

TOTAL SHAPE

7 SECRETS FOR RAPID FAT LOSS

**WITHOUT HAVING TO GIVE UP
YOUR FAVORITE FOODS.**





Hi there!

I'm Isaac Robertson, a fitness enthusiast and head editor at *Total Shape*.

Thank you for subscribing! I hope you find this guide to rapid fat loss as helpful as I did.

Before I discovered these 7 secrets to rapid fat loss, I had trouble losing weight. Nothing I did seemed to work and any progress I made was minimal. In fact, I was on the verge of giving up.

Stumbling onto these secrets changed my life. All of a sudden, I was seeing significant changes in my body and I finally started achieving the kind of progress I had been dreaming of. Before I knew it, I looked in the mirror and saw myself with a six pack for the first time since high school!

It was such an incredible, accomplished feeling. I knew right then and there that I had to share my knowledge with others so they could feel as amazing as I did.

That's how "7 Secrets for Rapid Fat Loss" came to be. I compiled everything that had worked for me in my fat loss journey and wrote down these 7 secrets so you could experience this, too.

If you're as tired of struggling with fat loss as I was, then you have found the right guide! These 7 secrets are sure to make a huge impact on your fitness journey and show you the same amazing results that I saw.

Ready? Let's dive in!



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Secret 1:

Don't Skip Breakfast

The first thing I learned on my fat loss journey was not to skip breakfast. Skipping breakfast can seem like a good idea when you're trying to lose weight because you're trying to cut calories anyway, you're in a rush to get out the door to work, and lunch doesn't seem so far away after all. No big deal, right?

Wrong. You are actually hindering your fat loss progress by skipping breakfast.

Skipping breakfast throws your body out of whack. Since you are technically fasting while you are asleep, you need breakfast to literally wake up important parts of your body, like your brain or muscles, and give them energy to get going.

When you skip breakfast, you are more likely to feel sluggish and have poor concentration- things that hamper your workouts as well as your everyday functioning. It also increases your chances of snacking and overeating as the day goes on.





Not to mention, waiting too long to eat could switch your body into starvation mode, which tells your body to hold on to fat instead of burning it because it doesn't know when it will eat again.

The American Heart Association even reported that those who eat breakfast usually have lower blood pressure, cholesterol, and rates of heart disease than those who do not.

Eating breakfast increases your metabolism, gives you much needed energy to get through the day, and even lowers your risk of heart disease. So, breakfast needs to become a priority of yours if you want to lose fat fast!



Start eating breakfast foods high in fiber and protein to fill you up and keep you full and energized throughout the day. This includes foods like oatmeal, whole grain cereal, Greek yogurt, and eggs. Fruits are also an excellent food to eat for breakfast because your body is more capable of breaking down the sugars found in fruit first thing in the morning.

Instead of skipping breakfast if you're in a rush, stock up on breakfast foods that have little to no prep time and you can eat on-the-go, like overnight oats, protein bars, and granola bars.

There are also plenty of recipes online for quick or make-ahead breakfasts to make on-the-go breakfasts more attainable, such as a berry and yogurt smoothie or a banana and peanut butter breakfast wrap.

Instead of giving up food to lose fat, make sure to add this important meal to your diet like I did!

Secret 2:

Make Your Workouts Intense

Of course, we all know that exercise is one of the most important things you can do to lose fat. There's no way around it. I made sure it was at the forefront of my fat loss plan.

Exercise burns calories and, in turn, fat. The key to losing weight and fat is to make sure you burn more calories than you eat. If you want to continue eating all your favorite foods, that means making your workouts intense to burn tons of calories.

I found the workouts that left me dripping sweat and out of breath gave me the best results. Those are two indications that your workout is intense. Push your limits (without hurting yourself) and give your workouts 110%.

If you start working out and keep your intense momentum going, you should start to see rapid fat loss. However, it's possible to see your success plateau over time. This happens to a lot of people. Thankfully, it is easy to spot and correct if this happens to you.

As you begin to tone your body and achieve new levels of fitness skill, your body will adapt to the workout. This means that the workout that was difficult to you a month ago may seem easy now, whether you realize it or not. You may still be giving it 110%, but your body has acclimated to endure this particular exercise.



This is why it is important to always strive for an intense workout. It also illustrates how important it is to mix up your workouts. Don't do the same workout over and over. Try two or three different workouts and alternate between them so your body is always working out in a different way. You could also avoid adaptation by adding more reps or weights every week to your existing workouts.

Adding reps and weights are a good way to add intensity to your workout in general. If you are having trouble finding ways to make your workouts more intense, start by making small changes. If you walk or run for cardio, start gradually adding an incline to your exercise. Whether it is on a machine at the gym or you take a different route in your neighborhood, adding an incline will start to challenge your body in a new way.

Also look into High Intensity Interval Training (HIIT). These workouts are known for being intense and are easy to follow. Most HIIT workouts can be done anywhere and there are thousands of them available for you to follow online.



Secret 3:

Get Plenty of Sleep

Yes, that's right! I'm telling you to get more shut eye. If you're looking for a solid reason to press snooze and get a few more minutes of sleep, you've found it!

Sleep is very important to fat and weight loss. Not only do we need it for survival and to rest up for the next day, but sleep is also the prime time for your body to recover from workouts. Without enough sleep, your body will not recover as fast as it should, making you sore and lethargic the next day.

Lack of sleep can make fat loss even harder, as well. If you don't get enough sleep, your body will be stressed. When this happens, cortisol levels increase along with other hormones in your body. This hormonal imbalance can increase your hunger and food cravings, causing you to cave in and overeat. Lack of sleep can also make your body kick into survival mode, like when you don't eat breakfast, and store more fat instead of losing it.



It is recommended that adults get 7 hours of sleep a night. If you are having trouble going to sleep or staying asleep for 7 full hours, here are some tips to help you get a restful sleep:

- Try to go to bed and wake up at the same time every day.
- Avoid sleeping in.
- Avoid caffeine, alcohol, and nicotine in the late afternoon and evening.
- If you have trouble falling asleep, do not nap during the day.
- Exercise during the day and avoid exercising at least 3 hours before you go to bed.
- Power down and avoid the soft, blue screens of phones, computers, and televisions at least 1 hour before you go to bed.
- Try relaxing pre-sleep activities like meditating, taking a warm bath, or reading a book.
- Optimize your sleeping environment by keeping the room dark, cool, and quiet when you sleep.
- Try using a sleep app to track your natural sleep cycles for more restful sleep.

This was one secret I immediately starting doing in my fat loss journey!



Secret 4:

Drink Plenty of Water

You've probably heard this a thousand times, but I'm going to say it again because it's just that important. Much like sleep, water is essential for survival. Our bodies use water to carry out several important functions. Not only that, but water also aids in digestion, nutrient absorption, boosts metabolism, and helps flush your body of waste. When you are hydrated, your body will also stop retaining water weight.

The general recommendation is to make sure you drink eight 8-ounces glasses of water a day. But, if you are looking for rapid fat loss, you should increase your water intake to upwards of 100 ounces. Some dietitians even recommend drinking a half of an ounce to one ounce for every pound you weigh.

Drinking more water is something that many people struggle to do. The first step to drinking more water is to understand the signs that your body is dehydrated and asking for more water. Dehydration can make you feel sluggish and sick, so it can really hinder your fat loss plan. More signs that you are dehydrated includes being thirsty, having a dry mouth, being fatigued or confused, getting headaches, and having dark urine.

Once you know when your body needs more water, you can start making better decisions in your effort to drink more. And if you are still having a hard time keeping up with your water intake, or find it difficult to choose water over other drinks because it's just too uninteresting, here are some helpful tips to help you reach your goals:



- Start by drinking a glass of water every time you would normally drink a soda.
- Drink 16 oz. of water before a meal to make you fuller, decrease your appetite, and boost your metabolism.
- Add flavor to water to make it more interesting by steeping fruits, vegetables, and/or herbs in your water pitcher.
- If you are still craving something different to drink, try herbal teas or juice or lemonade with extra water.
- Make sure you never have a reason to drink something other than water by keeping a full bottle or pitcher of water in your car, on your desk, or in your bedroom. It also serves as a helpful reminder to drink up.
- Drink a glass of water when you find yourself waiting around, like when you're waiting for coffee to brew or are stuck in traffic.
- Keep track of every glass you drink by marking it in your planner, using an app, or drinking out of a marked water bottle.
- Set deadlines to drink a certain number of ounces by a certain time, such as 8 ounces by 8 a.m. or 32 ounces by noon and stick to it.

Once you start to drink all of the water your body needs to start shedding fat, you will start to see a difference. I know I did!



Secret 5:

Eat More Protein

Instead of cutting back, eat more- protein that is! Who doesn't love the sound of eating more? This has been one of my favorite secrets ever since I discovered it because most people assume you have to eat less to lose fat.

Protein is a powerful nutrient for fat and weight loss and should be incorporated into every meal that you eat. It should be your go-to nutrient because it fills you up and keeps you full. Because of that, your hunger will be reduced, and cravings and snacking will be kept to a minimum. Protein also gives a nice boost to your metabolism because it takes more energy to digest than fats or carbs. Food that burns calories? Yes, please!

If you're looking to build muscle on your fat loss journey, then protein can help you out there, too. Proteins are the building blocks of muscle and when you load up on them, you will retain muscle mass and build even more muscle as you start to lose weight and fat.

To eat more protein, try to eat more chicken, fish, beef, and eggs. Protein powder can also easily add extra protein to a meal. Try to incorporate one of these in every meal that you eat and aim to consume at least 1 gram of protein for every pound that you weigh every day. Once I started understanding what foods were good sources of protein, it was much easier for me to start adding more to my diet.



Simple changes can be made to every meal you eat to ensure you eat enough protein every day. You can start by switching some foods out for more protein-rich versions, like eating Greek yogurt instead of plain yogurt or eggs instead of cereal for breakfast.

If adding protein to your meals still isn't getting you to your daily recommended value, try incorporating more protein filled snacks in between meals. Snacks like jerky, trail mix, hard boiled eggs, almonds, protein bars, and hummus and veggies are great sources of protein and are portable in case you need to eat your snacks on the go.

You can also add extra protein to food by adding protein powder to your smoothies, adding chicken to your salads, or adding peanut butter to the fruits you eat.



Secret 6:

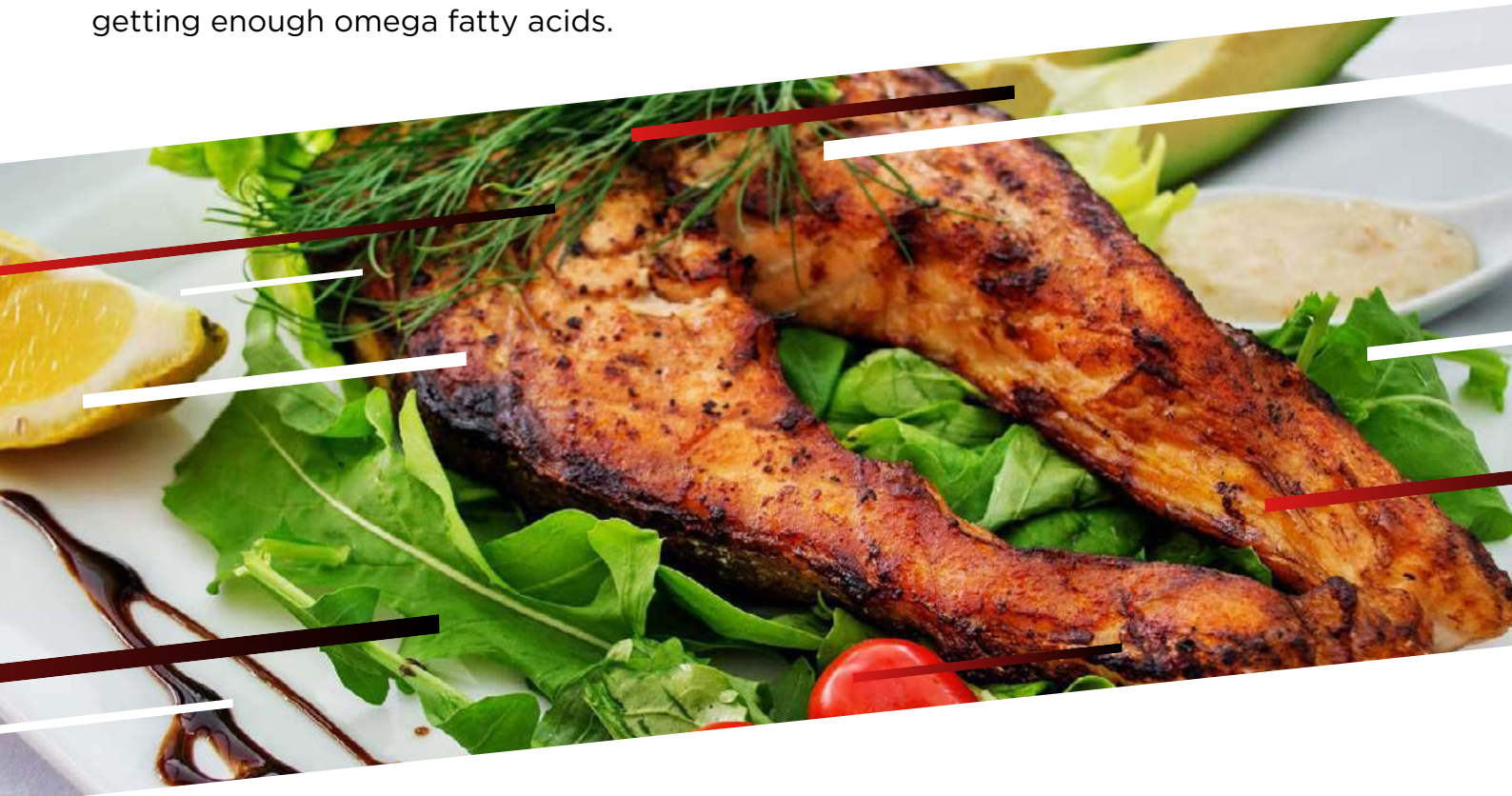
Eat More Healthy Fats

If these secrets to rapid fat loss could get any better, it just did. Because I am telling you to eat even more! This time, it's healthy fats you should aim to add to your diet.

You may think eating more fat would produce more fat on your body, but this isn't the case if you eat the healthy ones. Healthy fats actually boost your metabolism, reduces hunger, and protects you from heart disease. Healthy fats are considered to be unsaturated fats and can be found in vegetables oils, olive oil, nuts, and even peanut butter. Unhealthy fats are saturated fats and artificial trans fats found in butter, lard, and processed foods.

Two healthy fats that you should definitely be aiming to add to your diet is omega-3 and omega-6 fatty acids. Omega-3 fatty acids are important for fighting heart disease while omega-6 fatty acids provide your body with energy. Neither of these fatty acids can be produced by your body, so it is even more important to add them to your diet.

Foods high in omegas include fish, pumpkin, chia, sunflower seeds, and leafy green vegetables. Dietitians also recommend taking fish oil supplements to make sure you are getting enough omega fatty acids.



Overall, 25% of your diet should be healthy fats. Other healthy fats you should eat more of include coconut oil, avocado, dark chocolate, nuts, olives, olive oil, Greek yogurt, cheese, and milk.

To add more healthy fats to your diet, try switching your cooking oil to olive oil, drink green smoothies with avocado and leafy green vegetables instead of fruit smoothies, swap your creamy salad dressing for an oil-based dressing or vinaigrette, garnish your meals with cheeses, avocado, and olives, and choose snacks high in healthy fats like nuts, cheese, and even hard-boiled eggs.

When I started adding more fats to my diet, my whole perception of eating healthy changed. Not only was I eating healthy, but I was eating foods that tasted great! Isn't it nice to find out some of your favorites are delicious as well as nutritious?



Secret 7:

Don't Just Focus on Cardio

If you didn't think my secrets could get any better, think again because my last secret to rapid fat loss means you don't have to bust your butt on the treadmill every day of the week. Cardio is always the go-to for weight and fat loss, but it isn't the only exercise you should be doing.

Cardio is great at burning off calories when you are trying to lose weight, but too much cardio can actually decrease muscle mass. While this will lower the number you see on the scale, wouldn't it be much better if your fat loss revealed lean, toned muscles instead?

This is where weight training comes in. Weight training burns calories and fat, just like cardio, so it shouldn't be so quickly dismissed when trying to lose fat. Weight training doesn't necessarily mean bulking up, unless that is your goal and you are following that kind of workout routine. Simply starting to lift weights and adding them into your workouts will not make you bulk up but tone up instead. It will increase your muscle mass which will take the place of fat and also takes up less space on your body than fat.

In fact, weight training helps your body continue to break down fat long after your workout is over, unlike cardio. Because building muscle mass isn't an instantaneous process and requires your muscles to work hard at repairing and growing over time, your body uses more energy and, therefore, burns more calories long after your



workout is over. If you've always wanted to burn extra calories while just laying on the couch, then weight training is perfect for you!

Incorporating weight training into your workout is easier than you think. One of the simplest ways you can start losing fat and building lean muscles in its place is to alternate days you do cardio with days you do weight training.

If you like the idea of multitasking and saving time, then try a High Intensity Interval Training (HIIT) workout. HIIT workouts usually incorporate weights or resistance training which achieve the same results. HIIT workouts are also usually shorter, due to their high intensity, so that means you can be burning those calories on the couch even quicker!

This secret was a game changer for me. Before I learned this secret, I was only focusing on cardio. Not only was it not working, but I was getting tired of it, as well. When I finally started adding weight training into my workouts, I could tell a difference immediately! I was finally excited about exercise because I saw more progress than ever before.



Now the Secret's Out!

Now that I've shared my secrets, are you ready to start implementing them?

These 7 secrets to rapid fat loss honestly changed my life, and I know they will do the same for you.

Adding more protein and healthy fats into your diet will be super easy, so will sleeping more. Once you make those easy changes, making sure you eat breakfast and drink more water will come naturally. And changing your workouts to become more intense and include some weight training will seem like a piece of cake once you finally start seeing results like I did.

If you take fat loss one step at a time, you'll have a moment just like I did when I saw my six pack for the first time. I believe in you!

Don't forget to keep checking out *Total Shape* for more advice, tips, works, and even motivation on your fat loss journey.