

Lifetime Fat Loss

Last weekend I got to catch up with a friend (Mike) whom I hadn't seen in quite a while. Like most people Mike hadn't really changed in appearance since the last time we saw each other (around the 1st of the year). Mike and I chatted for a while about stuff (Mario Kart for the Nintendo Wii, the increasing price of corn, how summer TV is really bad, you know the usual) then as many of my conversations seem to go Mike started asking me about nutrition and fat loss.

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Essentially Mike was pretty upset. He said that he had been dieting for "as long as I can remember" but one way or another he still had 15lbs to lose. Some additional questioning Mike 'fessed up that while he was a lifetime dieter his conformity to his fat loss diet was pretty bad.

This resulted in something that I find with a lot of people. Because Mike was supposed to be "dieting" he would never feel like he could enjoy non-clean foods or foods in normal/larger quantities, so he'd feel guilty when he ate them, get discouraged, fall off the wagon, wait until Monday, and start dieting again.

This cycle would recur week after week, month after month. The end result was Mike wasn't losing the weight he wanted and he was burnt out and disheartened because he felt like he had been dieting forever and not getting anywhere.

Have you found yourself in this situation?

Do you find yourself in this situation?

The best cure for the lifetime dieter that I have found is an all out blitz. Mike has been getting lost in 12 week fat loss programs, so a shorter (and more extreme) program is better for him. I told Mike about Warp Speed Fat Loss and let him know that there were a couple rules he needed to follow if he was going to do the program.

1. No Cheating - He needed to stick to the diet 100%

2. No Skipping Workouts - There are only 24 workouts so he has to do everyone.

3. Completed Focused Effort - No training for a marathon, spinning classes 3x a week, etc. All his efforts needed to be focused on losing as much weight as fast as possible.

4. He Had To Let People Know - Tell people about what he was doing would put the pressure on Mike to really make the 28 days fat loss sprint work. 28 days isn't that long and if he told friends and coworkers they were sure to check in with him to see how he did (plus most people would assume that losing 15lbs in 3-4 weeks isn't possible so they would be intrigued enough to find out what happened).

He accepted that rapid weight loss was what he needed to end his lifetime of dieting, he approved my 4 stipulations, and he started Warp Speed Fat Loss on Monday.

Now, have you been dieting forever?

If you are tired of 12 week diets and just want to get the weight off and get it over with then check out the complete rapid weight loss system I put together with expert trainer Alwyn Cosgrove at Warp Speed Fat Loss .

But you need to agree to the above 4 rules too.

The time to end a lifetime of dieting is now and you deserve to be in the best shape of your life.

Let's make that happen together.

Warp Speed Fat Loss is a complete 28 day diet and training system crafted to help you lose 10,15, or 20lbs of body fat in just 28

day. To start losing weight fast visit [Warp Speed Fat Loss](#) . Mike Roussell is a nutrition doctoral student at the University of Pennsylvania. Mike's writings can be found in magazines such as Men's Health, Men's Fitness, and Testosterone Nation. Mike specializes in fat loss nutrition and diets for busy men and women who need to lose weight fast without it interfering with their lives. [Warp Speed Fat Loss](#) is a complete Done-for-You A-Z Fat Loss Blueprint that gives you exactly everything you need to eat to lose weight in record time.

Take Action Now