

***NEW! Just Released: Martial Arts Expert From Liverpool  
Exposes The Shocking Truth About Fat Loss...***

**"Discover Why 95% of  
people fail to get in shape  
and how you can easily Lose 1-2  
Pounds Of Fat Per Week,  
100% Guaranteed!"**

**Local Martial Arts Expert Reveals All!**



**Discover why most people are "spinning their wheels" when trying to lose weight! Learn how to stop wasting time and start accelerating your fat loss results within minutes of reading the famous system revealed in this e-book!**

Dear Friend,

- Have you been disappointed with the results you're getting from your weight loss program?
- Are you frustrated with scales? Disheartened because they stay at the same weight; or if you lose some weight, it quickly returns as soon as you stop dieting'?
- Are you having a hard time losing fat and looking the way you want?
- Have you been trying to reduce your waist to no avail?
- Are you taking supplements with hardly any results?
- Are you pulling your hair out wondering why you can't lose the weight when some people seem to peel it off with ease?

If you answered yes to any of these questions, this may be the most important e-book you will ever read!

It contains the famous step by step system that shows you exactly how to lose weight the right way and in the fastest time possible!

I'd like to introduce to you,

### **The Family Martial Arts Body Fat Removal System!**

It's hard to believe, but millions of exercisers and dieters all over the world literally waste hours and hours trying to lose weight with very little results. Some due to lack of instruction, some do to lack of effort, many make some of the mistakes revealed in this e-book... every day! Don't let silly mistakes rob you of the fitness, weight loss and appearance you deserve and want to achieve!

Take a few minutes now and review the Family Martial Arts Body Fat Removal System below. Thousands of people have used it with great success and now you can too! Afterwards, if you really want to get going in the right direction, take a second and contact us to book a free consultation. I'd love to discuss this system and show you exactly how you can apply it to your specific situation right away.

With that said, pay close attention to each step and enjoy the book!

Master Ivan Rolls

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## Introduction

Many have waited for a logical answer to the question, "How can I lose body fat?" In their search for the answer, many have spent an enormous amount of time thinking, worrying, wasting effort, and spending money.

Most become very disappointed with the negative outcome; either still overweight, a smaller version of themselves with the same body fat levels, a weight gain due to improper dieting, or even an unused fitness membership due to de-motivation.

Not to mention a large stock of miracle diets, fad routines, workout tapes, and other weight loss paraphernalia that 80% of British people possess in their lofts and living rooms.

Wouldn't you agree that stories of inconsistent results from diets and weight loss programs are everywhere? Without visible results one can only expect to suffer from discouragement, an inconsistent fitness lifestyle, and the inevitable...the disappointing attitude; which sometimes has the rebound effect making someone saying to themselves 'oh, what the heck I may as well go back to my old lifestyle.'

I've been watching this take place for the over a decade in the fitness industry. Seeing committed people continually get themselves focused on a goal of fat loss only to get their enthusiasm intercepted or dampened by the fallacies of weight loss and fat removal.

Fallacies of weight loss are more common now than ever. It seems that every day there is a new and amazing way to remove fat from your body. A unique secret or method that has been discovered to remove the disgusting fat deposits away from our waist, thighs, glutes (that's your bottom!), arms and everywhere else the gruesome nutrient seems to want to hang around.

Some popular misconceptions are "*I'll lose weight first then I'll tone up*", or "*I'll work out for hours on the treadmill to lose more fat*", or "*I'll eat no carbohydrates (carbs)*", or "*I'll drink this shake, its got this chemical in it*", "*I'll do a hundred sit ups every day and lose fat around my waist*", the list can go on and on.

It is my goal to help you overcome the falsehoods of the body fat loss conspiracy that is meandering around every television set, fitness centre and exercise magazine in the country. Be prepared.

This program dramatically sets apart the truth from the quick fix. It's the nuts, bolts and tools required for proper fat loss. If you think this e-book will only require a quick glance, you may be disappointed. Take the time to read and study this monograph page by page.

Take time to master each step. Follow the simplicity of this plan. Add a touch of common sense. You will be amazed with the results. There are no miracles, no secret codes, and no supplements to buy. These steps are timeless. Use them throughout your life, regardless of what level of fitness you attain. Stay toned, supple, sculpted, improve your confidence and say goodbye to unwanted body fat forever.

## Step 1

We must start with this to remove the biggest fallacy of weight loss, spot reducing. This is to remind you that the only way you can spot reduce fat off your body is with a surgical procedure.

You cannot burn fat by weight training or resistance training a specific area of your body. You have a better chance of washing your car and then miraculously finding that your house is clean also.

Body fat burns systematically, from everywhere at once. Generally, this process starts when you lower your calories or increase your activity level. Some are still doing hundreds of sit ups, waist bends, and leg lifts thinking these areas will tighten up because of the constant burning.

I sympathise for people when they tell me, "I'm really trying to trim up my waist, I'm doing a hundred million sit ups a day". Or the famous girl from a popular TV show when she responded to a question some talk show host asked her. He wanted to know her secret to a great stomach. "Oh, I do a hundred sit-ups a day!" she responded. Oh please...No wonder these myths are seen as true.

Please remember, weights build and maintain muscle, and diet and aerobic exercise burns fat. When you do a weight training exercise and feel a burn in a certain muscle group, what your feeling is the muscle burning through the build up of lactic acid not the fat burning. If you want to lose the soft stuff around your waist or thighs and you do waist or thigh exercises your not burning fat your building muscle.

This goes for all areas of the body. Some of the popular ways people try this type of magic are doing bottom exercises to make the bottom smaller (wrong)! Doing arm exercises to lose the fat in the back of the arm (never)! Doing inner thigh movements to get rid of the soft spots on the inside of the leg (impossible)!

You have a much better chance of building those areas bigger than you do of making them smaller. If you want to lose fat, remember it burns systematically off your body.

## Step 2

Before you even think of starting a fat loss program you must recognize and identify exactly what you want from it first. Properly identifying and recognizing what you want will make all the difference in the world!

The story of a student of mine really explains it all. I am the Chief Instructor of my Martial Arts Academy so my office is positioned so I could see every member as they entered the exercise floor area.

As I was walking to class one day, I felt someone looking at me. I looked up and saw a young man, with a very odd looking expression on his face. He was motioning as if he wanted to come over and talk.

He had a not so happy, frustrated look on his face. I walked over to him in and found out that he was in a gym but it was a membership problem. He was a member who wasn't really using his membership much as he didn't train all that often. He was in his third year of trying to be a consistent exerciser.

The initial problem was that he had joined the gym with the goal of getting in shape; he was trying to lose weight but it never worked. He was 5'6, 265 lbs. and only 31yrs old. Let's just say that the weight wasn't all muscle (to say the least). I asked him what type of program and diets he had done.

He had tried everything. Zero carb diets, the grapefruit diet, the South Beach diet, treadmills, miracle diet pills, meat grinders, even toothpicks under the fingernails... nothing worked! After some more discussion I also found out that he hadn't done any of them for more than 4 wks. He didn't know why he lost motivation immediately after he started. I asked him if he had properly identified his major fitness goal in his workout program.

He explained to me that he wanted to lose about 100 lbs. As quickly as he was explaining his goal I was identifying his key obstacle. I asked him if he had ever heard the old adage about goal setting. It was about looking at the top of the big mountain before climbing up.

That can be kind of intimidating. I encouraged him to change his general 100lb. goal to something smaller such as 1 lb. of fat loss per week. It's not as overwhelming, allowing him to focus on a smaller 1 pound rather than large intimidating 100 pound goal. He agreed.

He decided to pursue that one pound per week goal. I called him in for a chat about 3 months later. I instantly recognized his changed attitude. It was obvious that he had lost a significant amount of weight. He explained to me that according to the scale he is 5 pounds lighter than he was at our previous meeting.

However, according to his body fat percentage, his clothes size, and the favourable reaction he gets from people when they see his change, he actually benefited much more. He removed 12lbs. of body fat. He had also gained 7 lbs of muscle.

If you're asking yourself how he achieved more results in three months than he did in three years, the answer is this: he completely identified what he wanted in small believable parts. In order to be successful at burning fat, you must recognize exactly what you want and break it into small parts.

Once you do this you will have a much better chance of succeeding. Our mind likes it when we make it easy for it to see things we want it to accomplish. Our mind wants to go after easy goals. It's easy! You can make it a simple process to get your goals reached when they are small and achievable.

At the same time, he joined martial arts and his progress in the Martial Arts had improved dramatically, as well as his confidence and general well being and happiness. Also, if he had that "visible" goal three years ago, he would not have given up as quickly. You can reach any goal you set if you break it down into small parts. After that, write it down and read it daily. Write down exactly how much fat you want to lose.

What is your number one goal? Take some time right now and identify what you want and then break it into small parts. If you skip this crucial step you can expect to resemble my student during his first three years; an unfocused goal setter. He knew where he wanted to go. However his goal wasn't completely identified so he didn't know how to get there.

Do it now, recognise it, break it down, then write it down and read it often.

### **Step 3**

Without this action step, your expectations for results may get unfocused. It reminds you to use your common sense when thinking of losing fat. It has to do with the difference between muscle and fat. It keeps you correctly focused. I make this point first because 9 out of 10 people who start exercising, start because of a desire to reduce size.

Some forget to use their common sense. They forget to take in consideration the simplicity of how the body works. Blindly, most just want to see that weight come off. First of all, if your goal is to lose weight, you want to lose fat, not muscle or weight necessarily. Think of a pound of fat which has a caloric consistency of 3500 calories.

If you took one pound of fat and put it in front of you it would equal a grapefruit in size. If you take a pound of muscle which has a caloric consistency of 600 calories and put it in front of you it would equal an orange in size. Looking at both you'll find that they are both the same weight but one pound of fat is bigger and takes up a lot more room.

If you lose 10 grapefruits off your body, and gain ten oranges, and they both individually weigh one pound, you would be the same weight but a lot smaller afterward. Because of this size difference you may see your clothes get bigger on you, your inches go down, and people telling you that you have lost weight and look great.

However, if you get on the scale you may stay the same weight and appear to be a lot smaller. This happens when you do a regular exercise program because you always initially build muscle. You will usually build around 2-4 pounds for a woman and 5-10 pounds for a man. This can happen within the first few months.

When measuring your results by the scale, you may be heavier or the same weight. This is because you will build muscle faster than you will lose fat. But after your muscle building slows down, after the initial growth period (1-3 months), you can count on seeing fat consistently peeling off your body. You can lose 1-2 pounds of fat a week. Imagine losing a pound of fat every week!

That's 52 pounds in one year (imagine 52 grapefruits off your body). So remember to use common sense when thinking of fat loss: don't just think of weight loss.

### **Step 4**

Most fat-loss failures could be avoided if people will just absorb this next step. This helps you to remember that by doing weight training you can prevent committing "exercise suicide". Here's why: If everyday you willingly lost muscle off your body, don't you agree after a while you wouldn't be around much longer?

It would be like you were intentionally trying to kill yourself, right? Don't you agree that deliberately letting this happen could be perceived as a ridiculous method of suicide? Thousands of exercisers are doing this everyday. They don't directly commit suicide; they do it on the instalment plan!

They even confirm it with remarks like "I'm going to lose weight first then I'll tone". Or, "I don't want to exercise now; I'm waiting until after I lose the weight."

My bones quiver when someone says those phrases within listening range. They do this type of suicide by trying to diet without some form of aerobic and anaerobic exercise, aerobic is exercise where the body is performing well within its maximum capabilities and oxygen can be used to burn body fat as fuel (as in parts of a martial arts program); anaerobic is exercise where the movements are explosive (again such as in parts of a martial arts program).

It's all categorized as committing exercise suicide on the installment plan. I'm going to explain to you how this happens. I'm also going to show you how to prevent these catastrophes. I feel its time to stop the violence! It's time to set the record straight.

First let's look at the annoying habit of dieting without exercising with both types of exercise. I call this the "I want to lose weight first then tone" disease. The reason this fallacy started in the first place is because if you think about it, it appears to make sense.

You have to lose your fat first in order to then build up muscle. That statement may sound sensible, but don't be deceived, it's not! This is where the exercise suicide comes in.

Our bodies are programmed to prevent starvation. Imagine your body has 3 separate sources for food: muscle (protein), fat and carbohydrates. Fat contains 9 calories per one gram and muscle and carbs contain 4 calories per one gram.

Fat is more valuable to your body because it has more calorie burning power in case of starvation. It has nine calories as opposed to four. This means that in case of starvation one gram of fat would last longer for food supply than one gram of muscle (protein) or carbohydrate.

Fat would have a longer calorie burning period since it has 9 calories per gram and muscle and carbohydrates have only 4 calories per gram. Imagine you needed money and someone asked you "Do you want £4 or £9?" You would undeniably pick the nine. The £9 would last you longer and provide more usefulness.

It's the same with your body! It would rather have the 9 calories from fat rather than only 4 calories from carbs or muscle (protein) because 9 calories provides more use (more valuable). When you diet, your body burns more calories and at the same time consumes fewer calories.

This gets your body nervous because it thinks it's getting ready to starve. So what does it do? It says, "Since I'm starting to starve with this diet, I better prepare and hold on to my most valuable form of food, fat. Instead of using fat for energy, like you want it to do, it has to hold on to fat (retain it) because of starvation alert. Not only that but it also slows down your metabolic rate so your body needs less calories to stay at your current weight!

It then uses carbs and muscle for energy instead. To sum this up, your body thinks it's starving and fat is being hung onto for dear life! You give your body no choice but to use muscle for energy. Carbs may be used in the process too, but when dieting, there are little available due to calorie reduction. So why can't the body use muscle (protein)?

Using muscle is obviously detrimental. Burning muscle (protein) is like burning wet wood in a fireplace. It's ineffective and unproductive. In any case, using muscle

(protein) for energy has this end result: you lose muscle and become a smaller version of yourself with the same consistency. If this was taken to the extreme it can be called suicide because you are gradually killing yourself, i.e., physically and voluntarily deteriorating your muscle (committing exercise suicide on the instalment plan).

There is a way to prevent all this! Incorporate Martial Arts training into your dieting plan. A well structured martial arts program builds muscle and burns body fat. When you train using explosive movements and work your muscles hard you send a message to your body that tells it that it is not starving, it's growing! It tells your body that it's okay to go ahead and burn fat for energy.

You're preventing the starvation process because you're adding muscle through weight resistance exercise. When you train this way you build muscle. This signals your body that it's growing and healthy, not starving and dieting. By training in the martial arts you speed up the metabolism. Muscle is also metabolically much more active than body fat, requiring more calories to simply maintain your current body weight. You literally turn yourself into a fat burning machine!

So this too helps burn fat and also lets your body know its not starving. Starving bodies don't get faster, stronger and bigger! Your body knew this all along, now you do. By building up muscle through martial arts training you allow your body to burn fat and lose fat faster. So the proper saying should be, "I'm going to tone first then lose", instead of "lose first then tone".

One more thing,

As I just said, when you train in the Martial Arts you speed your metabolism and you really help out the fat burning process. Here's why. Muscle to your body is like an engine to a car. The bigger your engine the faster it goes! If you went out and added an extra cylinder to your car's engine it would be faster.

When you build muscle it speeds up your metabolism and is like adding an extra cylinder to your body. As an extra cylinder in your car's engine would make it faster, an extra cylinder in your body makes your metabolism go faster too.

Approximately 250 extra calories a day are burned when you have a martial arts session. These 250 calories a day may not seem like much, but over 7 days that's 1750 calories. If you also drop your daily calorific intake by a mere 250 calories per day, that will also add up to another 1750 calories per week. If you add them together

you will have a net loss in calories of 3500 during that week, which equals one pound of body fat exactly

Fat (the size of one grapefruit) will systematically burn off your body every week just for having a daily exercise session (or Martial Arts session) and taking away 250 calories from your normal nutritional intake. And that's not the whole picture either; for as well as those 250 calories you burn while training in the martial arts, your metabolism says raised for several, yes 6 to 7 hours afterwards burning more calories even when you are sat down or even sleeping!

## Step 5

You must remember to always have a steady income of fat in your diet in order to lose fat off your body. Incorporating fat in your diet is like having money in the bank.

If you have some money in the bank, and you have a steady income coming in regularly, you don't mind spending some of that money in the bank. BUT, when you have money in the bank, but no steady income, what do you do with that money in the bank? You hold onto it and use it sparingly. This is precisely how your body thinks. If your body sees that you don't have any fat intake, it gets nervous and thinks your starving. It will not release body fat for energy. The message is to always consume at least 15% of your diet from fat.

Now hear me on this one, fat is not a four letter word! Fat helps your body burn fat. I know we've all been told to eat low fat foods; yet we've been doing this for 30 years and in those 30 years we know have the highest levels of obesity ever known in our adult and child populations!

This does not mean I am advocating going out and eating foods high in animal (saturated) fats; what it means is you want to increase your intake of healthy fats, those rich in Omega 3,6 and 9 essential fatty acids. Vegetable fats, olive oil, nuts, avocados, salmon, trout and any fish high in fat can be guaranteed to be healthy fats.

Also, don't be afraid to eat something you really love at least once weekly. Make sure you pick a day and time and stick to it. Marty, a previous client of mine, is someone who loves this concept. He really started to see results when he incorporated a cheat meal once a week.

There was a problem though. He kept changing the "cheat day". Originally his day was Sunday. One Wednesday, I saw him eating in a pizza place at the local shopping centre. I approached him cautiously. I didn't want to give him any time to think of an excuse. I said, "Marty what are you doing here?"

He said, "Oh hi, I didn't tell you, I changed my day to Wednesday now, its not Sunday anymore." I asked when he had decided to make the change. He said, "Just recently when I walked by this pizza place". A couple of days of cheating will never hurt anyone that bad but too much inconsistency and flexibility definitely will. Include a good percentage of fat in your diet and eat a desert or something you really enjoy one or two times a week.

## Step 6

Now we get to the real nuts and bolts of structuring your nutritional program. We've seen how making a decision to join a Martial Arts program is critical to keep your body healthy, shapely and lean; here are the crucial elements of your nutritional program.

Write down everything you eat for three days. Do this on three days that you're not pigging out. Do it on three average days of eating in your life. Write down every piece of food or drink that goes into your mouth.

Before you do the action steps that follow, you must write down everything you eat for three days. By doing this it will allow you to do a caloric maintenance level check. This tells you how many calories your body requires on a daily basis to operate and

maintain your weight. By doing this it will let you adjust your calories to whatever specific goals you have.

If you sporadically try this action step, your attempt at any specific fat loss goal will certainly fail. You must, like everything else, be consistent for it to work. Losing weight, gaining weight or maintaining weight is simple when this formula is adhered to. Here's what you do.

Get a little note pad and take it with you everywhere you go. Start writing down everything you eat every morsel of food or drink that enters your mouth for three consecutive days. After three days get a little two pounds calorie book from the supermarket and add up your calories, just the calories. This gives you a great idea of how many calories it takes your body to operate every day to maintain your present weight. Let me repeat. Write down everything you eat or drink for three consecutive days. After the three days, add up the caloric content of everything. Now, after you have done all of the above divide the total by 3.

This is the magic number. This number indicates the calories it takes your body to operate on a daily basis and to maintain your current weight. By choosing from the 4 food groups, you're ready to start developing your eating plan. You can now effectively lose weight, gain weight or maintain weight.

A quick warning: If you're like 95% of the people I have done this with, you might be saying, "I don't have to wait for three days, I know what I eat already, it's in my mind!" Or, maybe you're saying, "My diet is so bad, I eat all junk", or "I hardly eat anything at all". It doesn't matter!

You must have the discipline to write everything down for three days or you will not formulate a proper eating plan.

## **Step 7**

In order to lose body fat, keep your energy levels high, and keep your thinking capacity normal, you must follow this next action step. This will help you remember that you must have the proper serving of each food group included in your eating plan.

It is easy to do. All there is to it is to follow these basic rules. Although when I work with individuals, we may make slight adjustments according to individual variations in metabolic rate, thyroid efficiency, activity level, insulin sensitivity etc; I guarantee these same rules form the basis of all my nutritional programs.

Don't follow the advice that we've been fed to us by Western Governments over the last 30 years or so. As I've said before, obesity levels here in the UK and in the U.S.A. have reached epidemic proportions (over 60% of all Americans are overweight or obese!) with the health problems associated with obesity, heart disease, type II diabetes, various cancers all increasing in line with it.

So, what do you do? The first thing is to eat foods that are as natural as possible; if it's in a packet or tin you can be assured someone has added something to that food, whether it be a chemical to make it taste better, last longer or make it look more appetising. What they've added may be a chemical, salt and more often than not sugar! Did you know that even in M major chain burger buns they add sugar? Why? Because sugar not only makes food taste sweeter but it is also addictive!

O.k. so we know we should eat mostly natural foods but how do you then break down each meal into your proteins, fats and carbs?

I recommend you eat 2-3 'meals' each day with an additional 2-3 'snacks' on top of that. I can here you scratching your head thinking 'how can you lose weight eating 5 or even 6 times a day?' Remember, every time you eat your body must raise it's metabolic rate to digest that food, so as long as your calorific total for the day is under your maintenance total that you've already worked out, then you will simply become even more of a fat burning machine.

So, how do you go about structuring each meal? Well, firstly, I recommend 5 servings of fruit and or vegetables each day, perhaps one with each meal and snack.

Secondly, if you are also incorporating a weight training and cardio program then you need to ensure that your body has sufficient protein to repair those damaged muscle fibres and rebuild them stronger and bigger. This means eating around 1gram per pound of 'lean' bodyweight (that's your total bodyweight less your body fat which can be easily calculated from your body fat percentage).

I think it's important for me to put one fallacy to death good and proper right now, just in case any women still have a concern about it; Ladies, it is physiologically impossible for you to train using muscular resistance training and build any degree of muscle that you even start to lose a hint of your femininity. Muscle is built through several mechanisms, the main by far is through the action of testosterone; which, by grand design, Mother Nature gave you minimal amounts of. So, unless you are taking testosterone supplements or you are ingesting massive amounts of protein and have unusually high amounts of natural testosterone then all you will ever achieve is an awesomely toned, firm, lean feminine body. End of story!

The remainder of your calories should come from firstly, unrefined carbohydrates, preferably those that break down very slowly into the bloodstream like oats, brown rice, wholemeal bread, yams and potatoes. Foods with a low glycemic index (slow release carbs) produce little fluctuation in blood sugar, thereby avoiding hunger pangs and insulin release (which promotes fat storage). And secondly, healthy fats, which are not only essential for good health and well being but also assist the body in the fat burning process.

Forget about any dieting concoctions you've tried or heard about. Low carbohydrates, high carbohydrates, high cal or low cal is all a confusing waste of time. There is no quick fix, miracle diet, or any other magical potion. Since 1993 I have tried every diet, eating plan, and fad there is. Eating is simple. Don't complicate it by thinking you're different. Those roads lead to nowhere but inconsistency and frustration. Just follow the serving recommendations given when formulating your eating plan, unless you have a medical condition or vitamin deficiency, in which case you should seek advice from your Doctor, if you haven't already done so.

So when you go grocery shopping keep a list of the food groups. Let your shopping revolve around them. Change your eating habits if they do not match your new lifestyle. You will be thankful when you're feeling great, looking great and staying healthy.

## Step 8

This step is simply meant to inform you that your eating plan must be balanced and include all of the food groups mentioned above.

If there is one food source that has contributed more to our current overweight and obesity levels in the Western world then it is our overindulgence of refined carbohydrates and sugars.

As you have already seen, natural carbs are essential for the body's efficient functioning as carbs are the body's preferred energy source; however, if you eat more 'energy' food than you need where do you think it will be stored in the body? That's right, right around your waist or sitting not so prettily on your glutes! And we very often over exaggerate how much energy foods we really need; if you are extremely active then you will need substantially more than if you are sitting down most of the time.

So what is the big deal with refined carbohydrates and sugars?

This is important, so please bear with me through this; when grains and cereals are refined, most of the goodness is taken out of them, the fibre, vitamins etc. Now, although some companies try to rectify this by adding back in the fibre and vitamins (what sense does that make!!) what they can not repair is the fact that these foods now become a danger to the body. They become a danger in that they are broken down into sugar so easily and quickly that they cause a massive rise in blood sugar soon after they are eaten. The body has to counteract this by releasing insulin to quickly store those nutrients and bring your blood sugar back down to normal, often creating a blood sugar crash causing you to feel hungry again, not a good cycle is it?

This isn't the only problem; in fact it's less than the main one. Insulin will store those nutrients as body fat (unless you've just worked out and depleted your glycogen levels, in which case it will replenish those). Not only does it store food as fat, it also prevents body fat being burnt as fuel. And if, year after year, you abuse your body's ability to have to keep producing insulin, chances are you will damage its ability to do so and become what's called a type II diabetic.

Let me tell you, you do not want to let this happen to you.

As I said before, the odd treat will do you no harm at all, if it is planned and just once or twice a week; in fact it may even help you stay on the program but I promise you that after a year or so eating this way, you won't even crave those sugars and refined carbs; and you will discover what real foods really taste like! Many of us have corrupted our taste buds for so many years we've forgotten just how sweet a carrot is, or how exotic and sensual a mango tastes like. Trust me, there's a whole new world of taste that you will rediscover!

## Step 9

This step is the logic behind losing fat. This reminds you that you must initially subtract calories from your caloric maintenance level to lose fat. You formulated your maintenance level when you did Step 6 and wrote down your entire food intake for three days. Subtract calories from the magic number of calories determined from Step 6.

This will put your body in a caloric deficiency and ready to lose fat. How many calories per day do you need to subtract from that number to lose fat and create a caloric deficiency? A realistic goal of fat loss is one pound per week. One pound of fat consists of 3500 calories.

Divide the 7 days of the week by 3500 calories which equals 500 calories. Subtract just 250 calories from your original caloric maintenance level and you'll lose one pound of fat a week (provided you are also following your martial arts program).

Let's say the number of calories it takes to maintain your weight was originally 2000 calories a day. You would then formulate an eating plan to fit in 1750 calories a day. Again, first find out how many calories it takes you to maintain your current weight by doing Step 6.

After that, subtract 250 calories from the overall caloric intake number then arrange the content of your food plan according to the guidelines above; alternatively, you can subtract 500 calories on the days you don't exercise and you will still be on target to hit your goal of one pound of body fat gone per week! Eventually, you will hit a plateau; gradually and slightly continue to decrease your calories every few weeks.

Once you get as low as 1200 calories a day its time to stop decreasing your calories. Anything lower than 1200 calories is a nutritional risk for you. This leads to step 10.

## Step 10

If your calories get to 1200 and you still want to lose more fat, do this next action step. It's actually two action steps in one: Add activity and increase your meal frequency. Let's look at the adding activity first.

Adding extra activity will decrease your calories in addition to lowering them from food intake. You can do this by taking an extra class, walking, doing the stationary bike, maybe a light jog or maybe adding some other sports to your agenda. Whatever you do remember every 30 minutes of light to moderate activity burns about 250 calories. This is a great way to lose weight if you don't like to decrease calories and you like to eat. The next part of this action step is to increase your meal frequency. Eating many mini meals throughout the day will keep your metabolism high and your body burning fat throughout the day. (Don't confuse mini meals with Happy Meals, these are mini meals.) The best way to do this is to pre-plan your meals ahead of time.

The minimum you should eat for fat loss is around 5-6 meals a day. If you really want to be a fat burning machine then increase to 7 small meals a day. For instance you may eat some oatmeal for breakfast, then chicken, rice and veggies for lunch, a piece of fruit every couple of hours. After that another piece of fruit, a meal replacement shake, or some yogurt. Then, 2 hours later, for dinner some beef, potatoes and salad. You maybe also could have a tuna, chicken, or plain salad a few

hours before bed. Remember, these are small meals keeping still within your calorific target. This is the best way to lose the fat pounds.

Especially if you have a slow metabolism and you enjoy eating like me. I love food, so I eat many mini meals throughout the day. I stay satisfied and am less likely to binge when I see my favourite junk food around.

Basically, the gist of this is if you want to lose fat or weight you must burn more calories than you consume daily. See how simple that is!

## ***Review***

**STEP 1:** Realize that you can not spot reduce fat. It burns systematically.

**STEP 2:** Properly recognize and identify your goal, then break it down into small parts.

**STEP 3:** Use common sense and expect fat loss not just weight loss.

**STEP 4:** Commit to a structured Martial Arts program regularly to avoid exercise suicide (losing muscle).

**STEP 5:** Incorporate fat into your diet and never remove fat totally from your eating plan.

**STEP 6:** Write down 3 days of food intake to discover your caloric maintenance level.  
**STEP 7:** Eat natural, wholesome unrefined foods and a balance of all food groups.

**STEP 8:** Avoid refined foods and sugars to blunt your body's release of insulin throughout the day.

**STEP 9:** Calorie reduction is the initial physiological step to trigger fat loss.

**STEP 10:** Do calorie burning activities and eat frequent meals to enhance fat burning.

## **What Do I Need To Do Now?**

As a Martial Arts expert, let me tell you...the biggest mistake anyone can make IS TO TRY TO LOSE FAT WITHOUT PROPER INSTRUCTION! Many people believe committing to a long term Martial Arts program is too costly. This couldn't be further from the truth; in fact, not committing to one will be much more costly in the end. If you think about, people spend all kinds of time and money on things in life that really don't help their health and appearance. Things such as junk food, alcohol, cigarettes even drugs, all which tear down health rather than build it up.

Unfortunately, people spend more money and time participating on these things rather than their health and fitness. Some people even spend money on food and fat burning supplements, which is good; however without the proper program supplements can't do much!

One of the worst things you can do is try to formulate or implement your own weight loss program without the help of a professional Instructor, someone who lives what they preach, not just does it as a hobby; so when you look for a school, ensure their instructors are full time, in doing so you know they have committed their mission in life to helping others get all the benefits from the lifestyle they lead. Having someone show you exactly what to do to lose weight is exactly what you need, now that you have the proper system!

That's exactly what I can do for you! I can show you exactly what to do so you lose fat in the fastest time possible. I specialize in things such as weight loss, fat loss, supplementation, more energy, toning up, vibrant health, endurance, sports training, preventive maintenance, and much more.

Now that we're coming to the end of this e-book, I'd like to offer you an exciting opportunity to put me to the test! Take a second and contact us today. I'll give you a totally free consultation to discuss your fitness & weight loss goals. We'll analyse what you're currently doing (or what you're going to do), answer all of your questions, give you honest feedback and our honest opinion on how fast you should expect results. Then We'll show you and explain to you what you should do right now to make a perfect plan. I've been a Martial Arts instructor for over 15 years now and have literally dealt with any and every situation.

If you've haven't learned anything in this e-book, learn this:

Don't procrastinate and put this off! Procrastination is the biggest killer of weight loss goals. As you may know, procrastination is "putting off today, what we think we'll eventually get to tomorrow" (or sometime in the future).

Take the action now and contact us immediately. Get your free consultation and we'll answer any questions you have and even show and describe to you what we could possibly do if we were ever to work together.

Thank you so much for reading this e-book! I look forward to hopefully speaking with you soon!

Ivan Rolls

PS. Remember, you get a totally free fat loss consultation where I'll show you everything you need to do to avoid these mistakes and reach your goals in the fastest time possible!

**Contact me today on freephone 0800 021 3119 to arrange your FREE Fat Loss Consultation!**