

## Calorie Counting

Calorie counting is an effective way to avoid a caloric surplus and encourage fat loss

Calculate the calories coming in with a tool like MyFitnessPal

Monitor calories going out with a fitness tracker or by calculating your AMR

To make this easier to stick with, consider:

- \* Finding easy changes to reduce your intake
- \* Coming up with a highly consistent breakfast and lunch

Then you can make sure you have fewer than 1,000 calories by the evening and cut loose for dinner!

Note that there are many more factors that calorie counting though such as your metabolism, hormones, lifestyle and nutrition

## A Simple Strategy

To combine this diet information into a simple strategy..

Spend a short time calculating your diet roughly  
Remove things that are pushing you over the top  
Devise a consistent lunch and breakfast under 1000 calories  
Avoid simple carbs  
Avoid processed foods  
Avoid empty calories - in short, eat mainly natural foods that you would get in the wild  
Spend the morning extending your fasted period  
Use this as an ideal time to exercise  
Eat afterward with carbs in order to use 'carb backloading'  
Maintain your lifestyle - avoid being overly tired, reduce stress

## Nutrition

Do not make the mistake of thinking of your food as fuel - it is sustenance

Make sure you are getting vitamins, minerals and other nutrients to support your energy levels and your metabolism

Start with a vitamin supplement that will give you more of the energy you need to train

Avoid empty calories and overly processed foods

Seek out organ meats and superfoods

# Lose Your Belly! The Diet

## Cardio

The best forms of cardio for weight loss are:

- \* Walking slowly to burn calories without becoming overly tired
- \* Concurrent training to combine cardio with resistance training
- \* HIIT in order to quickly burn more calories and allow for carb backloading

Don't over do it. Look for ways to be more active in your daily life, especially with walking!

With thick abs, a body fat percentage of 12-15% should be sufficient to make them visible.

## Hormones

Hormones have a large impact on your fat loss

These include:

- \* Cortisol
- \* Insulin
- \* Serotonin
- \* Ghrelin/Leptin
- \* Adrenaline
- \* Testosterone/Estrogen
- \* Thyroid hormones

You can manipulate hormones to a degree with meal timing/avoiding too many carbs/changing your lifestyle.

By riding the wave of your hormones, you can avoid snacking

If you can't lose weight - see your doctor!

## Ab Training

Train the transverse abdominis to get six pack abs!

Use exercises that involve rolling back further, like the myotatic crunch.

Make sure you aren't folding at the hips!

Combine with ab vacuums and plank to target the transverse abdominis for a flatter stomach.

And twisting exercise for the obliques.

Don't forget the rest of the body - use compound moves!