

7 Tips You Can Use TODAY to Become a Fat Burning Machine™

PLUS ONE SECRET WEAPON THAT WILL HELP you maintain your healthy bodyweight for the rest of your life!

You can get started on your weight loss and health goals today. Here are 7 things you can do right now that are based on the bestselling book *Become a Fat-Burning Machine*:

1. DON'T EAT DESSERT FOR BREAKFAST.

Stop eating sugary baked goods and cereals, and stop drinking fancy (and expensive!) coffeehouse drinks every morning. These foods turn on your fat-storing mechanism... and that's no way to start your day if you're serious about weight loss!

Instead, have one or two eggs, a slice of whole grain toast with butter, and a slice of full-fat cheese or half of an avocado for breakfast. Skip the fruit juice, but have a black coffee or tea. This will help jumpstart your day and put you in a Fat-Burning Machine mode!

2. MOVE.

Your body was designed to move and you want — no, you need! -- the capability of movement for your entire life. Any diet that tells you to stop exercising — or moving — while your body “adjusts” to their food plan is simply preventing you from burning calories the way your body was designed to do.

Now, I'm not saying you must become an athlete! Today, simply go for a walk. Invest between 10 to 20 minutes walking around the block, and include 3 to 5 bouts of walking just a bit faster for 10 steps. Commit to walking 3 times this week.

3. DON'T FEAR THE FAT.

Sadly, for over 40 years we've been told to avoid fat in our diets. This generalized recommendation has caused our nation to become obese. Healthy dietary fats have been replaced with sugars (for taste) and poisonous man-made fats (for food texture & stability) that have only made our health worse and our waists larger.

Healthy, naturally occurring fats are a vital component of your diet and must be reintroduced if you are truly going to reach the ideal body weight that you so desperately want.

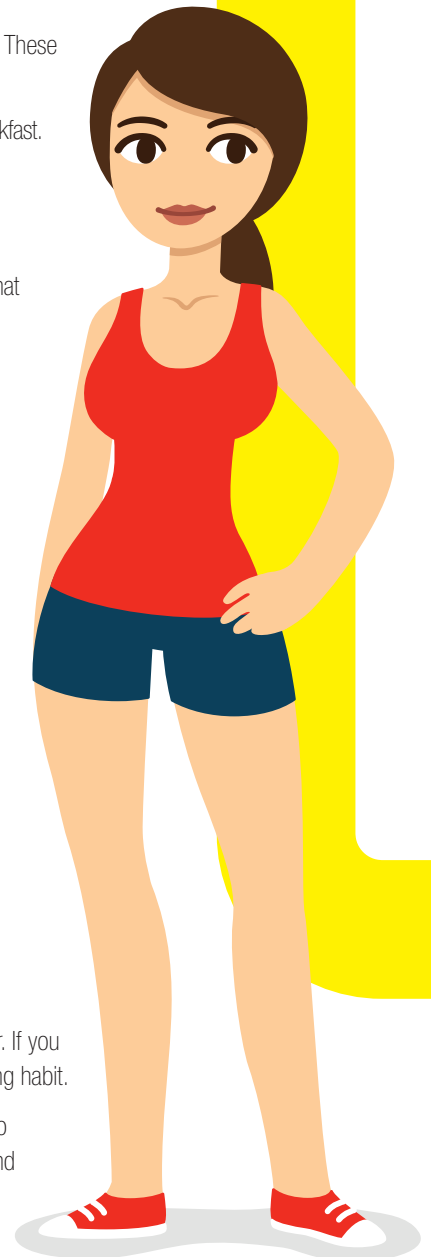
What can you do today?

- a. Go to your kitchen and get rid of these fats: 1) Any product that has the words “partially hydrogenated” on its label; 2) Margarine; and 3) “Vegetable oil”
- b. Put these fats back into your kitchen and diet: 1) Butter; 2) Coconut oil; and 3) Olive oil.

4. STOP EATING WITHIN 2 HOURS BEFORE BEDTIME.

For many, the hours between dinner and bedtime become the time for uncontrolled raids on the cupboard and refrigerator. If you consciously plan to stop your eating 2 hours before bedtime, you can successfully stop this mindless and detrimental eating habit.

Adopting this overnight “intermittent fast” (from dinner to breakfast) will convey many biochemical and hormonal benefits to you, which you can learn more about in the Fat-Burning Machine program. For now, however, try not to eat after dinner and before bedtime to optimize your body's ability to burn fat.



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5. PLAN TO SNACK.

If you think that hunger pangs are a badge of honor – you're wrong. Constantly feeling hungry will only set you up for failure (plus, it's not necessary).

Successful participants in the Fat-Burning Machine program embrace their healthy snacks twice a day. They don't "graze" – they purposely plan, prepare and enjoy a mid-morning and mid-afternoon snack to keep them satisfied and to reinforce their new healthy eating patterns.

Try a handful of mixed nuts with dried (unsweetened!) coconut flakes, or a slice of whole-fat cheese with five or six crackers. This will help prevent mid-day drops in your blood sugar and will keep you comfortably fueled between meals.

6. REDIRECT YOUR NEGATIVE SELF-TALK.

Fat Burners who have gone through my course have told me this was one of their most valuable lessons. The first step is catching negative self-talk. If you jot it down, then you can turn it around. For example, "I'll never reach my ideal weight." Negative... Let's get rid of it!

Turn it around by writing down (the writing it down is important), "I deserve to be at the healthy weight I desire."

We are what we believe. Positive affirmations literally help to reprogram our brains to create new ways of thinking. Approve of yourself; approve of your weight loss goals... and tell yourself about it daily!

7. BEFORE & DURING EXERCISE, WATER ONLY.

Have you been hoodwinked into believing that you need sports bars and energy drinks before, during and after all exercise? Don't fall for it.

For your next activity session that is 60 minutes or less in length, drink only water before, during and after. Then, when you're finished, don't "reward" yourself or think that there's a need for extra fuel... simply stick to the Fat-Burning Machine recommended diet of real foods and continue on with your day.

UNLOCK THE SECRETS TO PERMANENT WEIGHT LOSS
GET FIT AT FAT-BURNING-MACHINE.COM

If you want to reach your goals even faster, then join our Fat-Burning Machine community for more free tips, recipes, success stories and advanced weight-loss programs. Plus our members are really friendly and supportive, and they can be a great resource as you progress through your weight loss journey.

I'm committed to helping you finally achieve your ideal healthy body weight. If you have questions about the Fat-Burning Machine program or wonder if it's right for you, please email me at gale@fat-burning-machine.com. I look forward to hearing from you!

Gale Bernhardt

Co-author | Become a Fat-Burning Machine

THE SECRET WEAPON FOR LIFELONG HEALTHY WEIGHT

You may not realize it, but the solution to your weight loss is not only found in the kitchen – it's also found in the bedroom!

Your Secret Weapon to attaining and maintaining lifelong healthy weight: Get 7 to 9 hours of sleep every night.

One study found that people deprived of quality sleep for just two nights in a row had a 24% increase in hunger and appetite cravings – compounded by a preference for high carb foods.

In another study, fat loss was decreased by 55% when people got only 5.5 hours of sleep, compared to those who got 8.5 hours of sleep!

Sleep deprivation increases the amount of insulin (nicknamed "the fat-storing hormone") produced in the body by a factor of 3, and increases stress-related hormones like cortisol. No matter how good your diet, and how diligent your exercise, you'll never attain your ideal healthy weight if you're not getting a good night's sleep.

By incorporating these tips into your daily routine, you'll be on the path to successful weight loss!

"Gale's no-nonsense approach helped me understand the complex dynamics that have prevented me from losing weight in the past, and allowed me to finally reach the weight I've dreamt of."

– Jan R.

Within a year, to her amazement, Jan had shed 63 pounds, trimmed 9 inches off her waistline and 8 inches off her bust, and dropped from a size 2X to a size 10 or 12.

