

RIVERSIDE GYM

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TOP TEN TIPS FOR FAT LOSS

1. FOCUS There are social pressures, especially on women, to be slim to a degree which may not be realistic or healthy depending on body type. Dieting can lead to eating disorders so focus on fitness not fatness – eat a little less, exercise a lot more & be patient – the more slowly the fat goes the more easy it is to keep it off.
2. FITNESS Walk more each day & build up to 20 minutes weights followed by 20 minutes stepper, rower or bike. Do this 3 times a week. Train a.m. if you can.
3. WHY WEIGHTS? They will increase your metabolic rate for up to 15 hours after exercise – aerobic exercise alone will not do this. More toned & stronger muscles can work harder & longer & will burn more calories even at rest.
4. FOOD Eat little & often at least 5 times a day. Never miss breakfast & don't eat after 8pm. Eat a high fibre diet low in animal fats, simple sugars & salt, e.g. white or oily fish, chicken, brown rice, wholemeal bread, potatoes, fruit, vegetables, low fat dairy produce & olive & sunflower oils. Buy fresh organic food if possible. If you have the odd junk food binge don't worry but don't let it happen every weekend!
5. CALORIES Calorie counting can become obsessive, instead choose foods which make the body work harder to digest them e.g. baked potato rather than chips, & apple rather than apple juice. Just eat slightly less than you need each day & you will burn fat.
6. PROTEIN A high protein intake helps the body keep its metabolic rate up whilst losing fat. This is why the Reflex Progen meal replacements that we sell work. Replace a meal a day with them. Reflex Instant Whey can also be used.
7. FLUID Drink plenty of ice cold water – the body uses calories to heat it up. Drink vegetable juice rather than fruit juice & reduce alcohol as it encourages fat storage.
8. FAT LOSS PRODUCTS Few work & if they do may be dangerous. Try caffeine e.g. RED KICK as it helps remove the fat from the fat cells & speeds metabolism.
9. CELLULITE Storing fat is useful - women for genetic & hormonal reasons store it in different areas from men in hard to access uneven clusters of fat cells, connective tissue & fluid. It is hard to dispose of but can always be reduced by following these tips.
10. FINALLY The latest research suggests that being fat & fit is healthier than being thin & unfit. Remember " A journey of a thousand miles begins with a single step."