



15 FIT TIPS



"LIFT WEIGHTS AND JUMP ROPES
IN BETWEEN SETS."

15 Easy Tips to Lose Fat

- Exercise 1st thing in the morning, before breakfast. You will burn 3x more fat. While you are sleeping, your body uses up most of the carbohydrates, when you workout 1st thing in the a.m., your body will use the fat for energy. PLUS you are more likely to do your workout.
- Morning workouts elevate your



BODY WEIGHT EXERCISES



EAT 6 MINI MEALS / DAY



STRENGTH TRAIN

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- metabolism all day long. Meaning you burn more calories all day long.
- 3 Workout as hard as you can for as long as you can.
- 4 Portion control. I use salad plates for dinner plates. It's easy to monitor just how much you eat. You avoid putting too much food on your plate.
- 5 Eat breakfast to get your metabolism going and to keep it going all day long. Eat 5 small meals per day every few hours. Keep the metabolism burning like a continually adding logs to a beach fire. Don't burn out.
- 6 Lift weights and increase muscle mass, since muscle burns more calories than fat. Meaning, if you have a higher ratio of muscle to fat, you will burn
- more calories even while you are sleeping. Yeah!
- 7 Burn more calories than you consume.
- 8 When eating at a restaurant, immediately ask for a "to go" carton and put 1/2 of your food in it. You won't miss it, plus you won't have to make lunch tomorrow.
- 9 Avoid foods with "high-fructose corn syrup," use of this stuff has increased 350% in the U.S., which coincidentally parallels the 350% rise in obesity within the U.S. hmmm.
- 10 Use more calories than you eat.
- 11 Buy a pedometer: Goal 10,000 steps per day.
- 12 Get off your okole (butt, a_s, bottom) do your weight training standing up instead of sitting down.
- 13 Eat a little of what you love. Don't deprive yourself, it leads to binges. Instead, eat a bite and toss the rest. Control your destiny.
- 14 Lift weights and jump rope in between sets.
- 15 Add 1 extra activity to your day: walk the dogs after dinner, play tag with your kids, run up the stairs 10 times just for the health of it (walk down the stairs, it saves your knees), put on loud music and play freeze dance with the kids.

I hope you'll give these tips a try! Sending you energy, positive vibes and good health!

In fitness,
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