

# 5 Proven Ways *to* Lose Fat and Get in Great Shape

By Yuri Elkaim, BPHE, RHN

There are seemingly a million and one techniques and programs for burning fat these days, but if you look at them all closely, many of them come down to the same, basic principles in one form or another. Unfortunately, you have to cut through all the branding and a great deal of useless information and practices to really get to the heart of it all, and when you do — if you do — the truth about fat loss becomes readily apparent:

It's not complicated at all. In fact, it's quite simple.

There's a lot to say about fat loss, which I do in my upcoming book *The All-Day Fat-Burning Diet*, but rather than make you wait until December for its release, I'm going to give you my five basic commandments of weight loss that you can get started on immediately. You can definitely go deeper down the rabbit hole if you wish when the book comes out, but for now, following these guidelines will help you get to where you want to be much faster than you may think.

As you'll notice, the commandments are all behavior based, so they will require some discipline and decision making on your part. However, I'm pretty certain you have what it takes or you wouldn't have gotten this far already. Through it all, I'd like you to focus on how you feel rather than how you look, as this is about concentrating your energy and your habits to make fat-burning a natural, lifelong process. Let's begin.

## COMMANDMENT 1

# EAT REAL FOOD

Despite what you've been told, or what you may think, the primary fat-loss commandment has nothing to do with exercise. That's right — the first step towards losing weight is nothing to do with running, jumping, lifting weights or breaking even the slightest sweat. That's because the most important thing you can do in your mission to lose weight is to eat real food.

Even though you're bombarded with images of sweaty people in workout wear espousing the importance of exercise in maintaining a trim physique, good health and a fit body begins in the kitchen. Losing body fat is primarily determined with what you put in your body or what you choose *not* to put into your mouth. Exercise is crucial, but that comes later in the process.

There's a good chance that you're a health hobbyist, in which case you're probably already eating fairly well. If that's the case, that's awesome — keep going! If not, you might want to try this simple shift in eating habits. In time, it will have a drastic effect on your body weight and serve as the foundation of your new healthy lifestyle.

Mind you, I'm not talking about a diet. Diets have been proven to be ineffective, and that's often because they require us to submit to unrealistic eating guidelines that we hate to follow. We struggle through for a few weeks, but when it's all done, we go right back to eating as we did before, sometimes even eating worse than ever.

When I talk about eating real food, I'm talking about filling your kitchen and your body with real foods that are found in nature, not boxed and packaged “food” products produced by a brand name food manufacturer. You want to avoid that stuff at all costs. Here's a simple rule of thumb that will help you get started: if you see a food item advertised on TV or in a magazine, don't eat it. If there's a hard sell behind it in commercials of any sort, that likely means coming from a big company that is really focused on raking in dollars, not your health.

It doesn't matter if you're vegetarian or vegan, paleo or without eating restrictions of any kind. Eat real food!

I'm kind of diet agnostic myself. If anything, I consider myself a healthatarian — somebody who eats clean, healthy, real food. That means I try to go to farmers' markets as much as possible, spend more the produce aisles at my supermarket, and when I do eat meat or animal products, I try to source them from high-quality, local butchers or farms. That's really what it's all about.

People now weigh 20 to 30 pounds more, on average, than they did 50 years ago. That's a scary fact, and it's all because our bodies have become breeding grounds for toxicity and hormone disruption. So many of our internal body functions are all out of whack. This is in large part due to the processed foods and environmental toxins that are finding their way into our bodies. Think of them like alien invaders, wreaking havoc wherever they roam. It's damage we all have to undo.

If you are eating well and you're still having a tough time losing weight, it's important that you continue eating real food, but with a new understanding that there could be some physiological things happening inside your body hormone-wise that could be holding you back as a result of years of buildup inside the body.

That's a longer conversation, but let's just start with eating real food. It's so important. For right now, don't worry about how much you eat, as it really doesn't matter if you eat five meals a day or two meals a day. It's quality that counts when it comes to fat loss, not quantity. As long as the total amount of calories you consume each day are about the same, it doesn't influence your body weight and won't have an impact on the speed of your metabolism. I talk about this extensively in my book *The All-Day Fat-Burning Diet*, which will be coming out in December, but for the moment, look to fill your fridge with plenty of healthy, whole foods.



## COMMANDMENT 2

# EAT WHEN HUNGRY, STOP WHEN FULL

This second commandment should be a no-brainer, right? It should be, but sadly it isn't, as so many of us have become used to eating until we're bursting. However, we should be fairly intuitive about the amount we eat, as our body knows when we've had enough. We just have to tune into it.

Actually, you really want to stop eating when 80 you're percent full. Think of it as if you were to step back from the plate, look at it, and think, *Am I good? Yeah, I'm good.* That's 80 percent full. It's the point you can eat up to without feeling uncomfortable and bloated afterwards. That's the discomfort you want to avoid.

Eating when you're hungry can be challenging sometimes because our physiology has become a little messed up as a result of misbehaving hormones, processed foods and environmental toxins. There's a breakdown in proper communication between our guts and our brains, which in turn silences our important hunger hormones that normally tell our brains, "Hey, I'm hungry," or, "Hey, I'm full."

One such hormone is leptin, and if it isn't communicating to your brain properly — which is known as leptin resistance — then you might not get the signal that you're full at all. This happens a lot in people who are eating a lot of processed foods, lots of fructose, or lots of MSG. With time and proper diet, you can restore your hormonal function to where it should be, but in the meantime, being more mindful about how much you're eating will go a long way in helping you lose weight.

Something else to bear in mind is that overeating often doesn't have anything to do with hunger at all. The next time you have cravings, ask yourself this: "am I really hungry or is it anxiety?" The answer might surprise you. Many of us use food to soothe emotional discomfort and decrease stress, but that usually ends up with us feeling overstuffed and guilty about just how much we ate.

### COMMANDMENT 3

# BE MINDFUL WHEN IT COMES TO MEALS

Commandment 3 is closely linked to both number 1 and 2, and it will help you eat better food and eat only as much as you need. It all boils down to two simple words: be mindful.

The world seems to be moving faster than ever these days, and that means we often grab meals on the go, or eat when we're doing something else, be it watching TV or finishing up a report for your boss at the computer. These distractions mean that it's now common for us to barely pay any attention to what we're eating or how much of it we're throwing down; we're just filling a hole.

I'd like to ask you to try something: the next time you have a meal, try sitting by yourself with your food and just your food — no iPhone, no computer and certainly not a computer, not even a book. Just be with your food. I'm sure it will be challenging at first if you haven't experienced it in a while, but I guarantee you it will be rewarding. The goal here is to create an energetic communication between you and the food you have. It will lead you to be aware of just how healthy and whole the meal in front of you is, and just how much of it you have to eat to get the energy and nutrition you need.

Beyond that, you'll also be doing wonders for your digestion. Your digestive system works in parasympathetic mode, which basically means it works properly when you are not stressed. When you are stressed, your internal fight-or-flight response is activated, which is the sympathetic side of the nervous system. That shuts the digestive system down, moving all the blood out of there to your working muscles so you can be primed to run away or fight.

You want your digestion to be working optimally when you're eating, so try to do your best to eat in a relaxed environment so you don't set this stress-fueled chain reaction off. Be present and mindful with your food.

## COMMANDMENT 4

# WORK OUT LESS, MOVE MORE

We live in a culture where we *think* that doing more is better. How many times have you heard this: “I need to run more if I want to lose more weight.” Or how about: “I need to work out more if I want bigger muscles.”

It’s all very familiar, but here’s why it’s not quite right: think about your body like a car, a machine built for getting you from point A to B. The mindset I just mentioned is equivalent to driving that car as fast as possible for as long as possible. Consider this carefully: if we do this for an extended period of time, what’s going to happen? The car is going to break down. It’s much the same for your body.

I’m speaking from experience here. As a former pro soccer player, I know what it’s like to train like a maniac. I also know how the body responds — it just gives out. Is it any wonder why most pro athletes are retired by age 35? One percent of athletes, *maybe*, are over 35. Most of them hit their peak in their late 20s, and then it’s a slow decline afterward. Sadly, in some cases it’s a very rapid decline, and that’s simply because their bodies have been pounded with overuse and nonstop intensity. It’s just too much.

There’s really no golden rule which says you should be working out three days a week, which is the common standard. That said, all the programs I’ve developed are based around the principle of 20- to 30-minute workouts three to four times a week at the most. It’s a nice average, but when it comes down to it, the right amount of exercise is the amount that will consistently challenge you and not leave you exhausted.

I believe that working out is kind of like the cherry on top, the icing on the cake. Rather than working ourselves up to believe that constant exercise is crucial to weight maintenance, we need to think differently about our bodies and how they’re designed. The simple fact is that we were built to move. However, our modern society tends to keep our butts glued to our seats for the majority of the day—nine to five or longer—and then go to the gym for an hour every other evening or so in an attempt to repent for our sins of gluttony and lethargy. Our bodies don’t respond kindly to this, and in fact, there’s a lot of research that shows even 30 minutes of exercise every single day of the week is not enough to counteract the negative impact of sitting.

What's the solution? It's simple: more movement. Even if you just worked out less in the gym, for instance, and spent more time taking the stairs, picking things up, or walking to the grocery store and back, you'll make a bigger impact on your efforts to lose weight. I call these daily activities *micro movements*, and because we're often so busy and crave convenience wherever possible — i.e. taking the elevator instead of the stairs — we tend to forsake these small but important movements every day. Don't underestimate how powerful they can be, and how lasting. The truth is, I'm less concerned about helping you lose 10 pounds a week, because chances are you'll rebound from such drastic weight loss. My aim is to help you keep it off for good, and micro movements can really help you with this.

Of course, I know you want to see results as quickly as possible, and I can help with that. Not to boast, but I'm really good at helping people get quick results that last. The key here is to get you excited about your progress, but also make your new behavior become a new lifestyle. What good is a 14-day diet that produces results that don't last?



## COMMANDMENT 5

# BUILD MUSCLE, BANISH CARDIO

I'm sure this commandment comes as a bit of a surprise. Let me explain. I'm sure you're accustomed to the sight of people taking to treadmills for hours on end to work their fat off. I hate to break it to you, but it doesn't work. In fact, the way most people do cardio exercise is absolutely useless.

As I mentioned when explaining the last commandment, too much exercise simply wears your body out. This doesn't mean that you shouldn't exercise, but that you should exercise smarter, not harder. To do this effectively, your focus should be on building muscle.

Now I'm not saying you need to become Arnold Schwarzenegger, but lean muscle is key to burning fat and staying trim. Why? Because the most important part of this equation is your basal metabolic rate, which is the number of calories your body burns at rest day in and day out. A good way of thinking about it is like this: if you did nothing else but lie on the couch all day long, the number of calories that would be required to keep you alive would be your basal metabolic rate, or BMR for short. The higher your BMR, the more calories you burn, and thus, the more fat you shed.

Here's the thing: your BMR is most heavily influenced by muscle. Because muscle is more metabolically active, it requires more energy in the form of calories. Therefore, if you build more muscle, then you also increase your BMR. Naturally, this causes your body to churn through calories — and fat — even when you're *not* working out.

This ultimately means that you can work out less, especially if you're doing smart workouts that train your entire body. This has made me a big believer in training with *movements* which involve multiple muscles at the same time rather than focusing on one set of muscles at a time.

For example, I'm more inclined to utilize an exercise like a kettle bell swing which engages your legs, your core, your chest and your arm muscles, as opposed to a shoulder press which only focuses on your shoulders. The bigger movement of the kettle bell swings involves more muscles, making you work a bit harder and breathe a bit faster, meaning your muscles now require more oxygen to keep going. This in turn means that you're burning more calories, building more muscle, and in the long run, burning more fat.

Combining exercises like kettle bell swings with push-ups and other exercises with short rest breaks in between makes for a workout that really leaves you huffing and puffing — a good sign that you're becoming more metabolically active. I advocate for routines like this because it's a stimulus for long-term gain, as opposed to the short term, how-many-calories-did-I-burn-today approach. By building muscle in this way, you're investing in a body that burns fat more naturally and consistently.

You might be wondering where this leaves cardio. I believe that we have to rethink our approach to cardio as it's actually a huge stress on the body. Studies have shown that too much cardio raises cortisol, the stress hormone, which has a negative impact on your body when it comes to breaking down muscle and stirring up inflammation. It also decreases both testosterone and growth hormone which play a major role in maintaining muscles and staying lean.

Does this mean you can't go for a run every now and then? It certainly doesn't, but I would implore you to rethink extended cardio sessions as a weight loss strategy. They really do more harm than good. I would recommend no more than one or two cardio workouts a week, and you may want to consider the interval approach. This means that rather than exerting yourself for 40 minutes straight, you're slowing down every few minutes and catching your breath. For example, if you decide to go running, rather than sprinting for as long as possible, you'll alternate bursts of sprints and jogging for the length of your workout. Not only does this prevent you from exerting yourself too much, it's also been proven to burn more calories, helping you get to your weight loss goals quicker.

When it comes to weights, I want you to focus on heavy weights and low repetitions, especially if you're a woman. I would say four to eight repetitions at the *most*, which means you should be lifting a weight that only allows you to do four, five, six, seven, or eight reps. Let's say you're doing eight repetitions and you're lifting 100 pounds. If you find yourself able to lift this weight nine or even ten times in a row, then it's too light. You need to get to the point where that eighth or final rep, whatever it is, is going to be a real challenge to pull off with good form. That's your upper-limit range, and that's where you want to be spending most of your time.

As challenging as this may be, lifting weight in this fashion is not going to get you bulky. In fact, this technique is specifically for building lean muscle. As you can tell, I'm not a big guy, but I'm strong and I'm fit, and that's because I work in the small-repetition range with very heavy weights. That's how I'm able to stay so strong, pretty much injury-proof, and much leaner than a lot of other people who are training for big muscles. Women, don't worry, you're not going to get big, puffy muscles. That's not the way this works; even physiologically, you don't have enough testosterone to even do that, so don't worry about that.

You know what's even cooler? A lot of research shows that interval training actually elicits a greater "afterburn" effect, which keeps your muscles consuming a great deal of oxygen well after your workout has ended, resulting in increased calorie burn. It's not a huge factor, but you *are* burning more calories than you would otherwise.

I can go on and on — and I do in my books — but if you follow my articles or watch any of my videos, you're going to see these themes throughout. Losing weight doesn't have to be complicated, as the basic formula is pretty straight forward: eat real food only when you're truly hungry, be mindful with your food, move a lot more, and train smarter, not harder by focusing on your strength instead of your stamina.

That's it. That's really it. Follow these simple commandments and I guarantee you're going to be pleasantly surprised with the results.



# WHAT NEXT?

You've read this report.

And you want to lose weight and get fit.

That's why I think you'll really enjoy the following resources that many of my clients and readers have enjoyed to help them lose weight and get in great shape.

## Fast Fat Burning Meals Cookbook

Quick and Delicious Healthy Meals That Burn Fat. Created by me and my wife, Amy, you'll enjoy quick fat burning meals so tasty you'll think they're bad for you.

[Learn more about these delicious fat burning meals...](#)

## Amazing Abs Solution

Possibly the best follow-along workout program I've ever developed. Perfect for those who want to lose belly fat and get strong, toned abs without doing back-breaking sit-ups, hours of cardio, or starving yourself. This is the only "done-with-you" abs program that creates visible results with just 3 short workouts per week thanks to my proprietary "metabolic compounding" technology.

[Click here if you want tighter, toned abs...](#)