

# Love Healthy Lifestyle

## Body Transformation Coach

presents

# 5 SIMPLE RULES

# TO HELP YOU BURN FAT

and make you feel full of energy  
everyday!



[www.lovehealthylifestyle.com](http://www.lovehealthylifestyle.com)



# 1. Include in your diet lots of vegetables

Most vegetables are very low in calories, while being high in healthy fiber and the valuable vitamins and minerals our body needs for optimal health. They also contain an array of antioxidants and other disease-fighting compounds that are very difficult to get anywhere else. Since most veggies aren't very calorie-dense and they contain lots of water and fiber, they should ideally constitute the bulk of our diet by volume making us feel full longer and is one reason why eating plenty of vegetables can help us lose and manage our weight. As a general rule, vegetables are nutritional top winners.

Vegetables can even boost our athletic performance and energy levels. Specific veggies shown to improve endurance and speed up recovery include beetroot juice, tomato juice, and watercress.

We can eat them raw in a salad, many can be lightly steamed or cooked, and we can even boost our consumption by juicing them, or add them to stews and soups.

## 2. Eat healthy fats

There are many misconceptions about fat nowadays and most of the people want to avoid it, especially saturated fat like butter and coconut oil. People were told to eat mostly carbohydrates in their diet and they started packing additional kilograms on their bodies. Fat is one of the most important macronutrient in our body, it takes part in creating hormones, building new cells, carrying essential fat – soluble vitamins and is the best source of energy for us. Omega-3 fats are essential for optimal brain and heart health. When we eat fat our body starts burning it so healthy fats should be our main source of energy. Let's look at what kind of fat we should eat and which ones we should avoid:

- a) healthy fats- avocados, olive oil (unheated), coconut and MCT oils, raw nuts and seeds, organic eggs, grass-fed butter, raw cacao butter, wild caught fish.
- b) unhealthy fats- hydrogenated vegetable oils (trans fats) like margarine, safflower oil, canola oil, soybean oil, corn oil.

# 3. Increase fiber intake

Fiber plays an essential role in our digestive system, is very important for our heart, and skin health, and improves blood sugar control what helps us with weight management.

Fiber is ingestible part of plant, and there are two types of it:

a) soluble – found for example in berries, nuts and beans. It dissolves into a gel-like texture, helping our body to slow down digestion. This helps us to feel full longer and is one reason why fiber helps with weight control,

b) insoluble - found in foods like dark green leafy vegetables, celery, and carrots. It does not dissolve at all and helps food to move through our digestive tract more quickly for healthy elimination.

Many whole foods, especially fruits and vegetables, naturally contain both soluble and insoluble fiber. Soluble fiber helps to slow our body's breakdown of carbohydrates and the absorption of sugar, helping with blood sugar control.



## 4. Limit fruits

Fruits contain fiber, antioxidants, vitamins and minerals, which is why eating a small amount of them is fine for healthy people. Fruits are definitely important part of every healthy diet but nowadays people eat it too much what causes weight gain and this is directly related to its fructose content. Fructose is a simple sugar molecule found in fruit, is preferentially metabolized to fat in your liver, that's why eating large amounts have been linked to gaining unnecessary body fat. The best fruits are definitely berries because they contain least amount of sugars. Another thing is that we should eat fruits grown locally and seasonally, not whole year round. When we eat fruits in season and locally we make sure these fruits get ripe on the tree what makes them fully nutritious and beneficial for us. Fruits which are imported are picked up unripe and to avoid spoilage are sprayed often with chemicals. The worst scenario is when we drink conventional fruit juices which does not contain any fiber and are mostly loaded with additional sugar.

## 5. Lift weights

Lifting weights (strength training) burns lots of calories. The heavier the weights, the higher the intensity and the more calories we burn, especially if we do full body functional exercises like squats and dead lifts. Lifting weights boost our metabolism what helps us to lose fat. It is called “afterburn” or EPOC (Excess post-exercise oxygen consumption). We burn more calories the hours after we have done strength training. Lifting weights definitely builds muscle and cardio exercises don't. Nor does a low calorie diet. Only lifting weights does. Low calorie diets and excess cardio BURN muscle. This leads to the unhealthy skinny-fat look. Lifting weights prevents muscle loss from aging what makes us look younger. It improves our health and appearance while losing fat. This approach makes us look slimmer because muscle is denser than fat. So by lifting weights we build muscle, lose fat, and look slimmer than before – at the same weight.

Ladies don't have to worry about getting muscled, because they don't have enough free testosterone circulating in their blood, they just get toned-up with strength training.

I hope you enjoyed reading my e-book and you found it very interesting. Feel free to share it with your friends and family.

If you would like to feel and look fantastic in your skin, just simply contact me here to take immediate action:

<http://lovehealthylifestyle.com/you-are-absolutely-the-best>

Looking forward to hear from you.



Healthy Regards  
Krzysztof Janik

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