



WEIGHT LOSS TIP SHEET

FOOD TIP: Eat Fat to Lose Fat

For years we've been fed the lie that the best way to control calories and shed fat is to cut fat from our diet. It may seem logical that in order to lose fat, you need to consume less of it, right? **Wrong.**

Regardless of past success with fat-restricted diets, lowering fat intake doesn't equate with dropping body fat. A fat can even help make your fat loss more successful!

From a fat loss perspective, displacing carbohydrates by increasing fat in your diet sets the stage for an optimal fat loss environment.

By showing your body that it is getting a consistent source of external fat from your diet, it will be more willing to let go of the fat it is currently holding.

Fat is energy. **But be warned** fat is not a calorie free food. It's the exact opposite. At roughly 30-35% of your total calorie intake, fat calories add up quickly, so be careful. Fats are delicious and it's easy to over consume. So make sure your efforts are calculated.

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EXERCISE TIP: Cardio vs Weights

The more lean muscle tissue you have the more calories you burn. 1kg of muscle burns 50 extra calories a day, whereas 1kg of fat burns just three calories a day.

After weight training the metabolism is boosted for up to 36 hours, so instead of burning about 60 calories an hour while sitting and watching TV, you're burning 70. An 10 extra calories! "So what!" I hear you say - Multiply this by 36 hours and then calculate your new daily calorie expenditure over that day and a half – that's an additional 360 calories!!

When you look at it on a monthly basis, it becomes clear how regular weight training can really increase your calorie burning and therefore your fat burning.

Cardio training might generate an extra 40-80 calories burned after a moderate paced session and is very much dependant upon the intensity and duration.

To generate a high post-calorie burn from aerobics would involve doing it for an extremely long time, and quite honestly, if you were capable of doing that you wouldn't be concerned about loosing weight!

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FREE RECIPE

Quick & easy popcorn

80g popping corn
15g organic coconut oil
sprinkle of stevia to sweeten
(or natural sweetener of
your choice)

SERVES 4



Per serving:
120 calories
19 gm carbohydrates
2 gm Protein
4 gm Fat



Melt the oil over a medium/high heat in a large saucepan.

Add the popping corn and cover.

When the corn starts to pop, shake the pan gently from time to time over the heat, to prevent burning.

When most of the corn has popped remove saucepan from heat. You will probably find there are a few that remain unpopped. Transfer to a large serving bowl.

Sprinkle on the stevia and mix well.

Consume immediately.

Want to try some more recipes?

Just £12 for over 100 recipes in our REAL FOOD Recipe Book

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