

# 10

# SUREFIRE WAYS ON HOW TO LOSE BODY FAT FAST

People say they want to lose weight, but what they really want to lose is body fat. Losing body fat can help to reveal a lean and defined figure!  
**BUT HOW DO YOU DO IT?**



**AVOID STEADY STATE CARDIO AND TAKE UP HIIT INSTEAD**



**CUT OUT SWEETS AND CONFECTIONARY AS BEST YOU CAN.**

**DRINK 2-3 LITRES OF WATER PER DAY.**



**INCLUDE AS MUCH GREEN TEA IN YOUR DIET AS YOU LIKE TO SPEED UP YOUR METABOLISM**



**START WEIGHT TRAINING - THE MORE MUSCLE WE HAVE, THE BETTER THE BODY BURNS FAT.**

**USE A FOOD SCALE TO MONITOR YOUR PORTION SIZES.**



**EAT LOTS OF VEGETABLES AND INCLUDE SPICES LIKE TURMERIC IN YOUR DIET TO HELP BREAK UP FAT.**

**HAVE AT LEAST ONE REST DAY PER WEEK TO ALLOW YOUR BODY TO RECOVER.**



**BE CONSISTENT WITH YOUR WORKOUTS: 3-6 TIMES PER WEEK.**

**EAT PLENTY OF PROTEIN AND HEALTHY FATS, BUT DON'T OVERDO THE CARBS.**



## SOURCES:

<http://www.bodybuilding.com/fun/drobson175.htm>

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<http://www.mensfitness.com/weight-loss/burn-fat-fast/102-ways-to-burn-fat-fast>

<http://www.forbes.com/sites/jennifercohen/2012/03/27/6-ways-to-burn-your-belly-fat-fast/>

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WeightLossAid.org



# Low Fat Ways To Lose Weight

**Daniel S. Kirschenbaum**



## **Low Fat Ways To Lose Weight:**

## Decoding **Low Fat Ways To Lose Weight**: Revealing the Captivating Potential of Verbal Expression

In a time characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its power to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Low Fat Ways To Lose Weight**," a mesmerizing literary creation penned by a celebrated wordsmith, readers embark on an enlightening odyssey, unraveling the intricate significance of language and its enduring effect on our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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