those goals! Remember, there is no "I would like to..." there is only "I am going to..."

Now let's take a look at how close you really are to getting started.

Stages of Readiness

Before we go ahead and get into goal setting, let's first discover what stage of readiness you are at. Below you will find the *6 Stages of Readiness* developed by Prochaska & DiClemente (Cycle of Change, 1994). I would like you to identify what stage you are currently at.

The *Stages of Readiness to Change* refer to the 6 stages necessary to bring about permanent and lifelong behavioral changes. An individual's power to change resides solely within them and these stages ramp up from a person's unwillingness to change to those ready to take responsibility for their own success and failures. When a person has finally reached the 4th Stage of Readiness, they have become empowered and accepted their ability to make positive and permanent changes in their lifestyle.

There are 6 Stages of Readiness to Change:

The 1st stage is Precontemplation. At this stage a person is not ready to change and is not ready to accept responsibility for their situation. Exercise prescriptions at this point are contraindicated. Some examples may be a person saying "I know I should lose weight, but everyone has to die from something," or "my wife cooks unhealthy and fatty foods for us."

The 2nd Stage is Contemplation. This is the stage where a person is swaying between wanting and not wanting to change. Although an exercise prescription is contraindicated, education is recommended to get the client to see why change would be beneficial. This stage is characterized by ambivalence, where often times individuals are frightened by changes that must take place in order for them to succeed. An example of this is when a person realizes they must sever ties with another individual who may be oppressive or a source of their current state.

The 3rd Stage is Preparation. This stage is centered on an individual getting ready to make a change to their lifestyle. They are taking the first step by opening themselves up and are willing to discuss their current behavior and how they can possibly modify it to make a positive change. A beginner exercise prescription is now recommended. An example of this stage is when a person says, "I know what I'm doing now is not working and I need advice on how to improve."

The 4th Stage is Action. An individual is now ready to take action and make behavioral changes to their lifestyle. A specialized fitness prescription should take into account any areas of difficulty and positive actions should be affirmed and reinforced. An example of this stage is when a person has taken the step to sit down with a professional to map out a plan of action and has started to put those plans to work.

Stages of Readiness cont.

The 5th Stage is Maintenance. This stage is crucial, since there are points when an individual will want to revert back to their old, unhealthy habits. Ongoing affirmation of positive lifestyle modifications is required to keep the new, healthy behaviors going strong. An example would be an individual wanting to revert back to their old ways of late-night snacking and then needing to reinforce the idea of healthy eating.

The 6th Stage is Relapse and Recycling. This stage is really about understanding that any behavioral modification is an ongoing process where relapses are inevitably going to take place. It is critical that although a person may make a negative choice, they do not feel an overwhelming guilt over it. The important point here is that if an old behavior does slip back in, an individual must recognize this relapse and devise a plan to get back on track to their healthy lifestyle changes. An example would be when a person decides to eat an entire blueberry pie instead of just settling for a taste. That person would then have to make a conscious decision to get back on track and realize that in the future they must control their urge to overindulge.

What stage were you at?

If you haven't reached the 4th Stage, don't worry. We'll come up with a plan together to get you there and have you making healthy changes in no time!

Establishing the Mindset

As the old saying goes...

"Whether you think you can, or you think you can't - you're right."

You can focus on your nutrition, cardio, and resistance training, but unless you have the right mindset going into any weight loss program, the first three won't matter.

The most important thing you can do is establish a winner's mindset where your only option is to succeed. You have to go into this body transformation adventure knowing that if you stick with it and are determined to persevere. It doesn't matter if you have been overweight for years or haven't exercised for over a decade, because you do have the power within you to change the way you look and feel. It all starts with changing the way you think, act, and feel about yourself.

Trust me, I have seen countless clients lose more weight than they thought imaginable and push themselves further than they thought they could possibly go, but all of those people had to first believe that they could achieve at least a reasonable weight loss goal. Once the pounds start coming off, your progress will begin to boost your confidence and give you the ability to truly envision yourself as the person you want to be. Sure, there will be ups and downs during your journey to your goal, but no accomplishment worth having comes without some sacrifice and sometimes the stubbornness to say over and over "I can do this!"

You can do this and you need to do this, if not for yourself, then for those around you who would benefit from a more confident and healthier, friend, family member, co-worker, or spouse.

Believe in yourself and keep in mind that ultimately the only person who is responsible for your success is you!

Positive Thoughts Bring About Positive Results

If you've ever read about the *Laws of Attraction*, then you are familiar with how your thoughts transform into things. This means that if you are currently dwelling or focusing on being overweight, you will certainly remain that way. The reason for this is that if your mind is always fixated on being overweight, your subconscious will instruct your body to coincide and reinforce your thoughts of being overweight. What can you do? If your goal is weight loss or to hit a certain goal weight, you must focus all of your thoughts on attaining that goal. Every thought must be an affirmation of how you can achieve your weight loss dreams. Really think about how it will feel to weigh 20lbs less and how happy you will be when you reach that milestone. Now start acting that way. Think thin! It's actually hard work to stay positive, especially when you don't particularly like the way you look and feel about yourself. So the best way to start is to fake it. Seriously, just keep telling yourself you feel great today and that you're doing everything you can to make healthy choices during your day. Eventually this will become easier and you will no longer be pretending. You will have reprogrammed your thinking and your results will be limitless! Start working on this today... it can work on any aspect of your life.

Short and Long Term Success Planning

Your short term goals should be achievements that will ultimately lead you to conquering your long-term goals. They should consist of attaining a particular marker by a certain date. Always make sure you write down your goals. This may seem like a trivial or insignificant step, but it is crucial to ultimately losing the weight and feeling great! For instance, you may write down your long term goal as "I want to lose 36lbs in exactly 6 months." You would now break down that goal into short term goals such as "I want to lose 6lbs every month for 6 months." You should also break it down even further. For example, you may journal "I will lose 1.5lbs per week for 6 months." After you calculate exactly how many pounds per week you need to lose to reach your goal weight, you should write down that number on a sheet of paper that you will post and look at daily. Let it serve as a reminder of the actions that you will have to take throughout the day to accomplish your individual goal. Long term goals and larger numbers can seem like daunting tasks to undertake, but smaller, more manageable goals will be easier to attain and will build confidence in realizing that you have what it takes to make your dreams a reality!

Planning Me Time

It's not enough to just say that you are committed to losing the weight or that you are going to start leading a healthier lifestyle. It's not even enough to read over all the material that will help you accomplish those goals.

You need to believe in yourself and your worth enough to set aside some time each day just for you. This is your time to complete your workouts, to reflect on how well you are doing, and to evaluate what you need to achieve that day in order to be successful. This time should be written into your schedule and planned for accordingly. It is your first priority, because without a commitment to your health, everything else in your life will suffer. This includes relationships, family, work, self-image and everything that you care for and take pride in. Starting today, block off at least 30 minutes a day and dedicate that as "Me Time."

Education

Education may be the most overlooked aspect of attaining long term weight loss results. Many diet books give you examples of what to eat and what not to eat, but they don't back it up with any substance. In order for you to start making healthy decisions on your own, you need to feed your mind with the knowledge that will allow you to make good choices for yourself.

You won't always have a meal plan laid out for you and you will most definitely be faced with tough decisions when eating out. You'll have to think over your options, using the knowledge that you have accumulated through your reading and research to come up with the best possible choice for that meal.

Don't allow yourself to fall prey to the latest diet craze or short term fix. Just because one fad weight loss plan worked for a friend, it does not mean that it is the healthiest or smart choice for you. Your health and wellness should trump all other aspects of your life because without it, everything else seems pretty insignificant. If you do not have your health you can't fully enjoy being a part of your family, friends, work, and other social aspects of your life.

Never stop learning about relevant health and fitness news and continue to further your education every year. You owe it to yourself and your longevity not to wait until your health becomes an issue to start living the fit life. Look at your health and wellness as a life long journey. Your body continues to evolve with every breath and it is the only vehicle you have to carry you through life.

Motivation

Your health and fitness goes well beyond just looking fit. When you start a program like *Fatlossity*®, you are making the conscious decision to better your entire life. By choosing to take control of your health, you are placing "you" in charge of your own life. You are not making any more excuses for why you can't get into great shape and you have finally drawn that line in the sand. You have taken responsibility and that is an extremely empowering feeling in itself.

When you begin to transform your body, you will notice your mood and outlook on life will begin to change. You will see that you have the power to create your dreams through your own will. Your confidence will be boosted with every inch lost and every pound subtracted off the scale. A whole new you will begin to emerge.

Use this motivation to propel you to work harder in all areas of your life. Let your workouts and dietary changes be the catalyst for other improvements you can make in your health and overall well-being.

Remember to stay on target and stick to the plan. You don't need to make leaps and bounds every week, as long as you have been staying the course on a daily basis. And don't forget to enjoy the ride...

Dedication

You have the plan, you have the motivation, and now you're off and running. That's usually the path most people take. So why is it that over two-thirds of our population is over weight?

The reason is the path is not always easy to follow. You may know the way and may even be wearing the right shoes, but that doesn't necessarily mean you are ready to see it through.

Dedication is quality seen in a special type of person who understands that they're not always going to see success on the first try. They know that there will be highs and lows on their journey, but they realize in order to reach their goals, they must persevere. It's that rare attribute that separates the victors from the "might-have-beens."

We all have it in us. It's just that some people are able to grab a hold of this dedication a little easier than others. You need to practice it, just like anything else. Make your goal of getting into the best shape of your life a mission that you are going to dedicate every day of your life to for the next 90 days. You will not waiver and you

Dedication cont.

will not falter from achieving your goal. If you fall off track, just get right back on and pick up where you left off. There's no room for worrying about how your last slip up is going to hurt that week's results. It's over and it's done with. You will learn from that mistake and dedicate yourself to not repeating it.

You have the power to persevere and you know you can achieve any goal you set your mind to. It doesn't matter how big the goal is. Visualize yourself attaining that goal every morning when you wake up and every night before you go to bed. Make it a part of you.

You are the one who is going to make this dream come to life. Dedicate yourself and your actions to making it happen!

The Overlooked Factor

The role of a support group:

Do you have one of your own? If not, I can't emphasize enough how much greater your chances for success will be if you have established your own group of supporters.

Once you have set your mind to exercising and eating right, you must find someone or a group of people to support you on your way to achieving your goals.

Studies report that those who have a spouse, family member, or friend to support them during their healthy lifestyle change have a far greater adherence and success rates than those who decide to go it alone.

It is also important to inform other people of your intentions to start living a healthier life. This way, they will be more understanding of the decisions you must make to distance yourself from the people and places that are a constant source of temptation and bad habits.

When you seem to be straying off track, have your support group ready to remind you of why you decided to make the commitment in the first place.

Most of all, don't ever feel like you have to go it alone, or that you are the only one who feels the way you do. Most people aren't happy with the way they look or feel. It's time for you and those that you care about, to take back what is yours. Reclaim your body and your mind. You control both, not the other way around.

Weight Loss is More than Skin Deep

Did you know your health and longevity are directly tied to your waist line?

By choosing to live the fit life you are enabling yourself to:

1. Increase your energy levels
2. Improve your cardiovascular health
3. Improve your quality of sleep
4. Lower your cholesterol
5. Lower your blood pressure
6. Reduce your risk for certain types of cancer
7. Lower or control type 2 diabetes
8. Take control of your life, health, and well-being
9. Set a positive example for your family and friends
10. Add years to your life!

You have the power within you to take control of your life and make a change for the better. Seize this opportunity to put your foot down, get serious, and begin a new, healthier chapter in your life. You will add years to your life and life to your years. You will have the confidence, energy, and ability to enjoy the new you with your family and friends. You will notice the difference and make no mistake about it, so will everyone else!

What is Holding You Back?

I guess this is the real question. With so much information and detailed plans about how to make our dreams come true, why don't most people take the leap?

I think there are quite a few reasons, with the main two being fear of failure and fear of success. Fear of failure essentially states that you may not want to commit yourself to a certain program because you think that in the end, you won't be able to succeed in reaching your goal. You may make excuses that it will be too hard or too time consuming, or that the principles of the book won't apply to you. Deep inside you, you aren't afraid of the work, time, or worried about whether the program applies to you, but rather you are nervous that you may give it a shot and put your faith in it and still fail just the same. You may even have past experiences where you have tried diets, only to gain all the weight back.

Fear of success sits on the other side of the spectrum. It states that if you follow the system and dedicate yourself to improving, then you may actually achieve your goals. To many people, this is an extremely unnerving thought. You may have become known as a certain "type" of person. Maybe you have been looked at for years as someone who has always been a little overweight and dresses to hide their body. If you actually accomplish what you set out to do, your everything will change. Yes, you will look thinner, have to buy new clothes, and people will begin to view you differently. These can be scary realizations for many people.

In the bigger picture, we need to be able to accept that we are predisposed to these types of fears and understand that it is okay to be afraid. You cannot let these thoughts hold you back, but rather you must recognize that they are there and work to alleviate them.

The Deciding Factor in Permanent Weight Loss

Mind Over Matter:

Are you ready to make a change?

Most people believe they are, but they never go into the process with the right mindset. You have to see the person you want to become. If that means visualizing yourself 50lbs lighter, then that is exactly what you must do everyday.

It takes a constant determination to overcome the cultural distractions and temptations that surround us. All of these unhealthy behaviors have been promoted as normal in our society and just look where it has gotten us. 7 out of 10 of us are overweight and are incurring substantial health risk factors because of it. Our children are becoming obese at a rapid rate and our culture seems to believe it is just "par for the course." To top it off, the media and pessimists would say that there is simply nothing we can do about this trend toward becoming an overweight culture.

Nothing we can do?

That is definitely a defeatist attitude of someone who has lost hope, or is not strong enough to fight on. Mass manufacturing combined with technology has allowed us to become less active and consume whatever we could possibly ask for, whenever we want it.

Don't become a statistic. Make the commitment everyday to choose your health over temptations. You deserve it and you only get one body to enjoy in your lifetime. Be a role model for others who want to lose weight and make good choices.

Paint a picture in your mind of what you want to look and feel like. Now write it down. Write down all the reasons you can't afford to be unhealthy and the reasons why you want and need to be fit. Look at it every morning and remind yourself why you must stay true to your goals throughout that day.

A goal worth achieving is never an easy task to accomplish. It requires hard work and steadfast determination, but the rewards can be long lasting and enlightening.

Take the first step. Decide today that you want to make a change. Put that plan into action by revising your exercise routine and changing your nutrition to focus on living a more prosperous lifestyle. Get moving while your motivation is high and never look back. Tell your friends and family what your goals are and let them know you will need their support. Finally, look at yourself in the mirror and see the image of that person you know you will become.

Not Another Diet!

Most people go into starting a new diet or workout plan with the best of intentions. You read the diet specifics, set the date you are going to start, buy all the products you are going to need and then start off on the path to weight loss.

The first few days are really difficult not to cheat on some of your favorite foods, but you are still on the high of wanting to lose weight and are willing to make the sacrifice. You may even convince yourself that it's actually fun seeing if you can stay strong and not break the diet rules. A week or so goes by and you survive the weekend temptations of going out to eat or drink, but the caloric restriction and limited choices are making you tired and irritable.

You are ready to just throw the whole diet thing aside and let loose, but that little voice inside you tells you to just keep hanging on for another few days. What happens next, of course, is the inevitable break down. You may not be seeing the results that you expected to see from "being so good," the temptations may be just too great, or maybe you couldn't handle the limited foods allowed on your diet.

Either way, you decide to construct your own diet plan to include additional foods that weren't allowed on the first plan or you stop the whole weight loss plan all together. You probably even feel pretty good after devouring that first meal when you break your diet. You replenish your sugar stores and your belly feels full! The problem is, that feeling doesn't last long and you're right back to where you started. You may put the weight back on that you just lost or least most of it. So now you're stuck. You tried dieting, you tried working out, but neither one of them seemed to work for you...

There is an answer.

I have personally worked with hundreds of clients who have gone through the exact same issues that you are experiencing. They felt they had tried everything and that they were just destined to be overweight. The issue was they just didn't have the right equation to solve their problem. Sure, you can lose weight in the short term on most diet plans, but that doesn't mean that they are going to be a permanent solution. What you need is the proper guidance from someone who knows the frustrations that you have with other diet and exercise prescriptions. I'll be honest with you, there are way too many so called "weight loss experts" out there who have never actually worked with more than a handful of clients or outside of a lab setting.

What I'm offering you is the exact information that I have passed on to all my personal clients, family, and friends looking to experience revolutionary weight loss. With over 11,000 sessions completed and more 10 years of getting results, you can rest assured I will be your coach in helping you make your goals a reality. After reading this manual and putting the simple instructions into practice, my clients find that not

Not Another Diet! cont.

only is the program manageable, but they are actually enjoying their new healthy lifestyle and the choices they are making to improve their lives. So what's the difference with *Fatlossity*® and many of the other weight loss books out there? Just one word: Empowerment!

Fatlossity® just doesn't hand you the exact blueprint of how to succeed, it educates you in the how and why to succeed. This makes all the difference. If you don't know how or why a particular method or system works, you'll never achieve long term results. I will break down the main components of ultimate weight loss and lay them out step-by-step for you to follow.

You'll find that while reading through the material and following the nutritional and workout plans, you are absorbing the information and actually understanding the science behind it. You will then be able to make decisions when a question arises that may not be covered in this manual.

I have all the faith in the world that once you begin your weight loss journey with me you will have no choice but to succeed. Why? Because once you read the information that I present to you in *Fatlossity*®, you will no longer be able to come up with any excuses of why you can't lose that stubborn body fat. Think of it this way, I am giving you the answers to the test on a neatly laid out and easy to follow cheat sheet. But I've gone even further than that in guaranteeing your success! I custom designed my *Cabral Checklists*® to make it virtually impossible to fail if you follow them.

I wish you the best of luck and I realize that, at times, it will be challenging, but I hope you remember that this a challenge you can't afford to lose. You must win and you will win, and when you do, I will be looking forward reading your emails and seeing your photos detailing your accomplishments!

One last thing I want to remind you about is to enjoy the experience. You are doing something great for yourself, your family, and your friends. You should be happy that you have the courage to take on this challenge and be proud of what you will soon accomplish.

Now let's take a look at the nutrition keys to success!

Nutrition Keys to Success

Nutrition

You may have heard it before, but your nutrition is the most important factor when it comes to weight loss. Although I can prescribe the ultimate weight loss workouts for you, they won't make one bit of difference in terms of moving that pin on the scale to the left. Yes, you read that right. It's not an easy thing for me to admit, considering I spend each waking day designing programs and researching the latest techniques in fat loss. It's the truth, though. It doesn't matter how hard you workout with your resistance training, cardio, or with my combo *Fatlossity*® training programs. If you don't follow the nutritional aspect of the program, you will not see the fantastic results that others are getting.

Look at it this way, even if you burn off 350 calories in a half hour from a really intense interval workout, all it would take is 3 medium sized cookies to wipe all that out. It's kind of sad to tell you truth, but it's for real. Why do you think so many people in gyms look exactly the same month after month? They are killing themselves by overtraining and they still can't lose the weight. Why? Because their nutrition is off. Even if they think they are eating well, they are obviously not. You can't "eat well" and not lose weight. At least not on this program. If you follow the step-by-step instructions and genuinely try to understand the foundations of proper nutrition, you will do great!

Keep an open mind and realize that what you have been doing isn't working. Moreover, it won't ever work, so it's time to move on to a healthier lifestyle.

In this chapter you will find all the necessary nutritional support that will ultimately lead to your long-term weight loss success. The more keys to success you can incorporate into your daily life, the greater and faster your outcome will be. The *Nutrition Keys to Success* are not in any particular order of importance and I have made a point to concentrate on only those factors that will help you achieve the greatest results.

Hydration

Although I did say that the the success factors are not written in any particular order hydration is by far the most overlooked piece of your weight loss puzzle. Not only is your body comprised mainly of water, it is essential to life. You can not live without water! You can literally go weeks without food, but within just days of not consuming any water your body will begin to die. Even just slight levels of dehydration on 1-2% can have a serious effect on your overall well-being. Dehydration leads to feelings of fatigue, stress, rapid heart rate, light-headedness, irritability, and the list goes on. Believe it or not, as you read this you are more than likely dehydrated and as a result, you are sabotaging your chances of maintaining a healthy balance within your body. Some people worry about hyponatremia, or water intoxication, but unless you are running a marathon or sweating profusely without drinking any accompanying electrolytes, you can get this thought out of your head. You should focus on drinking a minimum of 8-10 glasses of water a day and more if it is hot out or you are sweating. At first, you will need to make this a conscious effort to drink 4-5 16oz water bottles or 8-10 glasses of water, but after a couple of weeks, you will become accustomed to it. Drinking this much water will improve your overall health, energy, skin, hair, nails, mood, and it will suppress your hunger levels leading to greater weight loss.

Drink Throughout the Day

You may be thinking, “how am I supposed to drink 8-12 glasses of water a day?” The answer is sip by sip. Try these 3 easy steps. First, when you wake up you will naturally be dehydrated from a night of sleep without water consumption, so immediately drink a tall glass of water. Not only will this begin to liven your body up for the day, but water will also counteract the diuretic effects of any coffee or tea that you also might be consuming and it will keep your body balanced. Second, aim to drink one full 16 oz water bottle during your intense workout sessions. Lastly, always keep a water bottle with you and shoot for drinking 1 bottle every 2 hours. By following these 3 easy steps, you will be well on your way to getting your optimal water intake per day.

Shrink your Stomach

You literally have the power to naturally “staple your stomach” so that you get the feeling of being fuller faster. It all begins by eating smaller portions of food throughout the day. Since you are eating every 3 hours there is no longer a need to consume a massive meal at any point during the day in hopes that it will carry you for a long period of time. I want you to cup your hands together as if you are trying to scoop up water out of a pool. Look at the size of your cupped hands. That is a close approximation of the amount of food you should be consuming at each meal. It may not seem like much, but remember, you will be eating again and keeping your energy levels and metabolism boosted every 3 hours. If you want a smaller stomach you need to put less food in it at each meal. That way, it will naturally shrink due to the fact it no longer needs to be expanded to accommodate large, heavy meals. You will be amazed at how this technique works!

Satisfied vs. Full

Knowing the difference between feeling satisfied and feeling full after a meal will ultimately help you conquer your battle with over eating. You must begin to eat slower, enjoy your food, and pause between bites. If you follow those simple tips, you will have time to notice if you are at the point where you can say that you have had enough to eat for that meal. Just keep in mind that you will be eating again in another couple of hours. Erase the mindset of wanting to feel “stuffed” or “full” after a meal. Stuffed stomachs equal fat bellies. Overeating will prevent you from reaching your end goal of shrinking your stomach so that you get satisfied faster and with less food.

Put Down Your Fork and Knife

It took me a while to grasp the concept of not having to finish every morsel of food on my plate. I grew up with the mindset of having to “clean my plate,” because there were starving people in other countries who weren’t as fortunate and therefore, I shouldn’t waste food. It’s hard to disagree with that statement, but unless you are cooking your own meal and are only putting the exact amount of food you should consume on your own plate, then you will be more than likely over eating if you do “clean your plate.” You must come to terms with feeling satisfied and then you must put down your fork and knife and stop eating.

Push Your Plate Away

This tip goes along with feeling satisfied, putting down your fork, and shrinking your stomach. When you feel like you have had enough to eat, put down your fork, and push your plate away from you. Do not keep your plate within arm’s reach where you will continue to pick at your food and eventually finish whatever is remaining on your dish. If you are at home, just get up and wash your plate off. If you are grabbing something on the run, just throw out whatever is remaining once you get the feeling that you are satisfied. If you happen to be out at a restaurant, ask the waiter to please clear your plate and either take what is remaining home as another meal (if it is healthy), or just say that you are finished. It’s easy and it works.

Follow the 20 Minute Rule

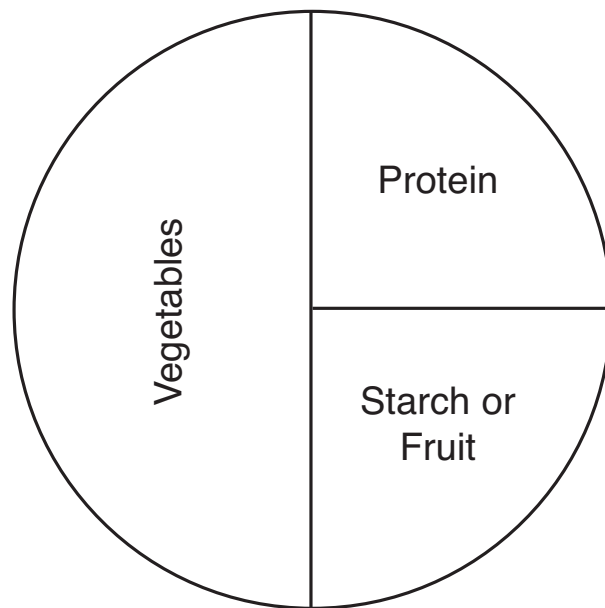
Never feel satisfied during a meal? Try slowing down your eating and actually give your brain a chance to realize that your belly is getting full. It is said that it takes approximately 20 minutes for your mind to receive a signal from your stomach that it has had enough to eat. This means that if you are used to finishing a meal within 10 minutes, you are never really giving your brain time to process feelings of satiety. If you have finished your meal and waited 20 minutes and you’re still hungry, you should always feel free to eat additional vegetables and have more water.

9" Plates Only

The 2 typical plate sizes are 9 inches and 12 inches. Those 3 extra inches in diameter make a world of difference when it comes to the area on your dish where you can put extra food. Look at it this way, at 12 inches you can fit 25% more food on your plate! Here's an interesting fact for you. Studies have shown that people who finished their 9 inch plate of food felt satisfied, but those who only ate 9 inches worth of food on a 12 inch plate reported still feeling hungry. Strange? Not really. Our mind plays just as big a role through our eyes as our belly does when it comes to eating. Use this information to your advantage by filling your plate with healthy vegetables, using a smaller fork, and cutting down on plate size.

Divide Your Dish

Look at your plate as a circle with 3 sections. First, divide the plate in half and reserve that space for lots of your favorite vegetables. Second, split the other half in two. One of the two remaining sections should be reserved for a lean protein and the other for a whole grain, complex carbohydrate, fruit., more vegetables, or a healthy fat. Once you master this technique, you will have truly grasped the concept of healthy eating and will be able to prepare and order meals no matter where you sit down to eat.



Protein

Your body, muscles, and your metabolism are based around protein and the amino acid profiles that go along with consuming protein. The reason protein is such a hot topic these days is due to the fact that it is the key ingredient to achieving a lean, healthy physique. Each meal should be centered around a lean protein source, such as chicken or fish. Eating protein at each meal will slow the digestive process and lead to a feeling of being fuller longer. Protein also has a high thermogenic effect, meaning it will burn a decent amount of calories just for your body to breakdown the food and digest it. Another reason to work protein into each meal is to ensure that your muscles will always have a constant supply of its essential building blocks. Only protein can build and maintain muscle, not carbohydrates or fat. Do you remember when you were little and played that game where you were trying to fit different shape pegs into their matching holes? Well, think of your existing muscle as a circular hole and protein as a circular peg. Then think of carbohydrates as a square peg and fat as a triangular

Protein Cont.

peg. No matter how hard you tried as a kid, you could never get that square block to fit into the round hole. In the same way, you will never be able to substitute a carb to do a protein's job. Keep relating protein as a metabolism builder and you will be on the right track to nutritional success.

Carbohydrates Are Your Preferred Energy Source

By adding a vegetable, fruit, and/or whole grain to each meal you will be constantly supplying your body with the fuel source that will keep the "pep" in your step. Yes, protein can act as an energy source too, but your body metabolizes and uses carbohydrates much more efficiently. Remember to only eat the amount of carbs that your body requires to keep itself running on all cylinders. It's when you go overboard and stray too far from concentrating on fruits and vegetables that you will start packing on the weight.

I Thought Fat Was Bad for Me?

It is and it isn't all at the same time. Confused? I know I used to be. Saturated fat, which is found in junk food and certain red meats can clog your arteries, raise your cholesterol, and lead to a myriad of health problems. Unsaturated fat, which is found in products such as olive oil, nuts, avocados, and other healthy food, provides your body with a long lasting fuel source and adds to that sensation of feeling fuller at meals.

These unsaturated fats can help lower your risk of heart disease, increase your omega 3 intake, improve your skin, hair and nails, as well as add many other healthy benefits. Keep in mind that you may run into issues if you consume too much fat, since fat does contain 9 calories per gram as opposed to the 4 calories of protein and carbohydrates. This means that fat has more than twice the caloric value of its two counter parts. Use it sparingly, but make sure that you include some type of healthy fat in your diet everyday.

Pre-Portioned Foods

One of the best ways to make sure that you will have foods ready to eat is to precook and divide up meals for the next couple of days. You can grill up extra chicken breast for dinner and then freeze or refrigerate the leftovers. Another great idea is to make your own pre-portioned trail mix bags and other snacks that are ready to go when you need them. Many companies have also started producing mini cottage cheeses, almond bags, healthy yogurt, and low sugar protein bars that make excellent snack or meal choices.

Keep Snacks Handy

Whether you work at a desk or travel for work, it is always a good idea to keep non-perishable snack foods in your drawer or bag, so that you never have to make excuses on why you weren't able to choose a healthy alternative. When everyone else in the

Keep Snacks Handy cont.

office is snacking on that infamous bowl of candy, you'll be able to refrain and comfort yourself with a healthy treat like a piece of fruit or handful of nuts. My personal trick is to always keep a protein bar, almonds packet, and Tupperware shaker with protein powder in my bag so that I never have to cheat on my diet or miss a meal when I am on the road.

Is Grazing Good?

There's a couple of schools of thought that argue whether or not grazing is good for dieters. I happen to believe that even those with the best of intentions get ambushed by living on the grazing theory. I've found that those who are allowed to graze all day long tend not to lose as much weight as their counterparts. By grazing I mean that you will have a bag of nuts or some other snack on your desk and you allow yourself to munch on them throughout the day in hopes of curbing your appetite. While I agree it will help to lower your appetite, it does so by filling you up with calories, even if they are of the good variety. Even healthy foods can add up calorically and therefore will prevent you from burning more calories than you take in for that day. Instead of grazing, I would recommend scheduling your 5 small meals every 3 hours throughout the day. That way, you are ensuring the exact amount of calories that you should be consuming and you are creating an eating routine which will boost your long term adherence and success to your healthy way of eating.

No Food Banking

What is food banking? This term refers to the skipping of meals to allow for a larger meal later in the day. Some people do this because they know that they will be going out to dinner and they are assuming they will be eating inflated portion sizes. They are looking to save some of the calories by skipping a meal or two earlier in the day. There are a few points to address when talking about food banking. The first references the fact that the whole premise of eating every 3 hours is to prevent over eating at each meal. The second issue, is why are you planning to over eat? The last few points deal with the reasons for eating smaller meals throughout the day. Small, frequent feedings allow you to curb your appetite, keep your blood sugar level stable, increase energy, and keep your metabolism running high. By eating a larger meal, you are going to spike your insulin levels, store more fat, and decrease your energy. The best plan of action is to control your portion sizes and choices when you are not able to prepare the meal yourself, instead of "saving up" for a big feeding.

Eat Every 3 Hours

The premise for eating every 3 hours is to allow the previous meal to digest and just as your metabolism starts to slow a little from no longer breaking down food, you speed it back up again with another small meal. Eating every 3 hours will give you a steady

Eat Every 3 Hours cont.

stream of energy throughout your day and will also prevent highs and lows in blood sugar levels, as long as you are choosing low glycemic foods.

"Sava the Flava"

That's Boston speak for "savor the flavor." This means slow down and relax when you are eating. Enjoy each bite and chew each mouthful slowly. Since you will be eating less at each meal this becomes really important. If you just chow down your food, you're more inclined to feel hungry and look for more to eat. You want to give your stomach a chance to feel satisfied and by eating slower, you'll accomplish just that. Tasting each bite is also a great way to be thankful for the food you have and it's an opportunity to enjoy a good meal.

Learn to Say "No"

There comes a time when bread is offered before dinner or dessert is being handed out and you have to just out right refuse what is being offered. You don't have to be rude, but you must insist upon your refusal. You must be willing to take a few joking remarks from your friends about not dining on your old favorite treats. In the end, you know it is the only way to survive eating with family and friends without adding in all those extra calories. Remember it's about the company you're with, not the food.

Empty Calories are Everywhere

I have to admit that we certainly don't live in a dieter's world. We are constantly teased and provoked by mass marketing to try all sorts of tasty looking foods. It takes extra effort to find healthy options at grocery food stores, as well as when grabbing a lunch on the run. Even some foods that are marketed as good for us are nothing more than sugar substances in disguise. Your best bet is never to rely on being able to find a quick bite that is good for you while on the road. Plan ahead and find out what is in the area or better yet, just keep one of your *Fatlossity*® approved snacks in your bag or the glove compartment of your car. If you do have to go searching, make sure to read over the nutritional labels and make the best choice based on the fiber, sugar, fat, and protein content.

Replace Sugary Drinks with H2O

We know that water gives life and energy to our bodies, but did you know that sugar does just the opposite? Sugar sends your energy and metabolism on a roller coaster ride, as well as sets you up to store more body fat. If you are used to drinking even 2 sodas a day you are ingesting over 100 grams of sugar from those 2 drinks. All that sugar will lead to greater food cravings throughout the day and an average weight gain of about a half a pound to a pound of body fat a week until you plateau. Just by

Replace Sugary Drinks with H2O cont.

replacing sodas, fruit juices, and other sugary drinks with water, you will see a nice dip in body fat loss and more stable energy levels throughout the day. If you are used to consuming these beverages for the caffeine, try substituting a green tea or small coffee with Splenda in it. Just make sure to hydrate with 2 glasses of water for every 8oz of caffeinated beverage consumed.

Be Mindful of Enablers

Sometimes one of the biggest hindrances to your success can be enablers. These are the friends, family members, or co-workers in our lives who choose not to support us in our quest to live a healthier life and can actually push us off course. They are the ones who say, "you don't need to lose weight," or "go ahead one piece of bread won't hurt." They are the hardest people to say "no" to, or disagree with since they mean the most to us and we value their opinion. The truth is that they don't have your best interests in mind when they enable you to make decisions that do not lead you closer to your goals. They are sabotaging your best efforts to stay strong and hold to your diet. Their reasons, for the most part, usually come with a selfish motive. They can be for any number of reasons, such as they don't want to admit that their own personal choices are unhealthy, or they fear that you will get into better shape than they are.

Sometimes wives get jealous of husbands wanting to look better and vice versa. Either way, it's best to sit down with those that you care about and let them know of your intention to create a healthier lifestyle for yourself and inform them of some of the sacrifices that come along with turning down foods that push you further away from your ideal body. An even better idea is to get them to join you, so that you can motivate each other and go through the whole experience together.

Fiber is Your Friend

With all the buzz about how fiber can reduce certain types of cancer and act as a weight loss tool, it's hard to believe most people don't get half of the daily recommendation of 25-30 grams. By consuming fiber, you will feel fuller longer and drastically reduce your food cravings. Fiber will also help to reduce the glycemic impact of sugary foods, thereby cutting down on the amount of stored fat within your body. Getting more fiber is easier than you think. By just adding a piece of fruit, a handful of nuts, or even adding fiber capsules or powder to your diet, you will notice an increase in satiety and your ability to stick with your diet.

Front Load Your Meal

This is a great way to prevent over eating. By having a salad, vegetable dish, fiber capsules, or some other low calorie, high fiber food, you can fill up your stomach and signal your brain that you don't need that much more food during your meal. This is a big help to those people who have huge appetites and tend to overeat at lunch and dinner.

Lactose Intolerant?

Research shows that consuming 3 servings of milk, cheese, or yogurt a day can help you lose weight and keep it off when compared to just cutting calories. Dairy's natural nutrients and enzymes help the body to burn more fat while keeping you feeling fuller longer. However, about 25% of the population is lactose intolerant and can't digest dairy very well. They are left with bloating, gas, diarrhea and other unpleasant intestinal discomforts when they consume some forms of dairy. Luckily, *Fatlossity*® has accounted for those who are lactose intolerant and recommends foods that are generally better tolerated by your digestive system. All of the foods also come in a Lactaid or lactose free variety. Even the protein powder! Check out what *3aday.org* recommends for those trying to get their 3 servings of dairy a day:

Compliments of *3aday.org*:

Say Yes to Dairy! Lactose intolerance doesn't mean dairy intolerance. By following the D-A-I-R-Y tips below, most people can comfortably enjoy the taste and health benefits of dairy foods:

***D**rink lactose-free milk, which offers all the nutrients of regular milk but is easier to digest and tastes great.*

***A**ged cheeses like Cheddar and Swiss are naturally low in lactose. Grate some Cheddar or Swiss into a recipe or enjoy a slice by itself.*

***I**ntroduce milk and other dairy foods into your diet slowly. Start with small portions with meals or snacks and gradually work up to 3 servings a day.*

***R**emember LACTAID® Fast Act with your first bite of dairy to help break down lactose so you can enjoy milk and other dairy foods.*

***Y**ogurt is good. Cultured dairy foods like yogurt contain friendly bacteria that help digest lactose.*

Decoding the Glycemic Index

There's been a lot of talk over the last few years about the glycemic index and how it is changing the way people view food.

For the most part, I think the glycemic index (GI) is a very useful tool when evaluating the quality of food you are putting into your body. It measures how quickly your blood sugar levels will rise when a certain food is eaten. Foods with higher GI ratings will cause your blood sugar to rise faster than those with lower GI ratings.

Carbohydrates with a glycemic index of 70 or greater are considered to be high, whereas foods with a GI of 55 or less are calculated to be on the lower end.

Obviously, you would prefer to choose foods on the lower end of the spectrum since high glycemic foods tend to be converted and stored as fat. The problem you will run into is that food labels do not list the GI on the packaging. Therefore, it is difficult to know what glycemic response may occur in terms of blood sugar elevation when digesting that food.

Let's compare two similar sandwiches, one made with oat bran bread and another using a French baguette.

Here's the difference in the glycemic index of those two food choices:

Oat bran bread: GI of 68

French baguette: GI of 136

You may be purchasing a sandwich and are trying to decide what bread to choose between. On the surface these two items may seem very similar being that they are both breads, but as we saw in their ratings there is a big difference. The French baguette has exactly twice the GI rating of the oat bran bread and will likely cause a greater spike in your blood sugar.

This may not seem like too big a deal to you, especially if you aren't diabetic or at risk for any blood sugar related issues, but eating foods that are high on the glycemic index can have long lasting consequences when it comes to maintaining a healthy weight.

Issues arise when you ingest large amounts of sugar. Chemical reactions within your body must combat this problem through an insulin response to maintain normal blood sugar levels (70-110mg/dl). Once your body's insulin has pulled the excess sugar out of the bloodstream you may feel that "crash" or "low" that some people get an hour or so after a high glycemic meal. Have you ever eaten a massive plate of Chinese food and thought, "this should fill me up for the night," only to realize a couple of hours

Decoding the Glycemic Index cont.

later that you are starving? This is a natural response to eating foods that have a high GI rating.

Keep in mind that foods with a lower glycemic index have been proven to satisfy your hunger better and keep your food cravings lower throughout the day.

It is also important to differentiate between a high glycemic index and a high glycemic load. This is a major point that most diet books and "experts" skip over. The glycemic index tells you how quickly a food will turn into sugar, however, the glycemic load (GL) refers to the amount of amount of carbohydrates in that food serving. A GL of 20 or more is considered high and a GL of 10 or less would be viewed as low.

For example, if you were to look at watermelon, you would undoubtedly say that with a GI rating of 85+ it is considered a very high glycemic food. What the glycemic index wouldn't have told you is that it has an extremely low glycemic load of about 4. How can this be? Watermelon only has 6 carbohydrates per 120 gram serving, therefore your spike in insulin levels will be minimal.

The American Journal of Clinical Nutrition published a food list in 2002 with 750 foods included on it. It displays not only the glycemic index rating, but also serving size and glycemic load.

Calm, Phase 1 of *Fatlossity*®, includes only nutritional, low glycemic foods, and is one of the corner stones to keeping your "hungry horrors" more than an arms reach away.

The following pages include a variety of foods on the glycemic index. Compare and see for yourself which ones are lower than others and are, therefore, a better choice for you in the beginning stages of your nutritional plan.

Glycemic Index & Glycemic Load of Common Foods

Grains (Category 1)

<u>Food</u>	<u>GI / GL</u>
Oat bran	44 / 8
Multi-grain	48 / 6
Pound cake	54 / 15
Rye	55 / 7
White pita	57 / 10
Blueberry muffin	59 / 17
Hamburger bun	61 / 9
Croissant	67 / 17
Whole wheat	70 / 10
Bagel	72 / 25
Kaiser roll	73 / 12
Doughnut	76 / 17
Waffle	76 / 10
White	80 / 11
White English Muffin	84 / 11
Pancakes	113 / 22
French baguette	110 / 15

Grains (Category 2)

Rice bran	22 / 2
All-Bran	38 / 9
Oatmeal	50 / 2
Muesli	54 / 7
Raisin Bran	66 / 12
Life	66 / 16
Special K	74 / 14
Cheerios	74 / 15
Cream of Wheat	74 / 22
Corn bran	75 / 15
Total	76 / 17
Shredded Wheat	77 / 13
Grape Nuts	81 / 16
Millet	81 / 25
Rice Krispies	82 / 21
Corn chex	83 / 21
Rice chex	89 / 23
Corn flakes	92 / 24

Glycemic Index & Glycemic Load of Common Foods cont.

Grains (Category 3)

Wheat kernels	39 / 11
Cracked barley	46 / 12
Brown	50 / 16
Semolina	56 / 6
Couscous	61 / 23
Bismati	66 / 22
White	74 / 25
Rice cakes	93 / 17
Jasmine	119 / 46

Pasta

Fettuccini	40 / 18
Vermicelli	42 / 16
Instant noodles	47 / 19
Macaroni	47 / 23
Cheese tortellini	50 / 10
Linguine	52 / 23
Gluten Free	54 / 22
Spaghetti	64 / 27
Udon noodles	70 / 30
Gnocchi	77 / 33
Corn pasta	88 / 32
Brown rice pasta	100 / 35

Dairy

Low fat fruit yogurt	30 / 3
Skim Milk	32 / 4
Whole milk	40 / 3
Soy Milk	49 / 8
Low fat ice cream	58 / 3
Ice cream	68 / 8

Fruits

Cherries	22 / 3
Grapefruit	25 / 3

Glycemic Index & Glycemic Load of Common Foods cont.

Fruits cont.

Orange	31 / 3
Pear	33 / 4
Prunes	33 / 10
Plum	44 / 5
Apple	42 / 6
Grapes	46 / 8
Strawberries	47 / 1
Kiwi	51 / 5
Banana	51 / 13
Fruit cocktail	55 / 9
Peach	56 / 5
Mango	56 / 8
Apricots	57 / 5
Pineapple	67 / 7
Figs	67 / 16
Raisins	75 / 28
Watermelon	85 / 4
Dates	124 / 42

Legumes

Soya beans	18 / 1
Black beans	20 / 5
Red lentils	26 / 5
Kidney beans	28 / 7
Chickpeas	28 / 8
Green lentils	30 / 5
Lima beans	32 / 10
Navy beans	38 / 12
Black-eyed peas	42 / 13
Pinto beans	45 / 10

Vegetables (root)

Carrots	16 / 1
Yam	37 / 13
White potato(boiled)	50 / 14
Sweet potato	61 / 17
Beets	64 / 5

Glycemic Index & Glycemic Load of Common Foods cont.

Vegetables (root) cont.

White potato(steamed)	72 / 18
White potato(mashed)	4 / 14
French fries	75 / 22
White potato (microwave)	82 / 27
White potato (instant)	85 / 17
White potato (baked)	111 / 26

Vegetables

Artichoke	< 20
Asparagus	< 20
Broccoli	< 20
Brussels sprouts	< 20
Collard greens	< 20
Cabbage	< 20
Cauliflower	< 20
Celery	< 20
Cucumbers	< 20
Eggplant	< 20
Green beans	< 20
Kale	< 20
Lettuce	< 20
Mushrooms	< 20
Nuts	< 20
Peppers	< 20
Snow peas	< 20
Spinach	< 20
Spaghetti squash	< 20
Summer squash	< 20
Watercress	< 20
Zucchini	< 20
Tomatoes	< 20
Green peas	39 / 3
Sweet corn	53 / 17
Pumpkin	75 / 3

Fatlossity

Fatlossity[®] Diet Plan

The Phases of the **Fatlossity®** Diet Plan

Formerly known as, *The Real World Ultimate Weight Loss Manual*, this guide was created for my clients who were looking for a quick, effective, yet healthy approach to long-term weight loss. This easy to understand diet takes into account the fact that most people do not have the luxury or time to prepare gourmet meals with countless ingredients and hard to follow recipes.

As a result, I divided this diet formula into 3 phases, which are comprised of the Calming Phase, the Reshaping Phase, and the Fit Life Phase.

Phase I - Calm

Phase 1 has the amazing effect of calming the inner systems of your body. These are the systems that you can't see or necessarily feel as you go about your daily life. Phase 1 lasts 21 days, with the goal of bringing about a positive environment within your body to promote long-term body fat loss. This is accomplished by resolving your body's insulin resistance, which is typically brought on by consuming too many processed foods. These "insulin spikers" include sugars, white starches, most yeast products, potatoes, alcohol, some dairy, and even nature's candy, fruit.

Once these products have been eliminated from the body for 2-3 weeks you'll notice that your cravings have subsided and many body ailments associated with these foods such as headaches, joint pain, fatigue, skin irritations, and many others seem to disappear. This is obviously the strictest phase and is not meant for long-term maintenance. However, in the short term, you will see remarkable results with common weight loss averages of 8-21lbs. Some of this weight loss will result from water loss, but a great portion will come from a diminished size in adipose tissue stores, otherwise known as fat. To reduce muscle fiber degradation at this time, it is highly recommended that you increase your resistance training and keep your cardiovascular work to interval training. Just remember that the first phase is not a long-term nutritional solution, but can be reintroduced during any phase whenever it is needed to loose those extra pounds from stressful, holiday, vacation, or emotional eating.

Phase 2 - Reshape

Phase 2 lasts as long as it takes to achieve your desired body weight or body composition. During this second phase, you will gradually start to reintroduce low-glycemic healthy carbohydrates such as certain fruits and whole grains. Typically, weight loss slows down slightly during this phase as higher net caloric foods are reasimilated into your diet. Although you will continue to burn body fat during the Reshaping Phase, if you feel that you would like to continue with Phase I for another few weeks to speed up your results you may do so. More importantly, you will experience a surge in your energy levels during the reshaping phase and you will also be able to crank up your workouts to the next level. This portion of the diet will allow you to sculpt the fit and trim body that you have been thinking about since you started your *Fatlossity®* training.

The Phases of the Fatlossity® Diet Plan

Phase 3 - Fit Life

You are now ready to start living the Fit Life. You have attained your goal weight and ideal body through your hard work and dedication. You no longer need to focus on weight loss and you are now ready to fully incorporate a nutritional plan that you can sustain for the rest of your life. Living the Fit Life means focusing more on enjoying your new healthy body and lifestyle, and not wanting to slide back to previous unhealthy habits. During this phase, there are no particular foods to exclude, so feel free on occasion to enjoy dessert, as long as you don't let all your hard work unravel. Just remember, you can always hop back on Phase 1 or 2 if you need to shed those extra couple of pounds resulting from the liberties taken while on Phase 3.

The following pages include the complete *Fatlossity® Diet Plan*, as well as Fatlossity Fuel® list. I will walk you step-by-step through the entire process of learning how to eat to live, instead of living to eat. You will also find many helpful tips in this chapter that have helped others just like you to attain great success. Read through the whole plan carefully and make sure you absorb all of the information. Then, most importantly, begin to act on it!

Fatlossity Fuel®

The *Fatlossity Fuel*® foods have been hand picked as the most powerful weight loss tools you will use in achieving the look you want in the time frame you want. These foods are highly metabolic and possess unique weight loss properties that allow you to eat them without feeling guilty. As always, these foods are all-natural, so you should feel good about yourself and the decisions you are making to improve the quality of your life and health.

Below is a list of the foods that will get you to your goals faster and safer than you ever thought possible. Some of them may not be incorporated in the Fatlossity® Phase 1 Calming Stage, but they do appear in Phase 2 and 3.

Get familiar with these foods and make sure to put them at the top of your grocery list and include them as the main staples of your diet.

***Fatlossity Fuel*® for your Grocery List:**

Protein Sources

Fish
Chicken breasts
Turkey breasts
Lean beef
Whey protein
Egg whites, egg beaters
Low fat string cheese
Low-fat, low-sugar yogurt
Low-fat, low-sugar cottage cheese
Laughing Cow cheese wedges
Skim milk

Fruits (Phase II & III)

Grapefruit
Apples
Oranges
Blueberries
Raspberries
Blackberries
Cherries
Melons

Fatlossity Fuel® cont.

Fruits (Phase II & III) cont.

Peaches
Oranges
Lemons
Limes

Vegetables

Broccoli
Kale
Spinach
Peppers (red, yellow, green, & orange)
Dark green lettuce
Cauliflower
Asparagus
Snow Peas
Brussels Sprouts
Mushrooms
Tomatoes
Chick peas (hummus)
Beans

Grains (Phase II & III)

Oat bread (high fiber)
Joseph's ALA flax wraps (high fiber)
Old Fashioned Oatmeal (no sugar added)
Quaker "Weight Control" instant oatmeal
Brown rice
Whole-wheat pasta (high fiber)

Healthy Fats

Avocados
Olive oil
Balsamic Vinaigrette
Almonds
Walnuts
Pecans
Natural, low-sugar peanut butter

Fatlossity Fuel® cont.

Optional Low-Calorie Desserts

Low-fat, low-sugar fudgesicles

Sugar-free popsicles

Fat-free, sugar free pudding

Sugar-free Jell-O

Cool whip

Light whip cream

Other

Green tea

Low-sodium spices

Take a Good Look at Your Food

3 Steps to Successful Eating

Step 1

First, take a good look at what you are about to order or cook. Is it the type of food you want to be using to fuel your body. Remember what you put into your body is what you are going to get out of it. If it's powered by donuts and bagels, you are going to feel like a bag of lead walking around all day. Try thinking about the natural powers of fruits, vegetables, lean meats, fish, and low fat dairy products.

Step 2

Make sure you use a 9" plate – no larger. Remember the study that shows those who finished a 9" plate full of food felt fully satisfied after clearing their plate, compared to those who used a 12" plate and only filled it with 9" worth of food. The mind is a very powerful thing... use it to your advantage.

Step 3

Divide your plate in 3's:

Fatlossity Power 1 Phase - Calm

50% protein
25% vegetable
25% vegetable

Fatlossity Power 2 Phase - Reshape

50% protein
25% vegetable
25% fruit or grain

Fatlossity Power 3 Phase - Maintain

50% protein
25% vegetable
25% fruit or grain

If you follow this simple guide when planning each meal you will be well on your way to living the healthy, fit life you've always wanted.

Your new lifestyle awaits you!

Phase 1

Calm

Phase 1 - Calm

Phase I is the strictest part of the *Fatlossity*® Diet Plan, but it is also the most rewarding. If you can stick with Phase I for all 21 days, you will see a dramatic reduction in not only your weight on the scale but inches off of your waist, hips, and thighs. I recommend choosing a specific date to start the program where you can adhere to it without any deviations for at least the next 2-3 weeks. If after 2 weeks you find the nutritional program too restricting you may move on to Phase II. If you are not having any problems, continue on with Phase 1 calming foods for the full 21 days. Good luck and get started as soon as possible!

You will find a grocery list at the end of the chapter that will aid you in cleaning out all of the foods that are restricted from Phase I from your cabinets and refrigerator and replacing them with Phase 1 weight loss foods to enjoy. Always make sure you have plenty of the foods you can eat around, so that you will never miss a meal or snack. It is all too common to forget to eat and then become so hungry that you over eat at your next meal. If you are on the go, remember to bring a pre-packaged bag of almonds with you to keep your energy levels high and your hunger pangs low.

I have taken out most of the suggested serving portions for this diet. I want you to instead think about using your fists as your portion control police. Each meal should be no more than the size of 2 fists, while each snack will be approximately 1 fistful. If you are still hungry 20 minutes after eating your meal, feel free to load up on more green vegetables, like salads, cucumbers, and celery.

You're going to love it - now let's go take a look at your new diet plan!

Phase 1 Sample Meal Plan

Day 1

Breakfast

Egg omelet (Egg Beaters or 3 whites + 1 whole egg)
Mushrooms, peppers
Low fat mozzarella cheese
(8-16oz) water
(8oz) coffee with skim or 1% milk, no sugar (optional)

Midmorning Snack

(1/4c) *Just a Handful* of Almonds
(8-16oz) water

Lunch

Chef salad
- low fat cold cuts over lettuce and vegetables
Balsamic vinaigrette, or low sugar dressing
(8-16oz) water

Midafternoon Snack

Low Fat or skim mozzarella string cheese
(8-16oz) water
(8oz) Green tea

Dinner

Turkey meat balls
(3-4oz-ground turkey breast, Parmesan cheese, salt, pepper, garlic, and Italian seasonings), (1/2c) Tomato sauce
Salad with Balsamic vinaigrette, or low sugar dressing
(8-16oz) water

Dessert

Sugar Free – Zero Calorie *Jell-O* (optional)

Phase 1 Sample Meal Plan

Day 2

Breakfast

Mexican omelet

- (3 egg) Egg Beaters or 3 whites + 1 whole egg), Spinach, (1tbsp) salsa,
(1slice) low fat mozzarella cheese

(8-16oz) water

(8oz) coffee with skim or 1% milk, no sugar (optional)

Midmorning Snack

(1-2 tbsp) Hummus and raw vegetables

(8-16oz) water

Lunch

Grilled chicken over salad

Balsamic vinaigrette & olive oil, or low sugar dressing

(8-16oz) water

Midafternoon Snack

(1/2c) No fat cottage cheese

(8-16oz) water

(8oz) Green tea

Dinner

Grilled or baked salmon

Use Pam olive oil spray to cook with

Broccoli (balsamic vinaigrette or low-fat cheese topping optional)

(8-16oz) water

Dessert

Sugar free fudgesicle (optional)

Phase 1 Sample Meal Plan

Day 3

Breakfast

Strawberry Protein Smoothie

- (8oz) water or skim milk, 1/2c. ice, 1sc. of strawberry protein powder

(8oz) coffee with skim or 1% milk, no sugar (optional)

Midmorning Snack

20 pieces of raw or lightly salted cashews, almonds, or walnuts

(8-16oz) water

Lunch

Turkey & cheese roll-ups

Mustard optional

(8-16oz) water

Midafternoon Snack

Laughing Cow Light Cheese wedges

Raw vegetables

(8-16oz) water

(8oz) Green tea

Dinner

Chicken Kabobs

(3-4oz chicken, peppers, cherry tomatoes, mushrooms, onions)

(8-16oz) water

Dessert

Sugar free popsicle (optional)

Phase 1 Sample Meal Plan

Day 4

Breakfast

- (2) fried eggs w/ Pam olive oil spray
- (2) slices turkey bacon
- (8-16oz) water
- (8oz) coffee with skim or 1% milk, no sugar (optional)

Midmorning Snack

- Low fat or skim mozzarella string cheese
- (8-16oz) water

Lunch

- Canned or fresh tuna over salad w/vegetables
- Balsamic vinaigrette & olive oil, or low sugar dressing
- (8-16oz) water

Midafternoon Snack

- Cottage cheese
- (8-16oz) water
- (8oz) Green tea

Dinner

- Grilled Protein Burger
- (3-4oz) Ground turkey breast, Parmesan cheese, salt, pepper, and Italian seasonings
- 1tbsp. ketchup or mustard
- Wrap in large lettuce leaves
- (8-16oz) water

Dessert

- Sugar Free – Zero Calorie *Jell-O* Pudding (optional)

Phase 1 Sample Meal Plan

Day 5

Breakfast

Peanut Butter Cup Protein Smoothie

- 8oz water or skim milk, 1/2c. ice, 2tsp peanut butter, 1sc. of chocolate protein powder

(8oz) coffee with skim or 1% milk, no sugar (optional)

Midmorning Snack

20 pieces of raw or lightly salted almonds

(8-16oz) water

Lunch

Grilled shrimp over salad

Balsamic vinaigrette & olive oil, or low sugar dressing

(8-16oz) water

Midafternoon Snack

(1-2) Laughing Cow Light Cheese

Raw vegetables

(8-16oz) water

(8oz) Green tea

Dinner

Sirloin or top round beef

Broccoli, Cauliflower, or peas

(8-16oz) water

Dessert

Sugar free fudgesicle (optional)

Phase 1 Sample Meal Plan

Day 6

Breakfast

Spinach Egg omelet (Egg Beaters or 3 whites + 1 whole egg)
Spinach
(1 slice) low fat mozzarella cheese
(8-16oz) water
(8oz) coffee with skim or 1% milk, no sugar (optional)

Midmorning Snack

(1-2 Tbsp) Hummus and raw vegetables
(8-16oz) water

Lunch

(1/2c) Black beans covered in low fat mozzarella cheese
(8-16oz) water

Midafternoon Snack

(1-2) Low fat ham & cheese roll-ups
Mustard
(8-16oz) water
(8oz) Green tea

Dinner

Swordfish, Sole, Tuna, or Cod
Broccoli, Cauliflower, or peas
(8-16oz) water

Dessert

Sugar free popsicle (optional)

Phase 1 Sample Meal Plan

Day 7

Breakfast

Strawberry Protein Smoothie
(8oz water or skim milk, 1/2c. ice, 1sc. of strawberry protein powder)
(8oz) coffee with skim or 1% milk, no sugar (optional)

Midmorning Snack

20 pieces of raw or lightly salted peanuts
(8-16oz) water

Lunch

Grilled Chicken Caesar Salad (light cheese and no croutons)
(1-2 tbsp) Caesar dressing
(8-16oz) water

Midafternoon Snack

(1/2c) Cottage cheese
Sliced vegetables
(8-16oz) water
(8oz) Green tea

Dinner

Shrimp and String/Green Bean Stir Fry
- (3-4oz/ 1c of jumbo pre-cooked shrimp, 1-2c of String or green beans,
chopped garlic, 1tsp olive oil, seasonings)
(8-16oz) water

Dessert

Sugar Free – Zero Calorie *Jell-O* (optional)

Phase 1 Sample Grocery List

Low-Fat Proteins

Dozen eggs or 2pkgs of Egg Beaters
1lb Low fat turkey cold cuts
1lb Low fat ham cold cuts
12 slices of Fat free mozzarella cheese
6pk of mozzarella string cheeses
Small container of parmesan cheese
1pkg of Laughing Cow Light Cheese
1lb of skinless chicken breasts
8oz of ground turkey breast
4oz of sirloin
1pkg of turkey bacon
Salmon, tuna, cod, swordfish, and/or sole
Canned tuna or canned chicken
1pkg of pre-cooked jumbo frozen shrimp
1 can black beans
Chocolate, Vanilla or Strawberry protein powder

Healthy Carbohydrates

16oz low fat cottage cheese
1 head of broccoli (or frozen pieces)
1pkg frozen spinach
1pkg of cauliflower or other vegetable
1pkg of any type of mushrooms
2 large red peppers
Asparagus
Small package of cherry tomatoes
Head of lettuce
Onion
Mustard
1pkg of celery (or pre-cut package in water)
Hummus and salsa
1 can, jar, or fresh tomato sauce
Sugar free *Jell-O*
Sugar free fudgesicles, and/or sugar free popsicles

Good Fats

Pam olive oil spray
Balsamic vinaigrette
Olive oil
Low sugar dressing
Reduced fat peanut butter
Small package of raw or lightly salted almonds
Small package of raw or lightly salted peanuts
I Can't Believe It's Not Butter! spray

Phase 2

Reshape

Phase 2 - Reshape

Phase II reintroduces some whole grains and fruits to make your weight loss nutritional experience a little more exciting. You are now able to eat certain types of breads to make sandwiches and you can now start adding berries to your protein smoothies or cottage cheese. Breakfast choices will also become that much easier with the reintroduction of some favorites like *Quaker Weight Control* instant oatmeal and *Special K High Protein Lo Carb Lifestyle* cereal.

You're almost there so keep up the great work!

Sample Phase II Foods to Enjoy: (in addition to all of of Phase I foods)

Joseph's lavash (sandwich wrap)
Quaker Weight Control instant oatmeal
Blueberries
Strawberries
Blackberries
Cherries
Raspberries
Grapefruit
High-fiber whole grain bread (at least 3g fiber per slice)
Brown rice (high fiber - at least 3g per serving)
Special K High Protein Lo Carb Lifestyle cereal
Mini Detour, *Zone* or *Balance Gold* protein bars
Kashi 7 Grain TLC crackers

Phase 2 Sample Meal Plan

Day 1

Breakfast

Quaker Oatmeal Weight Control Instant Oatmeal
(8-16oz) water
(8oz) coffee with skim or 1% milk, no sugar (optional)

Midmorning Snack

(1/4c) *Just a Handful* Almonds
(3-4) Strawberries
(8-16oz) water

Lunch

Grilled Chicken Caesar Salad (light cheese and no croutons)
(1tbsp) of Lite Caesar dressing
(8-16oz) water

Midafternoon Snack

(1/2c) No fat cottage cheese
(Handful) of berries
(8-16oz) water
(8oz) Green tea

Dinner

Shrimp and String/Green Bean Stir Fry
- (3-4oz/ 1c) of jumbo pre-cooked shrimp, (1-2)c of String or green beans, (1tsp)
olive oil, seasonings
(8-16oz) water

Dessert

Sugar Free – Zero Calorie Jell-O (optional)

Phase 2 Sample Meal Plan

Day 2

Breakfast

(1c) *Special K Protein Plus Lo Carb Lifestyle* Cereal w/skim milk
(8-16oz) Water
(8oz) coffee with skim or 1% milk, no sugar (optional)

Midmorning Snack

(15) *Kashi 7 Grain TLC* crackers
(2) Laughing Cow light cheese wedges
(8-16oz) Water

Lunch

Cold Cut Wrap
- (2-3 slices) Turkey, (1 slice) Low fat cheese, (1/2) *Joseph's* lavash wraps
w/ALA & Flax
Lite dressing lettuce, tomato, mustard

Midafternoon Snack

Mini-Detour, Zone or *Balance Gold* protein bar
(8-16oz) water
(8oz) Green tea

Dinner

Grilled or baked salmon (use Pam olive oil spray)
Broccoli (balsamic vinaigrette optional)
(8-16oz) water

Dessert

Sugar free fudgesicle (optional)

Phase 2 Sample Meal Plan

Day 3

Breakfast

Strawberry Protein Smoothie

- (1/2-1c) frozen berries, (1sc) of strawberry protein powder, (12oz) water or skim milk

(8oz) coffee with skim or 1% milk, no sugar (optional)

Midmorning Snack

Low sugar protein bar

(8-16oz) water

Lunch

(1/2 can) Canned tuna over salad w/vegetables

Balsamic vinaigrette & olive oil, or low sugar dressing

(8-16oz) water

Midafternoon Snack

(1/4c) Almonds, peanuts, walnuts, or pecans

Raw vegetables

(8-16oz) water

(8oz) Green tea

Dinner

Chicken Kabobs

(3-4oz chicken, peppers, cherry tomatoes, mushrooms, onions)

(8-16oz) water

Dessert

Sugar free popsicle (optional)

Phase 2 Sample Meal Plan

Day 4

Breakfast

(2) Hard boiled eggs
(2 slices) Turkey bacon
(1/4c) *Quaker Old Fashioned* oatmeal
(8-16oz) water
(8oz) coffee with skim or 1% milk, no sugar (optional)

Midmorning Snack

Low fat or skim mozzarella string cheese
3-4 Strawberries
(8-16oz) water

Lunch

(2) Turkey & cheese roll-ups
Mustard optional
(1) Apple w/skin
(8-16oz) water

Midafternoon Snack

1/2c cottage cheese
(8-16oz) water
(8oz) Green tea

Dinner

Grilled Protein Burger
- (3-4oz) ground turkey breast, 1tsp Parmesan cheese, salt, pepper, and Italian seasonings
(1tbsp) ketchup or mustard & wrap in large lettuce leaves
(8-16oz) water

Dessert

Sugar Free – Zero Calorie Jell-O Pudding (optional)

Phase 2 Sample Meal Plan

Day 5

Breakfast

Peanut Butter Cup Protein Smoothie

- (8oz) water or skim milk, (1c) Ice (2tsp) peanut butter, (1sc) chocolate protein powder

(8oz) coffee with skim or 1% milk, no sugar (optional)

Midmorning Snack

(1/4c) *Just a Handful* Almonds

(1/2) Grapefruit

(8-16oz) water

Lunch

Grilled shrimp over salad

Balsamic vinaigrette, or low sugar dressing

(8-16oz) water

Midafternoon Snack

Laughing Cow Light Cheese wedges

Raw vegetables

(8-16oz) water

(8oz) Green tea

Dinner

3-4oz Sirloin or top round beef

Broccoli, Cauliflower, or peas

(8-16oz) water

Dessert

Sugar free fudgesicle (optional)

Phase 2 Sample Meal Plan

Day 6

Breakfast

(3) Egg omelet (*Egg Beaters* or 3 whites + 1 whole egg)
(Handful) Mushrooms
(1 slice) Low fat mozzarella cheese
(8-16oz) water
(8oz) coffee with skim or 1% milk, no sugar (optional)

Midmorning Snack

Hummus and raw vegetables
(8-16oz) water

Lunch

Grilled chicken over salad
Balsamic vinaigrette, or low sugar dressing
(8-16oz) water

Midafternoon Snack

Low sugar protein bar
(8-16oz) water
(8oz) Green tea

Dinner

Swordfish, Sole, Tuna, or Cod
Broccoli, cauliflower, or peas
(8-16oz) water

Dessert

Sugar free popsicle (optional)

Phase 2 Sample Meal Plan

Day 7

Breakfast

Quaker Oatmeal Weight Control Instant Oatmeal
(8-16oz) water
(8oz) coffee with skim or 1% milk, no sugar (optional)

Midmorning Snack

(1/4c) *Just a Handful* Almonds
(3-4) Strawberries
(8-16oz) water

Lunch

Cold Cut Wrap
(2-3 slices) Turkey
(1 slice) Low fat cheese
(1/2) *Joseph's* lavash wraps w/ALA & Flax
Lite dressing lettuce, tomato, mustard
(8-16oz) water

Midafternoon Snack

(1/2c) No fat cottage cheese
Sliced vegetables
(8-16oz) water
(8oz) Green tea

Dinner

(3-4oz) Ground turkey breast meatballs
(1/2c) Red sauce/(1 tbsp) Grated cheese
Salad or vegetables
(8-16oz) water

Dessert

Sugar Free – Zero Calorie *Jell-O* Pudding (optional)

Phase 3

Fit Life

Phase III - Fit Life

Phase 3 is all about moderation and enjoying all the foods you love to eat. By now you should be at your goal weight and are looking forward to once again sampling some of your favorite foods. After all, you deserve it!

I recommend that once a week you choose a dish that is restricted from Phase 1 and 2 and sit down to a nice meal. Don't choose sweets for snacks or sugary drinks, but instead enjoy some of your favorite recipes and occasionally splurge on a dessert. You can also now add a limited amount of alcohol back into your diet, if you choose.

After a couple of weeks of trial and error you will eventually know exactly how much you can "cheat" and still maintain your goal weight. My recommendation is to maintain Phase 2 meals 9 out of 10 times, or pick 1 day of the week to have a cheat meal. One other note - it's a "cheat" meal, not a "binge" meal.

Always remember, if you weigh in that next Monday and you gained a pound or two, simply use a combination of Phase 1 and 2 meal plans to get you back to your goal weight.

It's time for you to start living the Fit Life!

Nutritional Supplements

I would be remiss if I didn't include a section on the ever popular diet pill and supplement market. As you could see from the *Fatlossity*® sample meal plans, I feel that healthy nutritional supplements can certainly aid you in your weight loss. However, I do not condone the use of "fat burners" or "blockers," which for the most part are ineffective and dangerous. The only effect they really do have on your metabolism comes from the caffeine they add to their "stack." Everything else is usually just filler and potentially very harmful to your body.

The following few paragraphs will give you a little better idea of how deceitful most supplement companies can be and are allowed to be.

Dietary Supplement Scams

On October 25, 1994 President Clinton signed the DSHEA, Dietary Supplement and Health Education Act, allowing consumers to determine whether dietary supplements may be beneficial for them. This essentially deregulated the Food and Drug Administration's control over ensuring that a supplement's claims were truthful, safe, and not misleading.

Before 1994, a supplement was defined as a "product that contained one or more of the essential nutrients." After DSHEA the new definition of a supplement was changed to "any product intended for ingestion as a supplement to the diet."

This was a massive change in the supplement industry, which now allowed manufacturers to put any product they would like on the market without having to provide the FDA with information on the new supplement. Keep in mind that all other food additives or drugs must go through an FDA approval process.

Although supplement manufacturers are not allowed to make claims stating that the product can be used to diagnose, prevent, mitigate, treat, or cure a disease, they can make statements concerning the nutrient deficiencies or diseases affecting consumers in the United States.

This essentially leaves supplement manufacturers with a free pass to put any product they desire onto the market and aggressively advertise it to American consumers desperate to find a "magic pill" to cure their problems. The company's only caveat to the buyer is some small print reading "this statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease."

In 2006, IHRSA stated that supplement sales would top \$18 billion dollars and over 42% of all US health clubs sell dietary products to their members.

Nutritional Supplements cont.

Protect Yourself

Since the Dietary Supplement and Health Education Act has deregulated the supplement industry for manufacturers to put any product they want on the market and make some fairly outrageous claims, how can consumers pick out the products that actually work from those that don't?

In order for American consumers to protect themselves from potentially harmful products the FDA recommends that buyers do a little homework before deciding on which product to purchase. First, consumers should check the U.S.P on the products label to see if the manufacturer follows the standards established by the United States Pharmacopoeia. Second, consumers must understand that "natural" doesn't mean that the product is safe for you (ie. Poisonous mushrooms). Third, potential buyers should consider the company that is producing the product. Are they a nationally known manufacturer that has been around a long time with tighter standards in place ensuring the quality of their product?

Consumers must also realize that just because there have been a few studies validating the efficacy of a company's particular product, it does not necessarily mean that it works or is safe for you. Remember, the supplement industry is big business and the larger manufacturers have deep pockets that fund many of these "scientific studies" publishing the research on their products.

As consumers, we are accustomed to looking for that "magic pill" or quick fix to our problems, but in the end we must all come to the realization that health and wellness can only be achieved through education and responsible lifestyle choices.

So are there any nutritional supplements that have been proven safe for you to use?

There are and those are the only ones that I would ever recommend to any of my family members, relatives, friends, clients, and readers. The difference with the nutritional products that I recommend is that they come from all-natural sources and from reputable companies. I've read the research, seen the studies, and feel confident relaying this information to you.

You must remember, though, that ultimately choosing to take a supplement is your decision. If you do not feel comfortable with that choice, then you are better off consuming only whole foods. Keep in mind though, that a product like whey protein that comes from natural dairy sources, although in a pre-packaged tub, is still a heck of a lot better for you than a quart of ice cream. They're both dairy, but believe it or not, the whey protein is far less processed and contains less additives than your favorite ice cream treat. Now let's take a look at the ones I do feel comfortable recommending.

Nutritional Support Products

Fruit & Vegetable Supplement

Whole fruits and vegetables condensed into all-natural capsules.

FOR: Anyone not getting 7-10 servings of fruits and vegetables a day

Multi-Vitamin/Mineral

Separate formulas for both men and women to ensure that they are getting their daily recommended allowance of all essential vitamins and minerals.

FOR: Anyone dieting(less than 2,000 calories) or not eating balanced meals

Omega 3 Essential Fatty Acids/ Fish Oil

This cholesterol free, natural fish oil concentrate helps to lower your risk of coronary heart disease. 3,000mg per 3 capsule serving

FOR: Everyone to protect against coronary heart disease

Coral Calcium Plus

Coral Calcium Plus can help to support a healthy serum pH, strengthen your bones and provide for optimum enzymatic activity within your body

FOR: Women who take in less than 1,200 – 1,500mg of calcium per day

Whey Protein Shake

In terms of bioavailability and digestibility, whey protein is the king of all complete proteins. It supports your metabolism, energy, recovery and muscle regeneration.

FOR: Anyone looking to add a high quality protein source to their diet

Protein Bar

One of the cheapest, easiest, and fastest solutions to a high quality meal on the go.

Bars come in many shapes and sizes and are a 2nd choice behind protein shakes.

FOR: Anyone looking to add a quick and easy high quality meal or snack

Fiber Powder (Psyllium Husk)

A quick and easy way to add fiber to your diet naturally. Fiber is essential for a healthy digestive tract and it helps to slow the digestion of food allowing you to feel fuller longer.

FOR: Anyone who is not getting the recommended 30+ grams of fiber per day

*** Since I am always searching for the very best quality, safest, and most effective nutritional supplements on the market, I have not listed the current brands that I believe in the most. For a full list of those brands check out www.StephenCabral.com

Exercise Keys to Success

Exercise

Exercise means many things to many people, but few people know what exercises to do and in what order to achieve a specific result. In this case, we are specifically looking at shredding fat from the body, leaving you with a lean and healthy looking physique. Keep in mind that working out for weight loss looks remarkably different than training for strength, power, or bodybuilding.

The *Fatlossity*® keys to success prepare you with the knowledge and background to feel comfortable the very first day you begin your *Fatlossity*® fitness program. I skip the muscle-head jargon and select just the most important *Exercise Keys to Success* that will inevitably lead to life-long health and fitness.

As you read this chapter absorb the terms just as you had in the Nutritional Keys to Success. If you don't understand a particular item, go back and reread it and know that once you get into your *Fatlossity*® exercises, everything is going to click. Always refer back to the chapters that focus on your keys to success so that you are continuing to educate yourself through repetition and awareness.

Enjoy the chapter!

Decrease Your Workout Time

If you are still spending an hour or more exercising, you should aim to increase the quality of your time working out and decrease the overall time spent doing it. Escalating Density Principles clearly state that completing more work (or even the same amount of work you've been doing) in less time will get you better results. This is an amazing discovery and it will make a dramatic difference in the way you view your workouts (and yourself in the mirror).

Compound Movements

What's the best way to do more work in less time? Compound movements! When it comes to burning fat at a rapid pace, you need to throw out all those accessory, single-joint exercises like curls and extensions and replace them with compound, multi-joint movements. By targeting larger, denser muscle groups, you will find that you need very few of these exercises to spike your metabolism. Compound movements are one more way in which *Fatlossity*® separates itself from the competition.

Steady State Cardio is Out

Slow, steady paced cardio is for endurance athletes and those wanting cardiovascular benefits only. If you want fat loss or body transformation results, you have to opt for interval based cardio sessions. The days of long boring runs are over.

Interval Cardio is In

Interval based cardio promotes a maximum metabolic boost that can keep you burning calories all day long. An interval is an exercise lasting 20 to 120 seconds that spikes the heart rate. The latest studies report subjects' metabolisms being elevated for up to 36 hours after an intense session. Interval workouts are no longer limited to traditional cardio pieces such as treadmills, ellipticals, steppers, and bikes. Fitness enthusiasts can get just as great a result, if not better, by performing body weight or resistance exercises to increase their heart rate for a short period of time.

Perform Resistance Exercises

No other single form of exercise can strengthen your bones, tendons, ligaments, muscles, increase your metabolism, improve your cardiovascular strength, boost your energy levels, improve your mood, reduce certain forms of cancer and heart disease, fight Alzheimer's and diabetes, and add years to your life. If you were ever wondering if you should be lifting weights... start now!

Lower the Weight Slowly

The debate will always rage on between how slowly you should actually lower a weight

Lower the Weight Slowly cont.

during the eccentric phase of an exercise, but suffice to say it should last anywhere between 2-4 seconds. A slow pace will allow you to place the resistance on exact muscle groups you are looking to work. This will stimulate those specific muscle fibers to become stronger and potentially more metabolically charged. It will also ensure that you are keeping your joints protected by preventing any quick, jerky motions.

Press or Pull the Weight Quickly

Does this contradict the previous point? Not quite. Although you must lower the resistance(weight) slowly over 2-4 seconds, you should conversely press or pull the weight quickly on the concentric phase. This means that anytime you are fighting against the weight to move it, you should make the movement quick, but clean. Do not compromise your form and keep your spine in alignment at all times. The benefit to a quick "positive phase," or concentric press or pull is an increase in overall strength.

Movements, not Muscles

You still want to focus on a specific group of muscles, but that doesn't mean you should sit down on a machine and overload a particular joint. Machines may be easier to use, but that doesn't mean they are your best bet. If you think about how our bodies move within space, we are very rarely seated when asked to perform a certain task. Think about lifting your bags. Do you sit down and extend your leg out straight like on a leg extension machine? How about curl your leg backwards toward your butt? No, you don't. So why would you do a seated leg exercise to help you increase useable strength? Instead, you should focus on basic human biomechanical movements, such as squatting, deadlifting, pressing, pulling, and rotation. Make it a rule for yourself: No sitting while exercising.

Using a Full Range of Motion

A few years ago, everyone seemed to be talking about doing limited range of motion exercises. This was a bad idea then and it is certainly a bad idea now. The research originally came from patients doing rehab exercises where this type of exercise is actually beneficial, but of course some marketing executive used it to sell a new type of workout style... keep that in mind. The further you move through a movement, the more muscle fiber is worked. This leads to greater gains all across the board. Another downfall of not working through a full range of motion (ROM) is that you eventually lose strength in the positions that you are not working. So, if you are only squatting a quarter of the way down, you are not going to get any of the benefits from the muscle fibers that haven't "turned on" until you get deeper into the movement. So remember, "if you don't use it, you'll lose it."

Move in Multiple Directions

Most of us are guilty of only working in the sagittal plane (forward and backwards). Because of this, we neglect the frontal plane (side to side) and transverse plane (rotation) while working out. Since our bodies are meant to move in all 3 planes of motion, we must train them that way. Try adding a t-twist push-up or a lunge with a twist the next time you are lifting weights. You'll notice the same muscle groups of the original movement are still involved, but now you'll have activated more of your core muscles.

SAID Principle

This is the big one. It's been around for quite a while, but from time-to-time everyone needs to be reminded of it. The SAID principle stands for Specific Adaptation to Imposed Demands. Simply put, this means that to change your current physique you must ask it to do more work than it is accustomed to. This is why many people wonder why they aren't seeing results. They go to the gym and lift the same weights and do the same exercises month after month. If you continue to do what you have always done, then you will get the same results that you have always gotten. Make sense? Lift a little more weight with the same form than you did last time you were in the gym. Continue to do this until you hit your maximum threshold. When that happens, change that exercise and begin the process again. Pick an exercise - increase resistance weekly - plateau eventually - change your program. Repeat.

Core Power

Why is it that you can have great looking abs, but a bad back? It's simple. You have great looking rectus abdominus muscles but have neglected to work the deeper more functional abdominal and lower back core muscles that keep your spine safe and in alignment. By incorporating core exercises into your program, you will develop a smaller, tighter waist while at the same time realigning your posture. Core exercises are not an option when designing a workout program. To get a great physique that actually works as well as it looks, you need to focus on building strength from the inside out.

Intensity!

It's time to bring it! You don't need to psyche yourself up for very long, but while you are working out, you need to harness all your energy and use it to give it your all with each exercise. You must pick up the most challenging weights you can handle with strict form. There's no saving it for tomorrow or the next set. Each rep of each set counts and will invariably bring you one step closer to your goal. It's cliché, but what you put in, you get out. If you bring just a little effort and lift light weights and you'll get a little result. Summon up an effort stronger than yourself and you'll be shocked with how your body will respond. Bring it!

Not in the Mood?

Unfortunately, your exercise program isn't able to read your mood and allow you to lift lighter weights with equal results. Sometimes it's just a matter of putting one foot in front of the other and beginning your warm-up even though you'd rather be sleeping or watching television. Trust me, the hardest part to working out is starting that first exercise. The body doesn't want to work, it wants to conserve energy and therefore your mind will try to convince you to just take it easy. Fight the urge and just get going. After the first set or two you'll be glad you did.

Do You Have One More in You?

I see people day after day stop their set when they are just starting to fatigue their muscles. I'm not talking about the power lifters or strength athletes who are only completing a few reps per set. I'm talking about the majority of people out there looking to burn body fat and develop a lean physique. For the most part, people choose weights they are comfortable with and stop before they begin to feel any real burn in the muscle that they are supposed to be working. If you don't feel any fatigue in the muscle after completing the specific amount of reps, go for a few more and then increase the weight on your following sets and workouts. If you're not progressing, you're regressing.

Isolated Ab Exercises

Who doesn't love to work their abs? The trick is to work all of your abdominal muscles while hitting as many compound movements as possible. Compound movements are great core exercises and core work equals great looking abs. The philosophy is that if you take care of all the big movements, the little movements like crunches will also be taken care of. Sure, you can always throw in some additional ab work, but it must be accompanied by lower back movements and can never replace one of your Fatlossity specific exercises.

No Curls?

First I take crunches away and now bicep curls? The truth is, whenever you do a back, rowing, or pulling exercise you are hitting your biceps. On the flip side, you are working your triceps whenever you complete a pushing or extension movement with your upper body. The arms are comprised of such a small portion of your overall lean muscle that it is not necessary to design specific exercises to target them, Your time will be much better spent completing compound movements

Are You Training to Get Old?

At some point in everyone's life, they get the urge to start slowing down and look for ways to justify it. Age seems like an easy excuse, so we tend to just write off our reasons for not wanting to exercise as part of getting older. You may say things like,

Are You Training to Get Old? cont.

"I need to change my workouts to reflect my age," or "I'm not able to move the way I used to." Of course there's a decline in performance as we age, but the real drop off comes from stopping what we used to do. You are more apt to stay young, look fit, and have more energy if you continue to workout as if you are in your twenties. Your rest periods may change, but you should continue to challenge yourself with the heaviest weight you can do with strict form and your exercise selection should not vary. We are all meant to move in the same way and therefore there is no set of exercises you should discontinue based on age alone. The choice is yours. Choose easy exercises and watch your body slowly deteriorate or take a stand and workout to your fullest potential and stay young!

You Have to Squat

Running does not in any way, shape, or form work the leg muscles like squats do. Seriously, try to do just body weight squats for 2 minutes and see if it doesn't feel like your legs are on fire! Approximately 60% of your lean muscle mass is located between the top of your hip and your knee cap. That means this part of your anatomy is largely responsible for half of your metabolism in relation to muscle mass. If you don't work your legs you can forget about building a metabolism that will bring you permanent weight loss results. Besides, we squat every time we stand up or go to sit down. Therefore, it could be the most functional exercise ever invented.

Weight Belts, Wrist Wraps, and High Tops

If you are still sporting any of these items please donate them to your nearest trash barrel. All of these items are artificial tools to allow your body not to work as hard or uniformly. Wrist wraps make your wrists weaker and wrist straps make your grip weaker. The same goes for any items like weight belts and high tops. Many people have been injured outside of the gym while trying to lift objects when not wearing these apparatuses. Your body grows accustomed to having the stability they provide and enables your body to shut off those muscles that would typically perform the work. Therefore, something as simple as tying your shoes can throw out your back if your core has become so weak from using a weight belt as a crutch. You'll build your own wrist, abdominal, lower back, knee, and ankle stability, so don't worry about using a safety net that has a hole in it.

Flexibility

How is it that we neglect to realize that our body's alignment dictates how freely we can move about and perform everyday activities. If our flexibility and mobility are limited, we end up with back pain, rounded shoulders, hip tightness, and a variety of other ailments including headaches, fatigue, muscle knots, and cramps. Luckily, you can overcome these nuisances through *Fatlossity's*® proper form and flexibility programming.

I Can't Do Squats Because...

Feel free to finish that line with your favorite excuses (I've heard them all)...

If you can't think of one right now, I'll help you to get you started:

I can't squat because...

- * My knees hurt
- * I have a bad back
- * I can't get up after I sit down in a chair
- * I can only squat a couple of inches before I fall back
- * I have an artificial knee
- * I lose my balance when I go to sit back
- * I used to do them and they ended up hurting me
- * I like seated leg exercises instead
- * They make me tired
- * It takes too much energy
- * I think someone told me they were bad for you
- * I don't want to build up my legs
- * I run and bike, so I already get a leg workout
- * I'd rather just concentrate on my upper body
- * My legs are already strong

Those are just a few of the excuses I've heard over the years and I'm sure you may have even used a couple of those yourself from time to time. I personally used to use the "my knees hurt when I squat" excuse when it came time for me to perform this exercise. I later realized the problem wasn't with the exercise, but the way I was completing it. Then after I was shown the proper form, I went from having knee pain as I squatted to feeling my butt and thighs work like never before. It was like someone just flipped a switch! I went from knee pain 30 seconds ago, to the best leg exercise I could imagine within a minute's time.

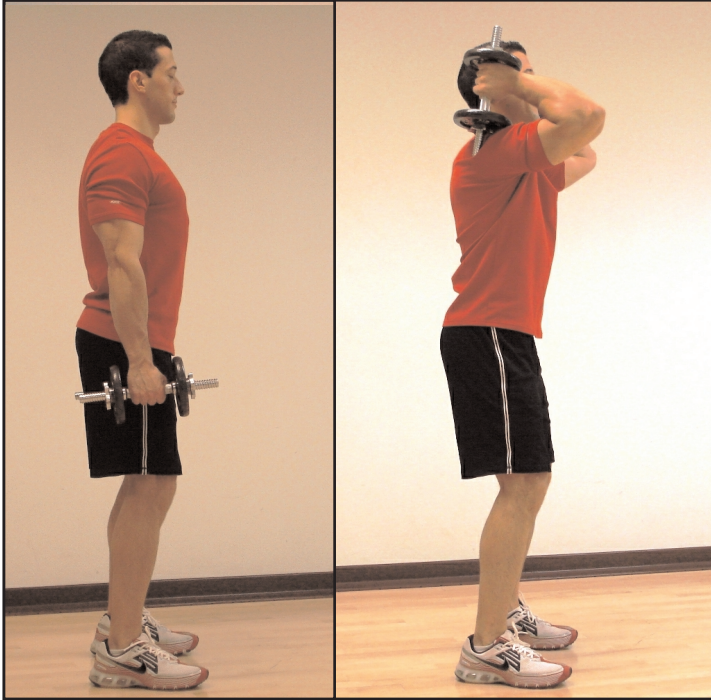
Always keep in mind that true and sustained success lies in the details. Stay true to yourself, your exercise form, and nutrition during this program and you will amaze yourself with what you can accomplish!

Like most things in life, permanent results are achieved through a cumulative effect so keep practicing until you get it right!

Anatomy of a Squat

Review the following guidelines to learn the proper technique for safely completing your leg exercises.

Start&Finish

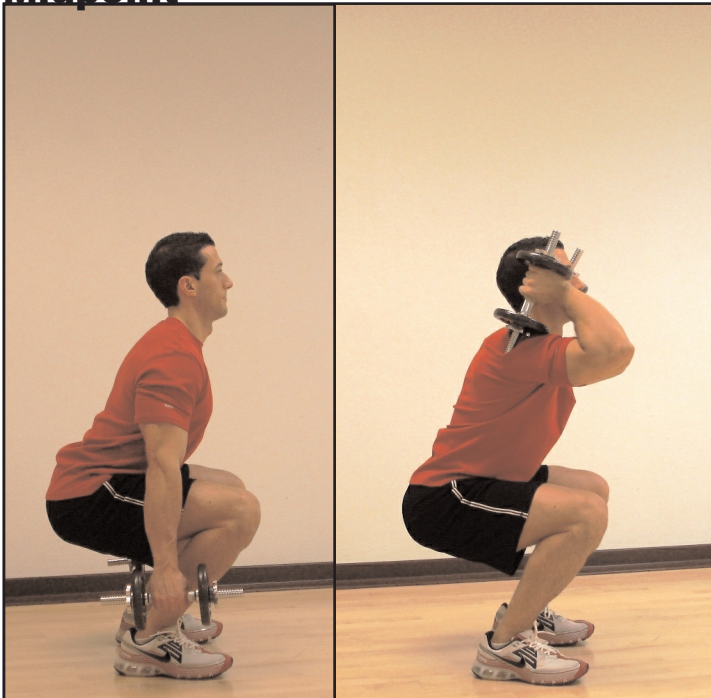


Starting the Squat

How To:

1. Place your feet hip to shoulder width apart
2. Hold weights on top of your shoulders resting on the muscles or directly by your sides with your palms facing each other.
3. Stand up straight with your shoulders pulled back and your core muscles engaged.
4. Keep your knees slightly bent & never locked.
5. Look straight ahead with your chin parallel to the ground the entire set.
6. Feel your weight transfer and shift backwards towards your heels.
7. Do not allow the weights to move as you begin to sit backwards into your squat.

Midpoint



Midpoint of the Squat

How To:

1. Keep the weight on your heels as you squat sitting backwards, pretending to sit in an imaginary chair. (feel free to use a chair to sit into if needed to practice)
2. Your knees should stay over your feet but not extend over your toes
3. Sit as deep as you can without letting your lower back round, your chest drop (only a 30° tilt), or your knees go over your toes.
4. Keep your knees pushed out the entire set without letting them buckle inward at any point.
5. Allow your feet to point out to stay in alignment with the way your knees are pointing.
6. With the weight still on your heels, push back up to the top using your hip and thigh muscles.

***Fatlossity*[®] Exercise Program**

How **Fatlossity** Burns the Competition!

Let's face it, we've all seen the books and infomercials showing people doing curls with soup cans and doing side bends to get in shape. I can honestly tell you that not only is lifting with soup cans a waste of time, so are the hundreds of other exercises demonstrated in most books. I know that's a pretty bold statement and I'm sure most authors are looking to help their readers, but I believe they are truly doing people a disservice by perpetuating the misconceptions that you can get into shape by doing insignificant exercises.

If these authors personally train people, there is no way they would have their own clients do these exercises, so why would you do them? A better question is, why do they recommend these workouts? The answer is because they know that if they actually give you an exercise that works really well, it's going to feel like a lot of work. Seriously, exercises that actually work, feel like work. But that's not what sells. What sells are exercises that are easy and allow people to think they can get great results from doing them.

So why do some of these workout plans get people results? It's all in the diet. The exercises do very little to stimulate people's metabolisms, but the diet creates enough of a caloric deficit so they end up losing weight regardless.

That mindset has to change. Your workouts do not have to be long or painful, but they must be intense. Your body has to actually feel like it is working. If it doesn't feel like it is under pressure, then what reason does it have to change?

With *Fatlossity*®, you not only get phenomenal results from the diet, but you get the icing on the cake with the exact exercises you need to add tone and definition to your body. Dieting without exercise can leave you looking soft and out of shape. What you need is an easy plan to follow that doesn't involve exercises that undermine your potential.

With the *Fatlossity*® workout program you'll discover the best 3 warm-ups, 3 working compound exercises, and fat burning finishing moves to get you to your goals faster than you ever thought possible. Best of all, since you are building your metabolism through scientifically proven exercises, you can count on your results being with you for the long run. *Fatlossity*® equals permanent fat loss!

How many programs can guarantee that?

It's taken over 14 years of research and over 11,000 one-on-one sessions with my clients to come up with the very best formula proven to work. The bottom line is that the *Fatlossity*® System will allow you to uncover the real you. You will lose weight, feel great, and you will love your results!

Here's How it Works

The exercise component of the *Fatlossity System*® is comprised of a dynamic warm-up, a *Fatlossity*® Tri-Set, and a set of finishing moves to end your workout. For maximum benefit, the workouts should be completed in the exact order that they are written.

Dynamic Warm-Ups

Your warm-up exercises are especially crucial to get your body ready to begin your tri-sets. These specific exercises were chosen to add mobility to your joints, increase specific muscle flexibility, engage the nervous system, and warm-up your body to be able to safely preform your Fatlossity workout. You will complete 1 set of 3 dynamic warm-ups before each exercise.

Total Time: 3 Minutes

Tri-Sets

Tri-sets are 3 exercises done back-to-back-to-back without resting. They are very intense, but so is the effect on your metabolism. You will follow the sample photos and descriptions of each exercise and then complete the number of repetitions stated for that particular exercise. For example, 1 set of squats at 15 repetitions means that you will complete 15 reps 1 time. 3 Sets of 15 repetitions means that you will go through the exercises 3 times each at 15 reps per set. Your first week you will only complete 1 to 2 sets of each exercise and then gradually increase to 3 to 4 sets by the 4th and final week of that particular workout.

Total Time: 15 Minutes

Finishing Moves

These fat loss intervals are to be completed at the end of the workouts. They are specific exercises geared towards increasing your heart rate and getting you to sweat. The *Fatlossity*® Finishing Moves should be done as fast as you can complete them with good form. The goal is to get your heart rate as high as you comfortably can within the 60 second time frame it takes to complete each interval. You will then rest for approximately 30-60 seconds and then repeat the same finishing move or a different one to suit your mood. Always be weary, though, of the ones that you hate the most... they're usually the best ones for you since they make you work the hardest. You will complete 3-8 intervals depending on your experience and energy levels that day.

Total Time: 5-10 Minutes

Total Workout Time: Approximately 20 - 30 minutes

The 12 Week Outline

This easy to follow outline will assist you in keeping track of where you should be each week as you are progressing through the *Fatlossity System*®.

Weeks 1-4

Take measurements and photos

Phase 1 Calm - Diet Plan (weeks 1-3)

Phase 2 Rebuild - Diet Plan (week 4)

Weeks 1-4 Workout Program

Weeks 5-8

Retake measurements, stats, and photos before starting week 5

Phase 2 Rebuild - Diet Plan (weeks 5-8)

Weeks 5-8 Workouts Program

Weeks 9-12

Retake measurements, stats, and photos before starting week 9

Phase 2 Rebuild - Diet Plan (weeks 9-12)

Weeks 9-12 Workouts Program

Finish Program

Retake measurements, stats, and photos

Write your own success story after 12 weeks!

Exercise Equipment

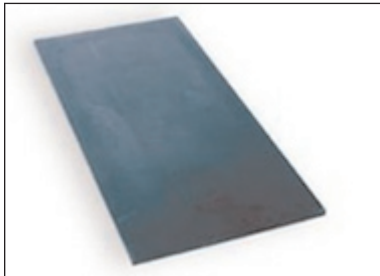
I designed the *Fatlossity*® fitness component to be completed with little to no exercise equipment. The few pieces that you do need can be bought at your local sporting goods store or you may purchase the ones that I recommend at www.StephenCabral.com.

Here are the only items that you will need:



Dumbbells

I prefer the adjustable dumbbell sets with the spin-lock collars to keep the weight plates in place. You are welcome to buy preset dumbbells or any other type you would like. All that matters is that you have enough weight to keep moving up when the previous weight becomes too easy. You will need at least 20lbs per dumbbell or a 40lb weight set to start.



Exercise Mat (optional)

An exercise mat is nice to use as a cushion between you and hard flooring surfaces. You may choose to workout on a rug or rubber flooring as well. However, a rubber exercise mat will absorb the dumbbells when set down, limit noise, cushion your back, and protect your hardwood floors.



Weight Bench (optional)

I find it best to use an adjustable weight bench that folds up and stores away in most closets when you are not using it. These types of benches are sturdy enough for step-ups but light enough to be moved around when needed. Purchasing a weight bench is optional and you will be able to complete the workouts with just a sturdy household chair as a substitute. After a while you may find it more convenient to have a weight bench you can dedicate to your exercise program.

You will find all of these product recommendations at wholesale prices at StephenCabral.com

Putting it All Together

You've made it! This is the place where we end the educational portion of the book and start to put our new found knowledge into practice. This chapter will walk you through how to fill out your 90 day exercise journal and give you samples of what each page will look like when completed.

The first section will show you what your goal sheet should look like when it is all filled out. Next, we will go over your contract to yourself, explaining all the great things you are about to commit to. After that, we will review how your baseline statistics sheet should be filled out. Hopefully, you already filled out all of these sheets in Chapter 1. If you haven't, please go back and fill out each important sheet while using this chapter as an example. You'll want to have all this neatly filled out and completed by the end of each 4 week routine.

Next we will take an overview of what the 4 week workout and diet programs look like in action. You will get to see copies of actual sample Cabral Checklist meal plans and workout sheets that someone just like you used to achieve amazing results while on this very system. These nutrition and exercise sheets will be brand new to you, so pay careful attention to how they have been filled out.

On the nutrition journal sheet, you will be asked to choose 1-2 foods from the right hand column for each meal. Circle those foods you choose and check the boxes. Next, write those foods into your left hand column along with the time you ate that meal or snack. Be sure to include portions and ingredients used to keep as a reference while you are charting your progress. At the bottom of the sheet, check off a "water" box each time you have a glass of water throughout the day. This will get you in the habit of drinking 8-10 glasses per day.

The only section you need to complete on the workout sheets is under "sets" in the right hand column. In each box beside the corresponding exercise you will write in the weight used for that specific set. This will allow you to track your steady increase in weights as you move through each of the 4 weeks.

Finally, I will wish you good luck. You will be well on your way to taking that first step to the new you. Let's finish this up and then get started!

Goal Setting Sample

Let's visualize and really try to figure out exactly what your reasons are for wanting to lose weight and get healthy.

I want you to list your 5 main reasons for losing weight below:

1. *I want to feel more confident about my body*
2. *I need to gain control of my health*
3. *I want to look slimmer and more fit*
4. *I need to be a role model for my family and others*
5. *I want to enjoy the feeling of having more energy and feeling great about myself!*

Now, I want you to list the 5 reasons why you can't allow your allow yourself to fail:

1. *I can't allow myself not follow through this time*
2. *I need my family and friends to know that I want to be healthier*
3. *I can't keep putting off losing the weight*
4. *I know if I start the Fatlossity System I will feel better about myself and how I look*
5. *I want to feel in control of my body and love the way my new clothes fit*

Finally, I want you to describe how you will feel about yourself and the world around you after you achieve your weight loss success!

I know that this time will be different. I just have a good feeling about this program. I can see that everything is clearly laid out for me and that all I have to do is follow the steps and check the boxes. I can do this for myself and for the people who care about me. I know so many people have gone through exactly what I am trying to do and succeeded using this system,. So why should I be any different? I have the motivation and dedication to see this through! I can't wait to see what my new body will look like in the mirror and feel like in my new jeans. I can feel the newfound confidence and excitement already!

Personal Goal Setting

Let's visualize for a moment and really try to figure out exactly what your reasons are for wanting to lose weight and get healthy.

I want you to list your 5 main reasons for losing weight below:

1. _____
2. _____
3. _____
4. _____
5. _____

Now I want you to list the 5 reasons why you can't allow your allow yourself to fail:

1. _____
2. _____
3. _____
4. _____
5. _____

Finally, I want you to describe how you will feel about yourself and the world around you after you achieve your weight loss success!

Starting Body Composition Sample

Place your “before” photo(s) here

*It's best to take both a front, back, and
side view photo*

Name: Rachel Morris
Date: 8/19/07
Height: 5' 3"
Weight: 174
BMI: 32
Waist-to-Hip: .86
Body Fat %: 39%
7-Point Measurement Total: 176

Measurements:
Neck: 12"
Upper arm: 13"
Chest: 38"
Waist: 36"
Hips: 42"
Thigh: 22"
Calf: 13"

Personal Starting Body Composition

Place your “before” photo(s) here

*It's best to take a front, back, and
side view photo*

Name: _____

Date: _____

Height: _____

Weight: _____

BMI: _____

Waist-to-Hip: _____

Body Fat %: _____

7-Point Measurement Total: _____

Measurements:

Neck: _____

Upper arm: _____

Chest: _____

Waist: _____

Hips: _____

Thigh: _____

Calf: _____

Daily Nutrition Checklist

Day 1 - Phase 1 Sample

<input checked="" type="checkbox"/> Breakfast Time: 6:30am 3 egg white omelette mushrooms & peppers - 1 handful 1tbsp olive oil	Choose 2 <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> Omelette Hard boiled eggs Low sugar yogurt Cottage cheese Protein shake Veggies Skim milk Cheese
<input checked="" type="checkbox"/> Snack Time: 9:30am Almonds - 1 fistful	Choose 1 <input checked="" type="checkbox"/> Almonds String cheese Cottage cheese Low sugar yogurt Veggies & Hummus Walnuts Protein shake Cheese Wedges
<input checked="" type="checkbox"/> Lunch Time: 12:30pm Grilled chicken breast - large Big spinach salad with extra veggies Balsamic vinegarett - 2 tbsp	Choose 2 <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> Chicken Cold cuts Fish Lean beef Salad Veggies Chick peas Beans
<input checked="" type="checkbox"/> Snack Time: 3:30pm Organic low sugar yogurt - only 6 grams sugar - 1/2c	Choose 1 <input checked="" type="checkbox"/> Almonds String cheese Cottage cheese Low sugar yogurt Veggies & Hummus Walnuts Protein shake Cheese Wedges
<input checked="" type="checkbox"/> Dinner Time: 6:30pm Broiled wild Alaskan salmon - 2 fists Broccoli balsamic vinegarett Olive oil- 1 tbsp	Choose 2 <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> Ground turkey Chicken Fish Lean beef Salad Veggies Beans
<input checked="" type="checkbox"/> Dessert Time: 9:30pm Optional 1 fudgesicle - low fat, sugar - only 45 calories! Tastes great!	Choose 1 <input checked="" type="checkbox"/> Sugar free fudgesicle Sugar free popsicle Sugar free pudding Sugar free Jell-O Veggies & Hummus

8-10 Glasses of Water

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How Did You Do Today?

<input checked="" type="checkbox"/>	I ate 5 meals today and drank 8 glasses of water! <i>Wasn't as hard as I thought it be!</i>
<input checked="" type="checkbox"/>	I only ate the foods on my Phase 1 Checklist <i>I didn't feel too limited today and enjoyed the foods I chose!</i>
<input checked="" type="checkbox"/>	I found it <i>pretty easy</i> to follow today's meal plan, and/but I'm ready for tomorrow!

Fatlossity Workouts[©]

Day 1 Sample

Complete all 3 exercises in a row, resting 20 seconds between each set. After all 3 sets, rest 1 min. Repeat 1x.

Dumbbell Front Squat - Complete 15 reps lasting 40 seconds. Rest 20 seconds.

Start&Finish

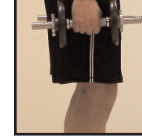


Midpoint



Weights	Set 1	Set 2	Set 3	Set 4
Record your weights to right:	10lbs	12lbs	—	—

Cabral's Tip



Be careful not to lock out your knees at the top of the press and always squat by sitting backwards with your hips!

How To: Hold dumbbells on your shoulders with ends pointing directly up. Start by sitting backwards with your hips until your upper thighs are parallel to the ground. Keep the weight back on your heels and push up through them as you stand back up.

Dumbbell Romanian Deadlift - Complete 15 reps lasting 40 seconds. Rest 20 seconds.

Start&Finish



Midpoint



Weights	Set 1	Set 2	Set 3	Set 4
Record your weights to right:	10lbs	12lbs	—	—

Cabral's Tip



Keep your shoulders blades pinched together throughout the set and remember never to round out your back!

How To: Hold dumbbells with your palms facing your body. Sit back with your hips allowing the weights to slowly lower until your back cannot remain flat any longer or you feel enough stretch behind your legs. Maintain a slight 20° bend in your knees.

Inch worms/Hand Walkouts - Complete 10 -15 reps to failure. Rest 60 seconds.

Start&Finish



Midpoint



Weights	Set 1	Set 2	Set 3	Set 4
Record your weights to right:	13x	10x	—	—

Cabral's Tip



Keep your abdominal and back muscles engaged throughout the set making sure not to let your hips and stomach drop!

How To: Bend over from the waist and place both hands in front of you for support. Straighten your legs at the top and then begin to walk one hand out at a time until you are as outstretched as you can be without letting your hips drop. Reverse the process.

It's Time to Begin!

Your education and studying can only take you so far - it is now time to put what you have learned into practice! Put any lingering doubts aside and plan your first day to begin. If you haven't already made tomorrow the day to begin, do it now. Go out and invest in the minimal amount of equipment you need and bring a copy of your Phase 1 Calm grocery list to the food store to pick up the items you will need to eat.

Also make sure you clean out any temptations that may be hanging around in your refrigerator or cabinets and give them away to someone who needs them more than you do. You have now dedicated yourself to living a healthier life and those old foods no longer fit the mold. They'll be back one day as treats, but for the next 90 days it's time to say goodbye.

Can you hold strong for 90 days when you have the rest of your life to enjoy your new body? I think you can and I know you can since countless people just like you have taken the challenge and succeeded! You just need a big enough "why" because the "how" has already been taken care of for you through the *Fatlossity*® program.

Just follow the program, checklist by checklist, and watch the pounds start to melt off. Some weeks will be better than others, but in the end it all evens out. You didn't put the weight on overnight and it won't come off that way either. But you and I both know it is better to lose a couple of pounds a week and keep it off permanently, than lose 10lbs in a week and just yo-yo up and down like most people are accustomed to when dieting. You are entering into a lifestyle transformation program that will change the way you view exercise, food, your body, and how you see yourself in the world. You must allow it to help you make these changes.

Don't put it off another day or wait until next week. Next week never comes... we've both seen that before. There will always be better times to start the program. In the end, however, if you don't start now while your motivation is high and the hunger is there to change the way you look and change the way you feel, then, truthfully you may never begin.

Don't be that person who looks back years from now and says, "if only I started eating healthier and working out sooner." By then you will have let more fat and another few years of unhealthy living deteriorate your body leaving you looking older and in poor health.

Let the real you shine through on the outside. I'm with you, so now it's really time to make this a reality! Let's do this!!!

The Complete In-Home Weight Loss System

The Fatlossity® 12 Week System begins now...