

5 Fat Burning Tips

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1) No liquid calories (with the exception of a post-workout drink).

Do away with all the juices, the sodas, and the sports drinks. Liquid sugar is the last thing you need when you are trying to lose that extra belly fat.

Do your best to limit your alcohol intake - particularly if you are adding mix to drinks...that is a double calorie bomb! A single "Jack and Coke" is over 200 calories

(100 calories from booze and 100 calories from mix).

2) No fast food.

Avoid fast food restaurants.

Even if you choose what you think is healthy, remember this:

Fast food restaurants are all about profit.

In order to profit while giving you cheap, quick, and easy to prepare foods, the quality of the food ingredients will be poor - especially the protein.

Now you might have read that you can still make healthy choices at fast food restaurants. But you know what, that's just politically-correct opinion. If it's fast food, it's poor food.

Walking into a burger joint and getting a chicken breast on a white bread bun with a piece of old lettuce and a half-green, half-pink tomato is hardly healthy eating.

The politically-incorrect truth is that it's going to take time and effort to eat properly. You will have to plan, shop, and prepare healthy meals. You will have to spend time cleaning, cutting, and cooking your food. That's the truth.

But believe me, it will taste so much better than fast food, and healthy eating will make you more alert. Eating fast food will make you feel terrible, and will make you want to have an afternoon nap at your desk.

Make one small improvement to your nutrition everyday for the rest of your life.

3) Eat more fruits and vegetables.

If you are eating 2 servings per day, then go up to 4 servings per day by the end of the week. And even if you think you are doing great by having 5 servings per day, you still need to double that (take 2-3 weeks to work your way up to 10 servings per day).

Stick with fiber-rich fruits and vegetables - organic if possible.

4) Eat 1oz of almonds or walnuts per day (1/2 oz in the AM, and the other half in the afternoon).

Most nuts are roasted in oils (possible source of trans fats), so stick to natural or dry-roasted nuts.

Don't panic though...this small amount of nuts won't make you fat, but will fill you up and help you lose weight.

5) Be consistent with your workouts.

And make sure the workouts are efficient and effective. To make it easy for you to follow, stick with the Turbulence Training fat burning workout system.

It doesn't matter if you train in the morning before or after breakfast, or at night before or after dinner, or at 1pm on days when the moon is in line with Saturn...don't worry about the details, just train consistently.

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Turbulence Training

6) BONUS TIP: Go for a walk after lunch or dinner (or anytime you eat a big meal). Research shows this will help you control your cholesterol and triglycerides, plus any movement is better than sitting around watching the TV and snacking.

Improve your lifestyle
everyday,

Craig Ballantyne, CSCS, MS

Author, Turbulence Training

Turn your health around
with Turbulence Training :

About the Author

Craig Ballantyne is a Certified Strength & Conditioning Specialist and writes for Men's Health, Men's Fitness, Maximum Fitness, Muscle and Fitness Hers, and Oxygen magazines. His trademarked Turbulence Training fat loss workouts have been featured multiple times in Men's Fitness and Maximum Fitness magazines, and have helped thousands of men and women around the world lose fat, gain muscle, and get lean in less than 45 minutes three times per week. For more information on the Turbulence Training workouts that will help you burn fat without long, slow cardio sessions or fancy equipment, visit Turbulence Training