

## Day 21: Fat Loss Like a Boss!

It is the end of week three! You are now three-quarters of the way through your program, down the home-stretch. Some only wish for success. You ARE success; and on your way to never-ending victory!

By now you are probably getting really curious what the scale and measurements will tell you in just one week, huh? We can't wait to see your results either! Today we are going to talk about some ways to get the most from this week of your program.

But first, we just want to take a moment to remind you to not overthink things: KISS and carry on!

### **Weight Loss Simplicity**

After losing his own weight and then seeing his wife happily show off the 55 pounds he helped her to lose, Mike's curiosity got the best of him...

"We were both amazed that by simply eating old fashioned foods like meats, vegetables and eggs that we could lose so much weight without killing ourselves in the gym. Could it be this simple? Just eat old fashioned natural foods without all the processed carbs and sugars?"

Mike set out to test his theory of weight loss simplicity on a group of teachers. Fifteen school teachers volunteered to take the challenge and eat this way for six weeks. And the results? All 15 teachers lost between 13 and 24 pounds by eating natural foods.

How is it that America is getting so fat despite all the diet products and nutritional information we have today?

### **Mike's KISS Rules for Losing Weight**

Mike took a hard look at what he learned from his study and found that there wasn't a single product on the market that could duplicate his success because they break some very simple and practical rules.

We have learned that success is exponentially increased if you follow these PTF rules:

1. Remove all the wrong foods from the house.
1. Make the right foods easy to prepare. There has to be no thinking required.
1. Walk at least 2,000 steps a day.

Mike believes this: the simplest path is often the best path. Anything less will only result in confusion and failure.

### **What's Next?**

Whether you are at your goal, or you have a few more to lose, your freezer is probably starting to look a little empty, isn't it? You are going to have to eat something next month. What will it be? We recommend placing your next order of PTF at least a week before you need it to ensure that it arrives before you completely run out of food.

Here is a little quiz that can help you and your Weight Loss Coach decide what your next step should be. Jot down the answers to discuss during your call with your Coach today:

1. Are your clothes fitting better?
2. Do you like what you see in the mirror?
3. How is your energy level; are you feeling better overall?
4. Did you add foods to your base REV program?
5. Are you still having cravings or did you cheat while on your program?
6. Do you enjoy the convenience of always being just 3 short minutes from a healthy meal?
7. Can you trust yourself to shop for the right foods? Will you actually have time to cook them?
8. Will you be able to keep up your simple routines or do you need more reinforcement?
9. How much more weight, inches or sizes do you want to lose to get to your goal?
10. Did you realize that you want to lose more fat than you initially thought you did?

### **REV Up Your Last Week-- Like a Boss!**

Intermittent fasting is an awesome way to REV up your fat loss.

Intermittent fasting has been shown to improve the following: glucose tolerance, insulin action and insulin sensitivity. By now, you can guess that these technical-sounding benefits mean that fasting will improve the process of burning fat on your body as fuel.

1. You can do another 24-48 hour clear liquid fast, just like what you did in the beginning of your program.
2. You can do an overnight fast on a daily basis. All you do is eat a large dinner (with extra veggies and greens) in the evening and then no food until the next morning. There should be at least 12-14 hours between your last and first meal.

Tip: whether you fast as above or not, you can also enhance your program results if you get up in the morning and do your treadmill walking before you eat breakfast.

How did it go today? Let us know! Write down any questions you have and feel free to reach out to us.

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