



Fat Loss: **THE HIDDEN** **TRUTHS**

GREG CARBONE
CSCS, CPT, YFS

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ABOUT GREG CARBONE, CSCS, CPT, YFS

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Thank you for downloading my special report, Fat Loss: The Hidden Truths! In this report, I'm going to share with you 5 fat loss tips that, when applied, will educate you more than 99% of other people trying to rid themselves of unwanted body fat. I hope you enjoy it!

TRUTH #1 – EAT MORE, NOT LESS: THE RIGHT FOODS AT THE RIGHT TIME

Have you ever gone through your whole morning without eating a thing?

Or maybe you thought your diet was going great if your breakfast consisted of a bagel and your lunch was a small cup of salad.

Unfortunately, the media along with a ton of misleading information has programmed us to believe that less is best.

The less food that you eat, the more fat you'll lose. Eleven hundred calories is much better than fifteen, and a simple thousand even better. However, this is the exact opposite of how our bodies work.

To understand this, you have to understand your body's number one priority: **to keep you alive.**

Fail to give your body enough food each day and it won't be long before your body shifts into a "starvation mode" as its defense mechanism. It's your body's way of protecting you from a lack of food.

You have all heard of starvation mode, but it's not likely that you fully understand it, so I will quickly explain the process.

As you begin to curb your intake of food, especially if you are heavily restricting calories, the body begins to send out hormonal signals to decrease your metabolism, preserve your body fat, and increase your desire to eat. Not exactly the best set up for someone trying to lose weight, right?

When you heavily restrict calories, certain hormone levels plummet, sending signals to the brain that you are not eating enough. Once this happens, all those other things (decreased metabolism, slowed fat loss, increased appetite, etc) occur as a chain reaction.

At this point, fat loss become much more difficult, and it's the reason why so many individuals fail at the whole dieting for fat loss thing.

So what should you do?

The key is to create a moderate caloric deficit through both diet **and** exercise— enough to have you losing fat at a consistent, steady rate, but not so extreme that it triggers your body's starvation mechanism to kick in.

Some simple recommendations: First, **never skip meals**, especially breakfast. Second, **be mindful of your calorie intake**. To avoid the disasters of starvation mode, I recommend keeping your caloric deficit moderate—no more than 500 calories below your daily maintenance intake.

TRUTH #2 – STAY CLEAR OF THE “DEADLY COMBINATION”

This one simple strategy that I’m about to share with you will allow you to immediately be able to eat an extra 300-500 calories each day without putting on a single extra pound of fat.

Why would eating more be beneficial?

Well, remember our last truth? The more you eat, the less likely it is that your body will turn to its starvation defenses.

Obviously, that would be a moot point if eating more was adversely affecting your overall results, but as mentioned above, sticking to the tip I’m about to share with you will not adversely affect fat loss one little bit.

Secondly, I don’t know anyone who would be opposed to eating more food when dieting, do you? More calories = greater satiation and fullness; two things that go a long way when it comes to actually sticking to the plan.

So what’s the secret to eating more without the fat gain? It has to do with avoiding one deadly combination.

carbohydrates + fat

To understand why this combination is such a deadly duo, let's analyze what happens in the body when you put these guys together.

When fat is ingested, a good amount of fat is released into the blood stream. Not a shocker for anyone.

How about carbohydrates? Not only does carbohydrate digestion release plenty of sugar into the blood, but it also causes our body to secrete large quantities of the insulin.

Insulin's main function is to shuttle nutrients present in the blood, including fat, to their respective storage sites.

To simplify the whole thing:
Carbs + fat = insulin + fat.

Insulin (storage hormone) + fat = fat storage.

Now, of course fat can be stored even without insulin, but a ton of insulin resulting from carbohydrate ingestion certainly makes the job easier.

Start avoiding this combo and I guarantee you'll see immediate results.

Again, some simple recommendations: Eat protein with every meal and choose to combine it with **either** carbohydrates *or* fat, never both. And never, ever combine carbs and fat without protein (i.e. cookies, chips, bread & butter, pastas with cream sauce, etc).

Please realize that that last piece of advice was referring to the majority of your diet. About 10% of the time, it's certainly more

than alright to eat some carbs + fat containing foods. I'm definitely the last guy who will tell you can never have a piece of cake again.

So, avoid this deadly combination 90% of the time. Everything in moderation!

TRUTH #3 – MIRROR YOUR METABOLISM

No breakfast. Medium-sized lunch. HUGE dinner.

That's the typical diet here in America.

So, what's the problem? That's the **exact opposite** of your metabolic rhythm.

We eat our largest meal when metabolism is at its lowest point and when metabolism is at its peak (in the morning, upon awakening), we eat *nothing*.

If you are serious about dropping body fat, it's time you break the habit and start mirroring your metabolism.

Again, metabolism is highest in the morning, so breakfast, not dinner, should be your largest meal. A large breakfast helps get your metabolism fired up to burn even more calories throughout the day.

Research has repeatedly shown that those who regularly eat breakfast have faster metabolisms than those who don't.

Metabolism starts to slow as the day goes on and reaches its lowest point as you get ready to hit the bed. Do your best to limit food intake, especially carbohydrate intake, during this time.

For dinner, it's probably best to go the low-carb route (while getting most of your carbs during breakfast and lunch).

TRUTH #4 – WORK HARD, REST, WORK HARD, REST

Over the past 10 years, I have seen thousands of people spending hours and hours of their life doing 45 minutes, 60 minutes and even 90 minutes at a time walking on a treadmill watching T.V. It makes me want to jump off a bridge!

Fortunately, I haven't done that kind of cardio workout in years, and as a matter of fact, I don't ever plan on sitting/standing through one again.

“But isn't cardio one of the keys to fat loss?”

Well, cardio is a very loose term and when used generally refers to the type of exercise I mention above. Slow-go, low-intensity, “fat-burning zone” cardio.

Waste of time! Little results! Boring!

For years now, and I'm not sure when the mainstream media or general fitness population is going to catch on, we've known that steady-state, slow-go cardio burns minimal calories and minimal fat.

But we've also come to learn a thing or two about high-intensity, interval-based workouts. We have learned that they burn considerably more calories and considerably more fat, all while taking half the time *or less*.

How is that so?

Well here's the thing about high-intensity exercise. Because the sessions are so short (generally anywhere from 5 to 20 minutes), cardio done for 45 minutes in the "fat-burning zone" may actually burn a bit more fat and calories **during** the actual exercise session.

But **this** the important part—despite burning a bit less fat and calories during the session, high-intensity exercise has been shown to elevate metabolism for up to 48-hours post workout. This means that with high-intensity exercise, you'll continue to burn fat for up to **two days** just by going about your own business.

You can be sitting there watching TV or playing with your kids and you're still burning calories from a quick 15-minute exercise session you did **yesterday**.

Pretty cool, right?

Now for another simple recommendation: If you're not quite too sure what high-intensity interval-based cardio is or if you're looking for a sample workout, no worries, I've got you covered.

Grab your sneakers, walk outside, and run "hard" for 30 seconds to one minute. Imagine the meanest, most vicious dog ever chasing you...That hard. Then, slow things down with a slow jog or brisk walk for one minute. That's one "interval". Now repeat that 7 or 8 times.

Of course, you can do these types of intervals on regular cardio equipment at the gym as well. I would stick to the treadmill as much as possible when sprinting hard. The bike and elliptical are not extremely friendly to the knees while going this hard. And once you get pretty comfortable with the approach, there are literally countless ways you can mix things up by switching the type of exercise, work to rest ratio, and the length of each portion of each interval.

Save time and get better results! Make the switch today.

TRUTH #5 – BUILD MORE MUSCLE = BURN MORE FAT

Here's a fact that you may not be aware of: Every pound of muscle you carry adds an additional 50 calories to your daily caloric burn. In other words, 10 lbs of lean muscle equates to you burning 500 calories each day just from being alive.

Here's another fact: most people *lose* muscle while dieting. This can be the result of any one (or more) of the following factors:

1. Inadequate calorie intake – not eating enough food and calories is the equivalent of metabolic suicide. Not only will it cause an immediate decrease in calories burned per day, but it will also cause your body to begin feeding on muscle tissue for energy.

2. Excessive slow-steady cardio – not only does regular slow, steady cardio fail miserably at burning body fat, it also is a great way to eat away at calorie-burning muscle tissue as you try to lose fat.

3. A lack of resistance training – most people who diet solely rely on cardio for exercise (if they even exercise at all).

Unfortunately, cardio alone doesn't do much to support lean body mass for that. Incorporating resistance training into your exercise regimen will help build muscle and burn more fat.

4. Inadequate protein – protein should be the main nutrient in every weight-loss diet, but unfortunately, it's often comes in last place when compared to carbohydrates and fat. If your goal is to have a lean, sexy body, you need to be eating protein with every meal.

To summarize, muscle tissue supports metabolism, makes fat loss easier, and ultimately leads to the "lean" look you're after.

Now, if you're worrying about getting bulky, believe me, that is not going to happen, especially while losing fat. But if you are careful to avoid the above mistakes, you'll make your fat-loss goals much easier to achieve.

HOW TO PUT THESE IDEAS INTO ACTION...

Are you ready to take that next step and really change your body? If so, my Carbone Fitness Boot Camp offers you the chance to take your workouts to the next level and beyond.

Can you do 40 pushups at a time? You will! Can you lift 25 pound dumbbells over your head? You will! These and many other challenges you never thought possible will become reality...all while losing MASSIVE amounts of body fat and inches.

To learn more, visit the boot camp page [here](#). Don't live in New Jersey? Carbone Fitness Boot Camp Home version is available soon! Do a months worth of workouts at home, on the road, or at

your hometown gym location for a fraction of the cost of 1 personal training session. Visit the link above for more info.

About Greg Carbone, CSCS, CPT, YFS

Greg Carbone is the owner of Carbone Training Systems, LLC; a fitness and performance business that focuses on fitness training and fat loss solutions for adults and athletic performance training for serious high school athletes.

Greg has coached and trained thousands of athletes of various sports at the grammar school, high school, collegiate and professional levels during the past 8 years. He is the strength and conditioning coach for several club soccer teams and dryland trainer for swim and crew teams in Monmouth County.

Greg has also trained hundreds of adults from many levels and helped them achieve their various fitness goals. He has created several weight loss meal planning programs that are responsible for over 500 lbs of fat loss in the past year alone.

Greg graduated with a Bachelors of Science degree in Exercise Science from Youngstown State University and also holds various professional certifications; including Certified Strength and Conditioning Specialist and Certified Personal Trainer from the National Strength and Conditioning Association; and also an International Youth Specialist Certification from the International Youth and Conditioning Association.