

# ***Top 10 Fat Loss Secrets***



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## **Fat Loss Secret #1 – Awareness**

Awareness is one of the most important keys to fat loss success if not the most important key. In this book you are discovering the best fat loss strategies from the best fat loss experts from around the world. But the best expert is the person who is reading this book. Yes, that's YOU! When you take the time to listen to your body and listen to your thoughts, you will find the answers that you've always been looking for. All fat loss success begins with awareness.

### **Thought Awareness**

Let's first take a look at awareness of your thoughts. What are you thinking when you begin a fat loss program? Are you thinking about how much you hate working out? Do you think that you'll be depriving yourself the entire time? When you experience your first obstacle or setback do you think, "Here I go again. Just when I start to do well I always find a way to sabotage myself. I'll never lose this stubborn belly fat!" It's important to become aware of these negative thoughts and replace them with positive thoughts such as, "I am willing to do whatever it takes to achieve my goal no matter what obstacle I may face."

### **Nutrition Awareness**

Next, it's important to become aware of how your body responds to certain diets or foods. How do you feel after you binge on ice cream, cookies or chips? Do you feel bloated? Do you feel tired and sluggish? Do you experience feelings of guilt? If we turn this back to our thought awareness, what made you grab the junk food? Was it a scheduled cheat meal? Were you bored? Did you go too long without eating a meal and you just wanted to grab the quickest thing possible?

Now how do you feel after eating natural foods such as fresh fruit and vegetables?

- Do you feel energized?
- Do you feel light and lean?
- Do you feel proud of yourself?

It's very important to understand how your body reacts to certain foods. By listening to my body I quickly realized that dairy and wheat products make me feel bloated and tired. I had been eating these foods my entire life, but I wasn't listening to my body.

### **Exercise Awareness**

Let's take a look at exercise. Are there certain workout programs that your body responds to better? Are there certain exercises where your muscles feel a unique 'pump' or 'burn'? Any fat loss expert can make a claim that their workout is the best, but is it best for you? You are the only expert that can answer that question.

The most important part of awareness when it comes to exercise is during the movement itself. When you perform an exercise are you just going through the motions or are you completely 'in-tune' with your body and the movement? When you can drown out all the external distractions and truly connect your mind with your muscle, you will experience a workout like you've never felt before. Become aware of the muscle that you are meant to work for a specific exercise and really, deeply, feel that muscle work. The more focused you are, the better the results you will experience.

## **Fat Loss Secret #2 – Happiness**



Hopefully you have set some goals for yourself and have a great understanding of what you want to accomplish in the short and long-term as well as why you must achieve them. But there is one goal that you must never lose sight of. It's the one goal that we are all aiming for. It's our ultimate goal.

That ultimate goal is and will always be happiness.

If our ultimate goal is always happiness, why is it that you chose fitness or diet programs that you don't enjoy?

Just because a fat loss expert tells you that a certain program is the best at burning fat does not mean that it's the best program for burning fat for you. Especially if that program is one that you don't enjoy and one that you would never stick with for the necessary amount of time to see results. And chances are that if you do not enjoy a certain workout program, you will not put in the amount of effort necessary to see results.

The key to fat loss success is compliance. When you are following a fitness program that you enjoy it becomes effortless to stick with it. You actually want to stick with it and can't wait to workout. The fitness experience is meant to be enjoyed. It's a never ending journey of self discovery and self improvement.

### **Fat Loss Secret #3 - When Fat Loss Is No Longer About Fat Loss**

I stumbled across this secret a couple of years ago when I used to set my alarm for 4:30am so I could get up and go for a walk before I got started with my work day. I found myself hitting the snooze button and skipping my workouts frequently (I'm sure you've been there right?). Plus it was the middle of winter here in Canada and my bed felt so warm and cozy.

My main focus for getting out of bed so early to exercise was to lose all the weight that I had gained during my first year of working at home. Losing weight did not excite me. It wasn't reason enough to get out of bed so early and battle the bitter cold winter air.

I wanted to lose weight, but I just couldn't find the motivation to get going. That was until one morning when I discovered this secret to fitness success.

I had just signed up for a mentoring program, which also included a bunch of audio coaching on mp3's. I added the audios to my mp3 player and went out for my walk.

Typically I walk for 30 minutes, but as I approached my house I noticed that there was only fifteen minutes remaining in the coaching audio, so I decided to keep walking because the content was so juicy and informative.

Throughout the day I kept thinking to myself, "I can't wait until my walk tomorrow so I can listen to the next audio in the coaching series."

The next morning when the alarm went off at 4:30am I jumped out of bed with excitement because I couldn't wait to see what I was going to learn in today's mp3.

***The secret to fitness success is that success comes when fitness is no longer about weight loss. It comes when fitness is about something much greater than weight loss.***

When I'm doing my cardio session or workout, it's not about weight loss. It's about increasing my energy to carry me through the day. It's about improving my focus so I can work more efficiently. It's about skyrocketing my productivity. It's about being the best dad and husband that I can be. It's about becoming more in-tune with myself.

**I don't just 'fit in a workout.'**

Instead, I schedule my day AROUND my workout because I know how much of an impact it has on my business, my family and life.

## **Fat Loss Secret #4 - Using Clothes As Motivation**

One of the best strategies that I have witnessed work for women is to purchase a swimsuit, gown, or lingerie that is a size or two smaller than you can currently fit into. Then prominently displaying that article of clothing on your bedroom door so it's the first thing that you see in the morning and the last thing that you see before you go to bed.



My wife Angie did this with an expensive and sexy bathing suit and it definitely worked. I wanted to see her fit into the bathing suit as well and seeing it on our bedroom door first thing in the morning was a reminder for me to encourage Angie to do her morning workout.

Sometimes it's difficult to judge your progress when you are looking in the mirror, and the scale is not always an accurate measurement of your true progress either. But slipping on a bathing suit or gown and having it feel looser than the time before sure can be exciting and encourage you to keep pushing forward.

## **Fat Loss Secret #5 - Having An Unstoppable Belief and Attitude**

The secret to overcoming setbacks and challenges during your fat loss journey is to have an "Unstoppable" belief and attitude. If you believe in your heart of hearts that you have the power within you to go around, under, over, or blast right through any obstacle that you may face, there is absolutely nothing that can stop you from achieving your goals.

When you develop an "Unstoppable" attitude you will walk with confidence and hold your head up high because you know that you are about to achieve greatness. You will approach your workouts with determination. Everyone who comes in contact with you will know for certain that your goals are not just some lofty pipe dream, but something that you must achieve.

With an Unstoppable attitude and belief there is no such thing as failure... Only results. You learn from mistakes and move on with a greater understanding of yourself and how to overcome that challenge when faced with it again.

## **Fat Loss Secret #6 Having A Support Group With Accountability**

It's very easy to break a promise to yourself. But if you make that same promise to your close friends, family members, or support group, you will have a greater chance of staying true to your word. Sharing your goals with people may be something that you are uncomfortable with, but it's time to step outside of that comfort zone and let the world know that your goals are worthy of dreaming, worthy of sharing, and worthy of achieving.

You don't have to feel alone during your fat loss journey. There are many people who are going through similar challenges and can relate to your experiences. Their words of encouragement can carry you through some of your most difficult times. You can learn from their mistakes. You can learn from their successes. You can celebrate your victories together.

## **Fat Loss Secret #7 Build Your Goals Around Growth**

At times our goals can seem too big to achieve especially if you have over 50 pounds to lose. When things aren't going well and you see the long road ahead it can easily stop you dead in your tracks.

That's why it's important to focus on growth... becoming better today than you were yesterday and better tomorrow than you are today. This takes your big ambitious goal and breaks it down into baby steps that can easily be achieved.

I love to focus on growth because it's about constant self improvement. It doesn't stop after a 12 week transformation contest. Fitness is a continuous journey of self discovery. There are a variety of ways that you can grow as a person and in fitness. You can improve your strength, endurance, flexibility, your breathing, or your mindset.

That's what makes focusing on growth so appealing to me. It's not just about weight loss. Who wants to focus on losing weight for the rest of their lives? Achieve your goals and move onto new forms of self improvement.

## **Fat Loss Secret #8 - Step Outside Of Your Comfort Zone**

It's time to set aside your fears and challenge yourself. Push out a few extra reps, add a bit of weight, reduce your rest period, set a big ambitious goal, share your goals publicly, add more fruit and veggies to your meal plan, crank up the intensity of your cardio, and try something new.

How can you expect to improve your body if you don't change what you've been doing? It's time to stop going through the motions and begin to work a little harder. Yes it may hurt a bit at first (in a good way of course), but the rewards of stepping outside of your comfort zone are always well worth it.

Treat your health and fitness as an adventure. It can get pretty boring if you always visit the same places. But when you explore new territories it opens your eyes to a world that you've only dreamed of experiencing. Your adventure begins today... what new place are you going to visit?

## **Fat Loss Secret #9 - Schedule An Event Or A Photo Shoot**



A goal without a deadline is just a dream. But setting a goal *with* a deadline may not be enough to motivate you to achieve your goal by the set date. That's why I recommend scheduling an event around that date. For example you can book a beach vacation or a cruise 12 weeks from now and plan on looking your absolute best while you are there.

This gives you the opportunity to visualize how great you will look walking the beach with your partner, or how great it will feel standing on the deck of the cruise ship with the wind blowing your dress against your flat tummy. This brings all the emotions of achieving your goal to the surface. It's not so exciting to see a scale number, but I sure know that my wife would get excited about looking sexy in a strapless evening gown.

One of the most motivating things that Angie and I have ever done was schedule a photo shoot. We paid the photographer in advance and we let everyone know that we did it so they were expecting to see the pictures. There was no way that we could back down from this. It felt incredibly rewarding to see our pictures after the photo shoot. All the hard work that we put into achieving our lean physiques was well worth it.

You don't need to be aiming for six pack abs in order to book a photo shoot. It will be just as great to see you and your partner looking leaner and sexier with flatter tummies than you started off with and you will have proof of your accomplishments.

## **Fat Loss Secret #10 - Teach What You Learn**

The best way to absorb what you have learned from this report or any other program is to share what you have learned with your friends and family. It will keep the information fresh in your mind. It's a great way to repeat the most important lessons that you have learned.

You will feel great about yourself for helping others. And it's another great way to hold yourself accountable to applying the information because the people who you share this information with will ask you if you have had success applying what you have learned.

The greatest thing that you can do once you achieve fat loss success is to pay it forward. Share what you've learned and inspire others to live to their true potential and become the best that they can be.

## This Concludes The Top 10 Fat Loss Secrets Report

I hope that you enjoyed *The Top 10 Fat Loss Secrets Report*. If you found this report helpful, I would appreciate it if you shared it with a friend or family member who could use some inspiration to create the body that they deserve.

I am currently coaching people within the Fat Loss Quickie Experience who are just like you. I'm helping them burn belly fat and create the body that they desire.

The [Fat Loss Quickie Experience](#) includes...

- **Five 10 minute home office workout videos**
- Five 10 minute home office cardio videos
- **Weekly Question and Answer Call**
- Incredible support community including videos of all the workouts
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