

New Year Transformation ~ 5 Proven Fat Loss Strategies

1. You must eat frequently; this means 5-6 feedings a day! I said feedings; this means that if you have 3 meals a day then you would also supplement with 2-3 shakes, or 2-3 servings of healthy nuts.
2. Each meal should contain protein, veggies, and/or fruit. You can have some carbs with your protein in your pre-workout meal but only in that meal or a free meal.
3. In our transformations eating plan we recommend following our diet to a certain (compliance) percentage. Over a 4 week period your compliance might look like this 80%/90%/70%/80%. If you're feeding 6 times a day then that would equate to 42 feedings a week. 80% compliance would mean that 8 of your 42 meals would be free meals. If you miss a meal then that would count as a free meal; that's how important meal frequency is!

A curry with all the trimmings isn't 1x free meal, it's at least 3! Sorry about that. A free meal would be a small portion of chips, a 500g bar of chocolate, a sandwich, etc. For more detail regarding the nutrition component of the Exclusive Transformations plan please see my "Nutrition for Optimal Fat Loss" article.

4. The best type of training for fat loss is metabolic resistance training; there are numerous ways of exercising like this, one of the most popular here at Pennyhill Park is 3 circuits of 3 exercises performed consecutively with a 1-2 minute rest between each circuit. The exercises used would be a lower body drill followed by an upper body drill followed by a mid section drill.

When these circuits are completed the client would rest for 5 minutes before performing 3 more circuits, doing exercises to

complement those performed in the first circuit; E.g. if a pushing upper body exercise such as a Bench Press was used in the first circuit then a pulling exercise such as a Row would be used in the second circuit.

5. Have a goal! If your goal is to lose 5 lbs by your holiday in June then you're likely to apply yourself to that in May. Give yourself a goal that will fire you up and force you to change some behaviours now; ask one of the gym team what a good goal would be for you. The gym team has almost 50 years of experience (between 3 trainers!) so we have a pretty good idea of what can be achieved.

Good Luck with your efforts.

As usual if you have any questions regarding this article or anything else I am available on 01276 486101 or via email at cyoung@thespa.uk.com

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