
Fat Loss For Idiots, Easy Ways To Lose Fat

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Are you in the market for a fat loss program that works? If so, you've most likely seen the Fat Loss for Idiots program around, along with plenty of reviews for the program. What's this product about? It claims to offer you a high rate of fat loss with minimal effort involved. Fat Loss For Idiots works on the claim that it is all about eating your foods in a certain manner throughout the day, while lessening the attention that is paid to a proper exercise plan.

Is Fat Loss For Idiots really valuable? Understanding some common dieting myths is important to determine whether this program is worth the sale price. First, if you read their premise, they state that if you eat 2500 calories a day, your body will adapt and stop burning 2500 calories a day. Well sorry ladies and gentlemen, but that just is not true. If your body adapted to burning off however many calories a day you are eating, how do you think you got fat in the first place? Your body certainly did not adapt to those calories - what makes you think it will adapt to the ones this program tells you to eat?

The fact of the matter is that if you are looking for an intelligent way to lose fat, you will need to create a caloric deficit. Your Six Pack Quest does this. By reading through it, you will get access to a metabolic calculator to determine the optimal number of calories your body needs to guarantee fat loss, without feeling like you're starving. Sure, if you have been on a starvation

diet, you will need to raise the calories - and when you do, you'll find you do actually lose weight! However, if you are currently eating thousands of calories, your body will not adapt to burning those off. You need an action plan that works - Your Six Pack Quest will lay it out for you in easy to understand terms that anyone can follow.

Next, when looking at the Fat Loss For Idiots program, they downgrade exercise stating that it doesn't 'matter' when it comes to gaining or losing weight. How can exercise not matter?! Study after study has shown that dieters who mix exercise with their dietary efforts show a much higher rate of fat loss, rather than a mixture of muscle and body fat. Do you know what happens when you lose both muscle and fat? Your metabolism comes to a grinding halt. So sure, you've lost weight but now your natural metabolic rate is slower meaning you have to eat less for the rest of your life! Is that something you want? A diet of rabbit food forever? I didn't think so.

Your Six Pack Quest will show you how to exercise efficiently, where you aren't spending hours in the gym, but you are getting results. Doing so will help you retain that crucial muscle mass, thus helping keep your metabolism boosted and make maintaining your weight loss a piece of cake.

So, instead of falling for another gimmicky plan that promises rapid weight loss (they claim 9 pounds in 11 days - which will be mostly water anyway), opt for a plan that combines both a healthy, long-term way of eating with healthy exercise that doesn't feel like torture. Your Six Pack Quest offers meal plans just as Fat Loss For Idiots does, but it takes things one step further - you'll also receive detailed exercise descriptions and plans for a variety of exercise needs, a workout DVD, a virtual trainer, supplement information, along with continuous updates on all the latest on the research front related to fat loss. It really is an all inclusive program that will address all the factors that contribute to weight gain - not just diet alone. Remember, losing weight should be a lifestyle approach, not just changing what you put on your plate.

About the Author:

Vince DelMonte is the author of Your Six Pack Quest found at Your Six Pack Quest.

He specializes in helping chubby guys and gals get six pack abs without gimmicks, supplements or dieting.