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# So Tell Me: How Do You Burn The Fat?

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## What Are You Looking For?

What is it you want from weight loss? Do you want to look better? Do you want to feel better? Do you want to wake up feeling energized ... and carry that energy with you all day?

When you burn off the fat, you'll feel better all the time. You'll feel better when you climb a flight of stairs ... you'll feel better when you look in the mirror ... and you'll feel better when people give you those admiring looks.

So, how do you burn off the fat?

## Diets Don't Work

New fad diets are continually popping up – and, they don't work! Sure, you religiously watch everything you eat, and you do lose a few pounds – at first. But, then there's the rebound (the yo-yo effect) as the fat comes bouncing back.

See, your body doesn't react well to starvation. It goes into a survival setting, and actually starts hoarding fat – storing it to weather the storm of lower food intake. Your metabolism slows down – the very last thing you want to happen.

The other problem with diets: Even when you do lose some weight, you never get that good shape – and you're never really happy with the results. Diets don't burn off the fat – they starve it. Unfortunately, diets also starve your muscle. So, when you lose weight through dieting, you lose the very muscle that gives you good shape.

## Your Body Needs Good Food

Forget the special frozen meals. Forget the cabbage soup. Forget the slimming shakes that come from a can. What your body needs is a good, old-fashioned, balanced diet. Your mother was right.

Your body needs the wide variety of healthy nutrients that only a balanced meal can provide. It needs all those nutrients to function properly – like a

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well-oiled machine, your body can run at full power and burn off the fat.

## **To Carb Or Not To Carb**

Carbohydrates have received a bad reputation over the last few years ... low-carb diets have sprung up everywhere ... carbs have been blamed for putting on fat.

But that's like deciding that since one apple is bad, the rest of the ones in the barrel are also rotten. The bad carbs are just the refined carbs – the white sugar, white flour, and white rice. These highly refined foods have been stripped of most of their good nutrients, and are responsible for shooting up your blood sugars – and piling on the fat.

Switching to good carbs – whole grains, sweet potatoes, brown rice, vegetables – you're giving your body the good nutrient-rich foods it needs to run like a high-performance machine. Natural, whole-food carbs gradually release sugars into your bloodstream, keeping levels normal and avoiding the storage of fat.

## **And, Don't Overdo The Protein**

The "carbs are bad" mentality has also led to the consumption of large amounts of protein. While protein is an important building block, too much protein can be downright dangerous to your health. Especially, eating lots of meat puts a ton of stress on your kidneys, and puts you at risk of future heart disease.

Protein doesn't just come from meat. And you shouldn't just get your protein from meat. At least half of your daily protein should come from plant sources – beans, lentils, nuts.

## **It's Not The Fats That Make You Fat**

The only role fats play in putting on fat, is the fact that fats are denser in calories. Too many calories make you fat – whether they come from fats, protein, or carbs.

What you do want to do, is eat only the healthy fats. These are found in foods

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like fish, nuts, olives, seeds. Stay away from the deadly trans fats found in fried foods and commercial baked goods.

For a great guide to healthy eating, along with his fantastic fat-burning exercise routines, [see Rob Poulos' "Fat Burning Furnace"](#).

## **Time To Start Burning Off The Fat**

Men have most of their fat deposited over the stomach, and women have it around the hips. This is just the way nature has distributed fat. We don't like it, but there's not much we can do to change it.

What you need to do is shrink down those fat cells that nature was good enough to give us. You have to burn off the fat.

## **No Spot Trimming ...**

There is no way to remove fat from just one area. As much as you'd love to get rid of those love handles first, fat reduces evenly over your whole body. You can't spot reduce.

It doesn't matter how many hundreds of stomach crunches you do – that belly isn't going to magically disappear.

## **... It All Has To Go**

You have to burn all the fat. As your body's fat percentage drops, those areas that you want to trim will start losing fat. It happens all over your body. All your fat cells start shrinking, as you burn off the excess.

## **Replace Flabby Fat With Shapely Muscle**

Lean shapely muscles will really make your body look good, give you extra strength and energy, and they'll also burn up a lot of fat.

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## Muscle Burns Fat While You Sit

A muscular body will burn fat even at rest. In fact, for every pound of muscle your body will burn an extra 40-50 calories a day – even when you're plunked down in front of a computer. This is the energy used to maintain those muscles.

You'll burn even more energy when you're building those muscles. When you do a set of high-intensity exercises (like the ["12 Minutes To Fit & Fabulous"](#)) your body is kept busy for up to 24 hours – building up new muscle fibers and repairing old ones. During this process, your body is burning fat like crazy.

## Don't Want To Look Like Schwarzenegger?

When you start lifting weights are you going to break out in big lumpy muscles? Are you going to end up as a freak, with no neck and arms that won't meet across your massive chest?

No! The bodybuilders you see on the front of muscle magazines are not the norm. These are a rare, dedicated lot who live in heavy-metal gyms, do highly-specialized training, and quaff protein shakes between sets.

The regular bodybuilder merely builds nice lean muscles. The kind of muscles that give that lovely super model shape. The kind of muscles that make you feel great.

In fact, bodybuilding should be renamed to bodyshaping. It will turn you into a trim, well-shaped, healthy person – and you'll feel so good about yourself.

So ... let's get started burning off the fat.

For a quick start on a real fat-burning 12-minute routine, [click here to get your own copy of my "12 Minutes To Fit & Fabulous"](#).

To really get into burning off your fat, [get Tom Venuto's "Burn The Fat, Feed The Muscle"](#).

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## Resources

### "Fat Burning Furnace"

A great plan to fire up your fat-burning with high-intensity and proper nutrition. [Click here to read more ...](#)

### "12 Minutes To Fit & Fabulous"

For busy people, this fast and furious regimen is a perfect fit – and will get you fit. [Click here to get started now ...](#)

### "Burn The Fat, Feed The Muscle"

TomVenuto is one of the intelligent bodybuilders, and he shows you exactly how to get a well-defined, shapely body. [Click here to read more ...](#)

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