

# Top Secret Fat Loss Strategies

# Special Report

## Top Secret Fat Loss Strategies

Michael A. Roussell

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## About The Author:

Mike Roussell is a consultant, author, freelance writer, and researcher. Mike received his bachelor of science in biochemistry graduating magna cum laude with high honors from Hobart and William Smith Colleges. From there he attended the University of Vermont Medical School before deciding to follow his passion of studying nutrition.

Currently, Mike is pursuing his doctorate in nutrition at Pennsylvania State University, studying the effects of diet and fatty acids on cardiovascular disease and emerging cardiovascular disease risk factors.

Mike's nutritional coaching is sought out by people from a variety of backgrounds ranging from collegiate athletes to business professionals to fitness enthusiasts.

Mike's writings can be seen in magazines such as Men's Health, Men's Fitness and on the web at Testosterone Nation and Bodybuilding.com. Mike also served as the nutritional consultant for the Men's Health Book of Power Training.

<http://www.NakedNutritionNetwork.com> – Massive FREE Fat Loss and Health Site. Articles, Podcasts, Videos, and More.

<http://www.NakedNutritionNetwork.com/blog> - Mike's Personal Blog

<http://www.WarpSpeedFatLoss.com> – Lose 10,15, or 20lbs in the next 28 days with the Complete Done-4-You Warp Speed Fat Loss Rapid Weight Loss Blueprint.

<http://www.NakedNutritionGuide.com> – Mike's Complete Multimedia Fat Loss System for fast and permanent weight loss

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## **Introduction**

The fat loss strategies that I am going to share with you in this report may seem simple in application but they are extremely powerful. These are the same strategies that fitness cover models, competitive bodybuilders, and fitness enthusiasts use to achieve (and maintain) low levels of body fat. If you are interested in a completely 'done for you' diet and training program that will allow you to lose up to 20lbs in 28 days and help you achieve extremely low body fat levels then please visit [WarpSpeedFatLoss.com](http://WarpSpeedFatLoss.com).

## 17 Top Secret Fat Loss Strategies

1. Eat more protein – Protein is great! Upping your protein intake will help protect your muscles from breakdown when your calories are low. Protein also stimulates glucagon secretion. Glucagon is a hormone that will help liberate stored fat. It is important to consume protein with every meal. When working to lose body fat replacing carbohydrate calories with calories from protein is an excellent strategy for controlling insulin (an essential component of fat loss). (Note: If you don't want to worry about the intricacies of hormones/combinations then head over to [WarpSpeedFatLoss.com](http://WarpSpeedFatLoss.com) where we have done it all for you. Just pick your body weight and the meals are already planned).
2. Eat more often – More frequent feedings will provide your body with a constant stream of nutrients, helping prevent catabolism (muscle breakdown) when you are calorie deficient. Another way to guarantee that you do not lose any muscle while dieting is by [weight training](#). Plus “grazing” can help curb hunger because you are constantly eating. Consistently eating more frequently has been shown to increase the thermic effect of food. The thermic effect of food is the increase in your metabolism elicited by eating. With a higher thermic effect of food you will burn more calories throughout the day.
3. Make green leafy vegetables your friend – High protein intakes can make your diet acidic but increasing your vegetable intake will help counteract this and make sure your body is running in top condition. Green vegetables are also loaded with vitamins, cancer preventing phytonutrients, low impact

- carbohydrates, and fiber. If losing bodyfat is important to you then you need to bump up your green vegetable intake.
4. Save starches for after workouts – Nutrient timing is one of the foundations of the Naked Nutrition approach. A cornerstone of nutrient timing is carbohydrate timing. Low glycemic carbohydrates (green vegetables, fruits, beans, etc) should make up the bulk of your carbohydrate intake but don't shy away from starches (sweet potatoes, brown rice, quinoa, etc) and some simple sugars (dextrose and maltodextrose) after your workouts. Research has shown that when you consume carbohydrates around your workout these carbohydrates do not get stored as fat. They will actually help improve recovery so that you can train harder next time.
  
  5. Eat Volumes – Eating foods that are high in volume but not calories (nutrient dense not CALORIE dense) will keep you full but not fat. This is a huge secret of the exceptionally lean. People that maintain low body fat percentages don't walk around hungry all the time. They understand the importance of eating nutrient dense but not calorie dense foods. Spinach, lettuce, green peppers, and broccoli are great foods that you can eat lots of without getting a lot of calories. Egg whites expand a lot if you beat them long enough (just not too long so you make meringue) and make you feel like you are eating a lot more calories than you are.
  
  6. Don't cut fats too low – No fat diets or extremely low fat diets are a HUGE mistake. Reduce your saturated fat intake (so it is not excessive, 7-10% of calories is good) but make sure you get enough monounsaturated (olive oil) and polyunsaturated (fish oil, flaxseed, and nuts) fats. It was originally thought that removing fat from a diet would be ideal because fat has over

twice calories per gram compared to carbohydrates or protein. But certain fats are important for healthy skin, cardiovascular function, and even fat loss. Fats also can increase satiety and the palatability of meals. So don't cut your fats too low!

7. Make a meal plan for the upcoming week – This is an essential part to any fat reduction journey. A good food log helps monitor your progress so you can make accurate adjustments to better meet your fitness goals. It has been shown that people who keep food journals also snack less. But I want you to take food logs one step further. Keeping a food log entails recording everything that you eat when you eat it. A meal plan is different. Meal plans are created prior to eating (preferably on Saturday and Sunday). Meal plans are more proactive than food logs because with a meal plan you predetermine what and how much you are going to eat. This is a powerful technique used by fitness cover models and others who maintains bodyfat % of 10% or lower all year round. (Remember with [Warp Speed Fat Loss all the meal planning is done for you](#). You just need to print out the sheet and eat what it says).
8. Cut out unplanned snacks – This tip is a good carry over from the previous one. If you are planning your meals and sticking to your plan then hopefully unplanned snacks are not an issue. It is important to realize that calories from unplanned snacking can add up quick and can wreak havoc on your fat loss goals. A good rule to live by is that “If you haven't planned on it, don't eat it”.
9. Remove nutritional vices – Will power is great – for the first 3 days. But regardless of how “strong” your will power maybe, it will eventually cave in. It is not that anything is wrong with you; it is just human nature. Life

has a very good way of distracting you and then one day you'll get home late, you'll be stress out, tired, and then you remember there is some Ben & Jerry's Ice Cream in the fridge. Yup. "I'm sure that would make me feel better." Don't worry this happens to everyone. It is in situations like this where people's will power gets weakened and you dive into the ice cream. Why tempt yourself and test your will power?? Clear all the chips, sugary drinks, ice cream, and other processed physique destroying goodies from your kitchen. If it's not there then you can't eat it. This approach takes will power out of the equation and has helped countless people stay on track with their nutritional plan.

10. Don't forget your Branched Chain Amino Acids – BCAA before, during, and after your workout (or even throughout the entire day if your calories are really low) will help prevent muscle breakdown, decrease "day after" muscle soreness and make sure that protein synthesis (muscle growth) is ramped up as high as possible. BCAAs have recently become a popular adjunct to many people's fat loss plans. While certain trainers are recommending upwards of 40 grams of BCAAs per serving, most people can take advantage of the benefits of BCAAs with 5-10 grams.
  
11. A little caffeine goes a long way – If you are not too sensitive to caffeine then take 100-200mg before your workout (cardio or weights). Caffeine can lead to increased levels of cAMP in the body. cAMP is a powerful molecule that can help liberate stubborn stored bodyfat. The extra energy boost from caffeine will also help keep your lifts up as reduced calorie diets can zap your energy levels.

12. Increase NEPA (Non-Exercise Physical Activity) – When you are trying to drop bodyfat every extra calorie you can burn will take you one step closer to your goal. Studies have shown that lean people move around more (also called the “fidget factor”) than overweight people. It may not seem like a lot at first but small incremental increases in your energy expenditure overtime can pay huge dividends in regards to fat loss. Increase you NEPA and burn more calories. What are some things you can do?

- Park farther away at work or when shopping.
- Skip the elevator and take the stairs
- Don’t drive around the corner to the store – WALK!

13. Start Sprinting – Interval Sprints, also known as High Intensity Interval Training, is another great fat loss strategy. Interval training is a powerful fat loss tool. Recently when discussing interval training and fat loss with fat loss expert Alwyn Cosgrove he told me that with his clients he has found the bike sprints target leg fat and running sprints target abdominal fat more. If you have some stubborn body fat whether it is in your abdominal region or leg region then you may want to cater your interval training accordingly. Two or three 20-25 minute sessions will be a great addition to your training program.

14. Set Goals – You need to be on a mission and every mission has a set end point. Setting both short and long term goals are essential for achieving a lean body. Properly set goals make you like a heat seeking missile headed straight for your target – nothing can stop you. Determine what you want, write it down, carry it in your pocket every day, and be accountable.

15. Find a Mentor – Whatever your goal may be, someone has done it before. If you are looking to get super lean then find someone who has gotten lean

and find out what they did. Or find someone that specializes in helping people lose weight. Ask a friend or someone at your gym and find trainer/nutritionist with a good reputation. Even if you can't work with an expert personally, they can still be your mentor. Find all the books and articles that they have written and study them. There is no need to reinvent the wheel. Finding a solid mentor will save you a lot of time and frustration.

16. Visualize your success – In order to achieve your goal physically you need to have already achieved it mentally. Visualization of their ultimate body is a common factor among almost all people who have made drastic changes in their physiques. A perfect time to visualize your physique is during your intense interval sessions. Just when you think the intervals are too hard and you want to give up...visualize your new body, your tight waistline, lean muscular legs, or whatever you want to achieve. On several occasions I have heard of people that pasted a picture of their heads on the body of all-time great bodybuilder Frank Zane's body. Figure out what works for you. Visualize yourself the day you reach your goal. What will you look like? What will it feel like? Hold that image in your mind and achieve it!!

17. Don't Skip Pre/Post Workout Nutrition – Skipping your Pre/Post Workout shakes just because they contain sugar is a bad idea. The simple sugars and hydrolyzed protein peptides found in a solid workout shake will do much more benefit than harm. As your calories get lower your body will have a decreased ability to recover from workouts. A workout shake containing protein/carbohydrates will help increase your recovery. Note: If you are trying to get down to "contest shape" (3-5% bodyfat) you may need to replace the simple sugars with BCAA as you get leaner)

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