

# **HOW TO GET TWICE THE FAT LOSS... FITNESS & TOTAL BODY CONDITIONING RESULTS... IN HALF THE TIME USING**

## **FUSION TRAINING**

**Cutting Edge Training That Burns Twice The Calories In  
Half The Time!!!**

Are you confused by all the exercise information and misinformation, fat loss hype, and supplement ads and fads you come across everyday? Are you sick and tired of following programs that give you little, if any results, and take up too much time from your busy schedule?

Well, join the crowd. There are millions, if not hundreds of millions of people around the world that are ready to give up on finding the right exercise and nutrition program for their goals and schedules (if they haven't given up already).

But that's why I've spent years studying fat loss research, designing fat-blasting, muscle-building workouts for people of all ages, shapes and fitness abilities from Mum's and Dad's to professional athletes. And applying these workouts to thousands of people to come up with a safe and effective way to lose fat fast.

But first, let's take a look at some of the different time-robbing, money-wasting, ineffective exercise methods that are supposed to help you lose fat (although the awful truth is, they don't). In fact, some of these exercises are not only sabotaging your fat loss, but are contributing to fat gain! It's time to expose these fat loss methods for the frauds they are, and identify the best ways to burn fat all day, even while you sleep.

**Now, did you know that using slow, boring, steady-state cardio for fat burning might be the biggest weight loss scam of all time? Yes, even cardio has a dark side.**

Read about the **DARK SIDE OF CARDIO TRAINING FOR FATLOSS** further down the page.

***But first let me introduce to you the newest cutting edge training available today.***

## WHAT IS FUSION TRAINING?

FUSION TRAINING is a unique combination of special resistance and body weight exercises that use multiple muscle groups at once, creating a massive calorie burning effect. The **FUSION METHOD** of training is based upon the principles of 'Variety', 'Intensity' and 'Multi Muscle Movements'.

**I created the FUSION METHOD of training because I was struggling to get my all of my weekly weights and cardio sessions required to get me FIT... and ADD LEAN MUSCLE MASS.**

Trying to get 2-3 weights and 2-3 cardio workouts a week for most people is near impossible. Like most people my weights was based around a typical bodybuilders style of program... and my cardio was doing the traditional running, cycling or rowing. So I decided to create a workout system that gives me the results of both types of training all in the one session. So I cut out all isolated exercises like bicep curls and pec flies and ab crunches and replaced them with what I call the "**BIG EXERCISES**".

The "**BIG EXERCISES**" are specially chosen for the ability to use multiple muscle groups at once and create a heart rate elevation equal or even higher than traditional cardio such as running and cycling. The major advantage here is that you get your fitness at the same time as conditioning your muscles. Some exercise can be seen in the images on this page and further on in this report I show you some anatomical illustrations to show the amount of muscle working during these exercises. These days I only train 3 days a week for 45minutes a session and my fitness and physique are better than ever before. And it's not just me seeing the amazing difference and benefit of FUSION TRAINING. All of my personal training clients have said that they have never done training as good as this before!!!

**Way too much time is wasted on isolated, sculpting exercises like sitting in a machine lifting a weight that uses only 1 or 2 small muscle groups at a time like good old 'bicep curls' or 'tricep pushdowns'.**

**FUSION TRAINING doesn't create large cumbersome muscles that are good for not much else other than looking good.**

**FUSION TRAINING IS NOT JUST FOR ATHLETES...**

**It is important for you to understand that I scale my FUSION TRAINING classes to suit the individuals in it. So if you are a beginner you will be given a Fusion program that is at your level.**



**FUSION is for men and women who want to transform their body and fitness!**

**FUSION creates lean, hard, fit bodies that perform.**

**Read what Matt & Penny have to say about FUSION**

*“ I’ve just finished my first Fusion 8 Week Program and the results I am seeing physically in my body and my fitness have astonished me. This type of training is so different to anything out there. Every workout is a full body workout that gets every muscle in your body working and many times all at the same time. You can feel the amount of energy your body is using to do the exercises. Even if the weights aren’t heavy, the unique movements of the exercises get so many muscles working at once. I’ve tried it all, spinning, weights, aerobics running, yoga and pilates and I can honestly say this is the best form of training I have ever experienced. It’s challenging, yet fun as every workout is different and your always partnered up with someone of similar fitness level which helps you to push harder and get the most out of yourself. I highly recommend Fusion Training to anybody who has been trying to change their shape and is finally ready for something that actually works. It really is Cutting Edge Training”.*

Mat & Penny Simons

Most people out there don’t care about having massive guns (*bodybuilders slang for ‘arms’*) ... they just don’t want fat ones or skinny ones.

***FUSION is a training program that builds both MUSCLE and FITNESS at the same time.***

Most people have been lead astray by fitness magazines, gyms and even trainers for years. They are wasting their time with traditional gym routines spending hours more every week than they have to get in great shape and fitness. Or like a millions of people out there, have tried the whole exercise to lose weight and get fit thing, but simply found it too hard to put in the hours they’ve been mislead to believe is necessary to get results. Leading ‘exercise drop out’.

Let me explain a typical gym routine so you know if you’ve been a victim. And don’t feel bad if you have.... We all have. Even I used to train this way for years. Until I finally realized that there is another way to get fit and be in great shape at the same time.

**Typical Poor Results Gym Routine**

Person goes to gym a 3-5 days a week for up to an hour. Some people will do some cardio and some weights with the hope to lose body fat and tone up their muscles. They do the treadmill for 20 minutes, maybe get on the bike or rower for another 5-10 minutes. Then hit the weight machines for maybe 15-20minutes. Do some bicep curls, some tricep pushdowns, some chest press, leg press, throw in a set or two of crunches and most folks are on their way out the door. Most people sit around and have a stretch or a chat between sets for a couple of minutes, which means they may have actually only done about 7 or 8 minutes of actual training. The rest was

sitting around between sets. Does this sound like efficient high energy burning training that is guaranteed to incinerate fat from your body? Mmmh... I don't think so folks.

Or then the cardio nazi's who never even touch a weight and spend all of their time doing repetitive aerobic or spinning type classes. Or the folks who run themselves into the ground on the treadmill. And then there's the walkers club. Who have never had their heart rate over 140 beats a minute.

This type of training folks, is '**OLD SCHOOL**'. **FUSION** training creates all the benefits the types of training I mentioned above but in half the time. And to be honest it does a better job than everyone of them at getting you into terrific shape.... **FAST!!!**

If your workout sounds similar then don't be concerned because at least you have been doing something. You may have even got some results with this training over the years. But this is like driving a 1970 Datsun up a hill in comparison to the V12 Hummer **FUSION METHOD** which just destroys calories from your body like no other form of training. Most people spend hours in the gym doing ineffective training routines.

**FUSION TRAINING** is the only way that you'll get out of the gym in less than 45 minutes, and get great results in fitness and all over body toning and conditioning.

Let me point out that a great workout that creates great bodies is not all about how many calories you burn in a session. And this is where the **FUSION METHOD** really comes into it's own and takes the poll position as the ultimate form of training. The **FUSION METHOD** works every muscle in your body.... From your little toes to your ear lobes. Yes seriously... no muscle will go untouched and no muscle will be untuned.

***Fusion uses so many different exercises and exercises tools such Swissballs, Medicine Balls, Bosu Balls, Resistance Bands as well as the usual Dumbbells, Barbells and gym machines.***

***Fusion twists normal cardio training methods such as running and bikes and rowers and uses them as strategic intervals between resistance exercises. Fusion can even involve Boxing & Spinning Cycles.***

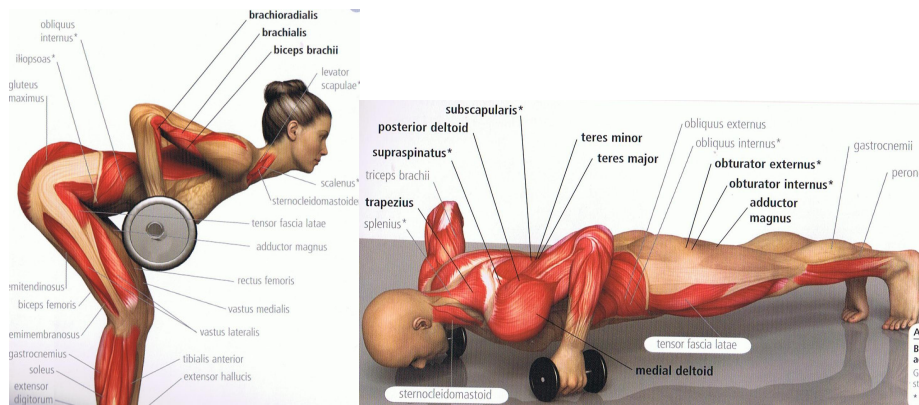
**FUSION METHOD** is the ultimate variety in training. It can even be taken into the great outdoors, using, footpaths, parks, hills and outdoor exercise equipment. There are quite literally hundreds of ways to create a great **FUSION ROUTINE**. **FUSION** exercises are specifically chosen for their massive calorie burning ability. I have methodically combined great exercises to create a workout that gets your heart pumping as much as any running or cycling routine you have ever done.

## **Here's What Science Says**

Metabolic Resistance Training refers to lifting weights in such a way that your metabolism is raised for an extended period of time after you finish the workout. This is because you are, in effect, making your resistance training a cardio workout by keeping your heart rate elevated and introducing EPOC (Excess Post-Exercise Oxygen Consumption) to your body. This will cause your body to **burn calories at a significantly higher rate following your exercise bout** while it repairs and replenishes the muscles. This is also referred to as the 'After Burn'.

Traditional Cardio Training has not been shown to increase metabolic rate for long periods after exercise.

Australian Dr. Parker found an increase, on average, of up to 20% increase in lipid oxidation for at least two hours post resistance training (parker 1998)



**Look at all of the muscles being worked at a high rate during these two basic exercises. FUSION exercises use multiple muscle groups all in the one exercise. Trust me, when you go for daily jog or walk, your not working muscles like this.**

## **Build A Super Strong Core & Say Good Bye To Back Pain**

Nearly 80% of people in this day and age will suffer form back pain and this is caused mostly by weak inactive core muscles. The **FUSION METHOD** is hands down the best training method available for building a **Super Strong Core**. And I'm not just talking about being able to do 20 or so full sit ups here. I mean you will have a core that is so strong, you will massively cut your risk of back injury and pain. My clients are always telling me how strong and tight there core feels when they are lifting something.

The results are truly astonishing.

## **Fusion Boosts Hormones That Keep You Young**

One of the least known and perhaps greatest benefits of weight training is the stimulation of the bodies **Growth Hormone** levels. It is this Growth Hormone that repairs and rebuilds muscle in our body. It is Growth Hormone that regenerates our skin cells and keeps us looking younger. It truly is the elixir of youth and wellness.

**'Traditional Cardio' (running, cycling, aerobics classes etc) on the other hand have been shown through science to increase 'Cortisol' which is the hormone that causes muscle wastage which results in a decreased metabolism.**

Many people spend thousands of dollars at Anti Ageing clinics to get injections of Growth Hormone... when you can have it for **FREE**. Why do you think people that are in great shape always look young. Because the exercise they are doing stimulates Growth Hormone, keeping us looking and feeling younger.

**It is the unique Multi Muscle Exercises of the FUSION METHOD that cause stimulation of Growth Hormone.**

## **Fusion Boosts Metabolism**

FUSION METHOD boosts metabolism like no other form of training because it creates because of the larger than normal amount of muscles being used during the workout. Your metabolism burns up to 70% of your daily energy. Once the metabolic fire within really starts cooking, you will see your body fat melting away.

**So basically, long story short.... FUSION is the best form of training for anybody that wishes to transform their body shape, fitness and health whilst developing a superiorly strong injury free pain free body!**

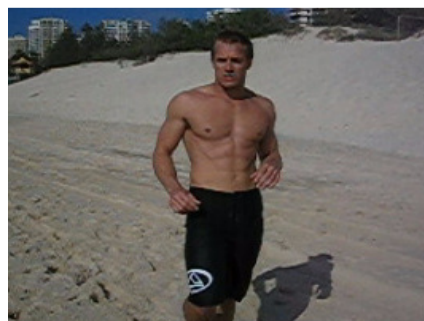
**The FUSION PROGRAM gets you the results of cardio and weights in one awesome, fat blasting, fitness building workout!**

**I encourage you to check out the Urban Energy Group Class Timetable at [www.urbanenergyblog.com](http://www.urbanenergyblog.com) to see where you come down and try out a FUSION CLASS.**

**FUSION PERSONAL TRAINING SESSIONS can also be booked at alternative times.**

**Just imagine - A fat loss program that can get you in and out of the gym in less than an hour, allowing you to get back to your personal life, your busy day at work or home to your family.**

Just so you know that I walk my talk. As a personal trainer, people expect that you must train every single day. As a business owner and busy trainer I don't have the time to train everyday. And besides, as much as I love to train, I've got plenty of other things to do in life than just exercise. Now I'm not the bragging type, but I want to show you with my pic here that you can be fit and lean doing just **3 FUSION TRAINING sessions a week and following the specially designed comprehensive FUSION Nutrition program.**



**Check out the FUSION VIDEO on my website to see the FUSION CLASSES and training in action.**

**FUSION TRAINING is a completely unique style of training developed by Urban Energy Personal Trainers. It is training that we have used with hundreds of clients to get unbelievable results.**

So if you are serious about results, and want to recreate your body and build fitness through every muscle in your body... I encourage you to experience FUSION FITNESS.

Forget your boring 'old' routine and experience the FUSION difference.

***Get twice the results in half the time!***

Urban Energy offers **FUSION FITNESS GROUP CLASSES** as well as **FUSION FITNESS PERSONAL TRAINING**.

**For A Limited Time: You Can Get A Premium  
\$331 Personal Training And Group Class  
Pack  
For Just \$29...**

**You Get 3 Personal Fusion Training Sessions**

**PLUS 5 Group Classes**

**Boxingfit, Boot Camp or Fusion Group Classes!**

Apart from FUSION Urban Energy offers two other great classes – **BOOTCAMP** and **BOXINGFIT**.

Many of our clients do a combination of **FUSION TRAINING, BOOTCAMP AND BOXINGFIT**.

*The choice is yours. I hope myself or one of my trainers can help you achieve your goals soon.*

Check out our timetable and for more info go to  
[www.urbanenergyblog.com](http://www.urbanenergyblog.com)

or call me,

**Shane Dykstra at Urban Energy on  
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## **More feedback from FUSION TRAINING clients...**

"I have been doing **FUSION TRAINING** for just 4 weeks now. Along with the workouts and all the nutritional information I have reached my lowest weight in years yet and more importantly I didn't starve or over work myself. Working multiple muscle groups is what my body needed and it is responding well. I can now do all sorts of exercises that I would never have thought I could have done and I have noticed muscles in my whole body which I could never feel before. At 44 years old I feel that I can reach a level of fitness that I didn't think was possible and I don't have to be a slave to working out. It is true that your workouts can be done in 45 minutes which leaves a lot more time for enjoying life."

**Francoise Pantachini**

I do a personal **FUSION TRAINING** session just once a week combined with outdoor **FUSION TRAINING PROGRAMS** Shane has given me. I have lost over 8 kilos of bodyfat and gained a significant amount of muscle I have never felt a workout to be so effective at getting you fit and building muscle at the same time."

**Chris Heart**

I have been training in the gym for years. In fact I have trained with Shane for over 6 years. Over the past couple of years of training **FUSION** style I have enjoyed my workouts more than ever. I feel fit and strong in muscle of body. I have had a history of back problems, but these days I can feel my core is as hard as a rock.

**Hugh Ragg**

I have been doing **FUSION TRAINING** and **Boot Camp** for over a year now. I have lost more than 10 kilos and my body is the firmest it's been in years. I have never been as fit in my whole life as I am now at 50 years old. I love the training. Every workout is different, which keeps me motivated to turn up to train early in the morning, even through the winter months. I highly recommend this type of training to men and women of all ages and fitness levels. I've seen my own body transform, and so many other people that do the **FUSION** and **BOOT CAMP** programs.

**Judy Ragg**

# **DARK SIDE OF CARDIO TRAINING FOR FATLOSS**

**&**

## **THE 5 BIGGEST MISTAKES AND MISCONCEPTIONS MOST PEOPLE MAKE TRYING TO LOSE WEIGHT**

Cardio training such as walking, running, cycling, swimming and aerobics classes have been the staple lose weight method for 90% of people for the past few decades. The thing we (and I mean even the fitness industry as well as the every day punter) didn't realize was that this type of training could actually detrimental to our weight loss efforts. Now don't get me wrong, I'm not saying that these classes don't work for weightloss. In fact many people have shaved off big amounts of weight with traditional cardio training.

What I want you to understand is that whilst yes you may get results... there are much better, more effective time efficient ways of getting fit and losing weight. You see continuous style aerobic training has a couple of downsides.

Let me explain.

**Continuous long duration cardio training sessions of up to an hour, actually cause your body to release a stress hormone called 'Cortisol'. Now this hormone is the enemy when it comes weightloss.**

**Why? Well to put it simply, it breaks down your bodies own muscle tissue and increases levels of the fat burning inhibiting hormone called insulin.**

**Basically, less muscle equals less calories burned on a daily basis via your metabolism, decreased muscle size and tone, decreased strength and performance, and an increased risk of injury during aerobic activities and daily life due to less muscular support to the bodies joints.**

**The other thing is that our bodies adapt very quickly to this type of training and the results slow down quickly.**

Read on to learn more....

## 1. Long Slow To Moderate Paced Cardio – eg treadmills, bikes and ellipticals

Each day, I see the same people doing the same exercise routine as they did yesterday. They go to the same piece of cardio equipment and use the same level and go at that same slow pace as always.

And do you know what I see the next day?

The same old physique on that same person. No change. Next week? No change. Same workout, same body. For months and months and months on end (if not years). I apologize if it sounds like I'm describing your progress, but it is all too common.

Heck, I've received emails from men and women describing the 7 hours of cardio they do each week, and their mounting frustration from the lack of results. So what's the answer? Should they do more cardio? Of course not, that would be insanity!

But the politically correct trainer would say, "Just keep at it. Keep working hard. Doing more cardio in the fat burning zone will help you lose the fat."

Well I'm here to tell you in no uncertain terms, politically incorrect and all, "No it won't. Extra cardio will not help." Doing hours and hours of cardio each week is a great way to get nowhere in your fat loss program.

So stop worrying about exercising in a certain heart rate zone for fat loss. Forget about how many calories the machine says you've burned (they are wrong most of the time anyways).

And stop doing the same classes week in week out.

## 2. Spinning Classes

I know I'm going to step on some toes with this one, but let me tell you that no matter how great you think your spinning workout is, I guarantee you it is inefficient.

Spinning classes are great for entertainment, and overall not bad for results, but they are too long! They take up a full hour of your time when you could get your strength training and interval training done in the same amount of time.

What good is a spinning class if you really need to build the muscles of your upper body? Why it's no good at all, of course.

***Doing a spinning class today just means that you'll have to come to the gym twice as much each week in order to get the same results as you would with FUSION Training.***

But with Fusion Training, I've taken what does work in a spinning class and shortened it, improved it, and created the Fusion Training Interval Cardio workouts that are guaranteed to help you blast through stubborn fat while still allowing you enough time to get the benefits of strength training in the same workout.

### 3. High-Rep, Low-Weight "Toning" Workouts

The old "high reps gets you cut" myth is probably one of the most common misconception about fat loss in the industry. Spot reducing doesn't work. It won't work for your abs, and it won't work for your butt, arms or chest or love handles.

There are two very important reasons to include strength training in a fat loss program, but it's not because high reps get you cut up. Instead, lifting moderately heavy weights for a lower number of repetitions will help you gain muscle at the same time as you lose body fat, and it will also help you burn a lot more calories during training and after.

This goes for both men AND women. A study of women showed that when they used heavier weights and lower reps they burned more calories in the hours after training. And that's the key.

You have to put "**METABOLIC RESISTANCE TRAINING**" which I call "**FUSION TRAINING**" into your workouts so your muscles will increase their metabolism. By doing that, you burn fat and calories all day long, even while you sleep!

And as if the high-reps belief wasn't enough, I can't believe it when I read a fitness article misleading women that they can get "toned triceps" by lifting soup cans or water bottles. This will never happen! It doesn't matter how many photos the magazines show you of your favourite exercise instructor doing triceps kickbacks with water bottles in her hand, you will not get her body by doing that type of program. What a load of baloney.

So let's leave it at this: For men and women looking to get lean and lose fat, you should go for efficient exercises - obviously the more muscles used per exercise the better. By doing pushups for example, you can train your triceps, chest, shoulders and abs all at once - literally cutting your workout in half (or more). And that's what **FUSION TRAINING** is all about - more results in less time.

### 4. Isolation Exercises

Cable curls, triceps kickbacks, leg extensions, concentration curls, and wrist curls. These are all exercises that belong in the routines of bloated, steroid-using bodybuilders. Leave these time wasters for them, because they don't belong in a time-efficient, fat-burning workout. If you want to build a cover model body in less than 3 hours per week, you don't have time for any inefficient exercises.

Instead, you need to stick with full-body exercises that allow you to train several muscle groups at once. That's the only way that you'll get out of the gym in less than 45 minutes, and still be able to improve your body.

### 5. Endless Abs

No matter how much you want to believe it, doing thousands of crunches is not going to take off any inches from your waist or fat from your abs.

There are times when I've gone to the gym and completed an entire workout in the same amount of time that others spend on only abdominal exercises. It's ridiculous. None of these people are any further ahead than they would be if they used total body movements and made every exercise an abdominal exercise with the "**FUSION TRAINING MULTI MUSCLE LIFTING TECHNIQUE**".

## **The 3 keys to GUARANTEED abs are:**

- 1) Fat loss through eating healthy diet that causes you to burn less calories than you consume**
- 2) Fat loss through FUSION TRAINING**
- 3) Ab training through efficient and effective exercises**

And while endless abs are ineffective, I've included the most efficient abdominal-building, back-strengthening workouts in the **FUSION METHOD** so that you'll get razor sharp abs with as little effort as possible.

Now I'm not suggesting that you never do these types of cardio again. No! In fact many of clients do this type of training on regular basis. But, instead of making it the basis or foundation of your exercise program, just make it a part of your exercise program. If you have read my **FUSION REPORT** you will already understand why you must incorporate **FUSION STYLE TRAINING** into your routine for best results.

The best fat loss results will be achieved through a combination of **FUSION TRAINING, INTERVAL TRAINING & FUSION BODYWEIGHT TRAINING**. Traditional cardio training should only be done a maximum of 1-2 times a week. In terms of priority of training.

**If you had only 3 hours a week to exercise... you should be only doing one traditional cardio session at most. The other two sessions should be high quality FUSION or FUSION BODYWEIGHT sessions.**

## **What is Interval Training?**

Interval training is a type of workout where you do a warm up of any type of traditional cardio exercise followed by several bouts of high intensity exercise for a short period followed by a recovery period. This type of training results in higher levels of aerobic fitness and burns as many calories in a half hour session as traditional cardio burns in an hour. The difference being that, because the session is over so quickly, the body doesn't produce significant amounts of the enemy hormone 'Cortisol'.

It is important to start interval training at a basic level if your fitness levels are low, or you have any cardiovascular or heart issues.

I have included an example of how to structure an interval training session for you below. You could do this type of training session on a rower, bike, elliptical, treadmill, outdoor running/walking or even swimming.

- Warm-up for 5 minutes getting progressively more intense with time.
- Perform an interval by exercising for 30 seconds at a very hard pace (at a subjective 9/10 level of effort).
- Follow that with “active rest” for 90 seconds by exercising at a slow pace (at a subjective 3/10 level of effort).
- Repeat for a total of 6 intervals.
- Finish with 5 minutes of very low intensity (3/10) exercise for a cool-down.

<b>Minute by Minute</b>	<b>Type</b>	<b>Intensity Level</b>
1	Warm up	3 out of 10
2	Warm up	4 out of 10
3	Warm up	4 out of 10
4	Warm up	5 out of 10
5	Warm up	5 out of 10
<b>6 (30 seconds)</b>	<b>Hard</b>	<b>9 out of 10</b>
7 (90 seconds)	Easy	3 out of 10
<b>8 (30 seconds)</b>	<b>Hard</b>	<b>9 out of 10</b>
9 (90 seconds)	Easy	3 out of 10
<b>10 (30 seconds)</b>	<b>Hard</b>	<b>9 out of 10</b>
11 (90 seconds)	Easy	3 out of 10
<b>12 (30 seconds)</b>	<b>Hard</b>	<b>9 out of 10</b>
13 (90 seconds)	Easy	3 out of 10
<b>14 (30 seconds)</b>	<b>Hard</b>	<b>9 out of 10</b>
15 (90 seconds)	Easy	3 out of 10
<b>16 (30 seconds)</b>	<b>Hard</b>	<b>9 out of 10</b>
17	Cool Down	3 out of 10
18	Cool Down	3 out of 10
19	Cool Down	3 out of 10
20	Cool Down	3 out of 10
<b>20 minutes total</b>		

# 44 Diet Tips for Fat Loss & Healthy Eating

1. Eat healthy, high-fiber and low-sugar whole foods such as lean protein (lean beef, chicken, & fish), colorful fruits & vegetables (oranges, apples, strawberries, blueberries, raspberries, broccoli, peppers, asparagus, and the list goes on!), nuts (almonds, cashews, & walnuts), and whole grains (oatmeal and multi-grain bread).
2. Food choices should contain a large nutrient-to-calorie ratio. Dr. Phil calls this, “High-Response Cost, High-Yield Nutrition”. Some examples of this approach include, eating a piece of whole fruit instead of drinking fruit-flavored beverages, eating green vegetables instead of potatoes, and snacking on nuts instead of chips.
3. Try eating 3 moderate meals and 2-3 small snacks each day rather than 2-3 large meals. A well-planned schedule will help you achieve this goal. Eat soon after waking up, and then every 3-4 hours thereafter until you go to bed.
4. A sample meal plan would include breakfast, a small morning snack, lunch, a small afternoon snack, a sensible dinner, and a small evening snack. Smaller, more frequent meals help you use all nutrients better, retain more vitamins, and control your blood sugar levels. Controlling your blood sugar is a key to avoiding hunger and fatigue.
5. Avoid overeating or combining sugar and fat within a meal. One easy way to improve your health and lose fat is to stop eating “fast food” and stop drinking soda pop. It’s also extremely important to control portion sizes, especially when eating out.
6. When eating at a restaurant, avoid excess sugar, fat, or oversized meals. Restaurant meals are often too large to eat in one sitting and contain more than enough food for one person. It’s important that you recognize the pitfalls of dining out. Stick with the foods recommended by nutritionists as often as you can: healthy, high-fiber and low sugar whole foods such as lean protein, vegetables, fruit, nuts, and whole grains.
7. Avoid “processed carbohydrates” (typically, this includes carbohydrates from a bag or a box). Processed carbohydrates generally provide too many calories and too much sugar. Processed carbohydrates rapidly increase and decrease blood sugar, often resulting in hunger and fatigue.
8. Eat low-glycemic carbohydrates instead of processed carbohydrates. Low-glycemic carbohydrates include vegetables, oatmeal, and whole-wheat products,

and are digested slower. That means your blood sugar levels won't crash and you won't get hungry or tired.

9. Eat eating fiber-containing foods in place of processed carbohydrates at all meals. Examples include oatmeal instead of sugary-cereals for breakfast, salads with low-fat dressings for lunch, vegetables instead of french fries for dinner, and almonds instead of candy for snacks. Fiber helps control blood sugar and appetite. The Australian Dietetic Association recommends 25-35 grams of fiber per day – but most Australians get only 14 grams of fiber per day.

10. Good, lean protein sources include lean beef, chicken breasts, turkey breasts, salmon, low-fat cottage cheese and other low-fat dairy products. Nutritionists recommend eating between 0.6 and 1.0 grams of protein per pound of bodyweight per day.

11. Avoid foods containing trans-fats (also known as trans-fatty acids or hydrogenated fats). This includes most processed convenience foods found in a bag or a box (chips, crackers, fries, pastries, etc.) as well as most margarine. Learn to read food labels; trans-fats currently aren't listed in the nutritional facts for most foods!

12. Eat healthy fats from olive oil, nuts, salmon, and omega-3 fortified eggs. Nuts and olive oil are high in monounsaturated fat. Monounsaturated fats are associated with good cardiovascular health. Good sources of monounsaturated fats include olive oil, walnuts and almonds. Instead of eating a bag of chips, eat ½ ounce of nuts (10-12 almonds).

13. Fish, such as salmon, provide omega-3 fatty acids that are associated with good cardiovascular health. The Australian Heart Foundation recommends eating fish twice per week. Talk with a doctor or registered dietician about alternative sources of healthy fats if you don't like to eat fish. They may recommend fish oil supplements.

14. Follow the **Rainbow Diet**. The only rule here is to eat as many different colors of fruits and vegetables as you can. The nutrients in each fruit and vegetable are usually linked to its color as well. You should consume far more than 5 servings of fruits and vegetables per day. Experts recommend 2-3 pieces of fruit per day and at least 5 servings of vegetables per day (such as broccoli, peppers, asparagus, etc.). Veggies and fruits will provide you with innumerable nutrients including fiber, vitamins, minerals, and many phyto-nutrients that simply do not exist in other foods.

15. Eat a variety of foods, especially colorful fruits and vegetables for a wide variety of nutrients and a small amount of calories per serving. Condiments like low-sugar tomato sauce and salsa also help increase the nutrient content and taste factor of a meal. Fruits that are nutrient dense include raspberries, blueberries, and strawberries, while other fruits such as grapefruit, oranges, and

apples contain high levels of the soluble fiber pectin that helps slow digestion and gives you a feeling of fullness.

16. Review food labels. Avoid foods packed with excess sugar, calories, or that contain any trans-fats. As a general rule, the less processed the food, the more nutritious the product. Remember to aim for nutrient-dense, low-calorie foods when snacking.

17. Drink 12 cups (3 litres) of water per day, consumed over the course of the day and during exercise. For every pound of bodyweight that is lost during exercise, it is suggested that exercisers should drink two cups of water.

18. Green Tea is a very healthy drink. It's calorie-free, has a number of health benefits. Has been shown to decrease hunger and can replace soda, juice, and coffee to help eliminate unnecessary liquid calories. A can of soda contains 150 calories and a large soda from a fast-food chain contains over 600 calories. Therefore, avoid sugary beverages because they quickly increase your calorie intake and play havoc with your blood sugar levels.

19. Eat a small protein-based meal before bed. For example, plain yogurt mixed with protein powder and a sprinkle of nuts. If adding a protein powder make sure it is a low carb, high protein blend.

20. I recommend a maximum of 1 cup of coffee daily whilst on your Fusion Program. Maximum 1 sugar (preferably none). Research shows that the caffeine content of commercial coffees can vary on a daily basis depending on water content and brewing time. One day you might get up to 600mg of caffeine in a supersized coffee while on another day only 200mg (which is already a high amount)! Keep track of your caffeine intake in your food log and be sure to note the extra calories that are added to beverages in the form of cream and sugar and milk if you drink cappuccino's – these can quickly add up.

21. Make small nutrition changes that add up to big improvements over time. Switch to 1% milk from 2% milk. Use only "lean-ground" turkey, beef, and chicken to help limit fat intake. Substitute calorie-free condiments for high-fat condiments.

22. Don't drink your calories – avoid soda and sugary drinks. Limit your alcohol intake. Each shot of alcohol or glass of beer or wine is about 150 calories. If you add mix to the alcohol, a mixed drink can be 300-1000 calories per drink. It's easy to see how alcohol intake can add up into fat gain. Restricting your alcohol and sugary beverage intake will help you lose pounds of fat in a very short time.

23. Do the family grocery shopping on your own. Research suggests that adults spend more money at the grocery store when they shop with their kids and are more likely to buy high-calorie foods. You'll stick to your shopping list if you are

on your own. Buy fewer labels and fewer products containing sugar. This means buy as much whole raw foods as possible, the less refined packaged food you and your family eat the better.

24. Be consistent! Don't try to change everything at once. Aim for 2-3 improvements each week. For example, in week 1, you can reduce your soda intake and add 1 new vegetable to dinner each night.

25. Discuss all of these tips with a nutritionist, registered dietician, or your physician to take steps toward healthier eating. Include these people in your team to help support your healthy nutrition plans.  
Training Fat Loss Nutrition Guidelines – one of the many bonuses you receive with your

26. Recipes - choose six healthy low calorie recipes at the beginning of the week and add the necessary ingredients to your shopping list

27. Shopping List - create a shopping list based on the foods you have decided to include in your fat loss eating plan

28. Have a healthy snack before you go shopping to prevent unhealthy impulse buying

29. Snacks - have healthy snack options at home to take to work or eat whilst watching a movie or on the run. Add these to your shopping list  
Always have a couple of pieces of fruit and some nuts in the car or your desk at work

30. Don't skip meals - this leads to overeating later

31. Avoid adding butter/margarine/oil to cooking and recipes

32. Grill or boil foods instead of frying

33. Limit takeaway foods to once a week - eat home cooked all week and reward yourself by using the money you have saved on takeaways to go out for a beautiful restaurant meal once a week (still keeping within the recommended nutritional guidelines for your Fusion program)

34. Serve meals on a smaller plate or bowl to reduce the amount you eat

35. Eat slowly to allow the body to register that it is satisfied

36. Chew food properly to improve digestion and nutrient absorption

37. Avoid grazing over cheese or dip platters at parties. Grab just one or two and

get away from that platter! Aim for the healthier low fat options if available. Even better, eat before you go out so you won't have to eat at the party/event.

38. Eat a healthy meal at home before going to BBQs where there will only be fatty foods or take your own healthy salad and lean meat/chicken/fish

39. Stop eating when you're satisfied, don't just eat because it's there or it tastes good

40. Don't mistake being thirsty for being hungry. Have a drink of water and wait ten minutes to see if you're still hungry

41. Don't mistake appetite for hunger. Eg, when you see someone eating something or smell. Are you really hungry?

42. Include some low fat protein at lunch and dinner - protein is very filling thus reducing the overall amount of food and calories eaten plus your body releases fat burning hormone "Glucagen" when you eat protein.

43. If you are still hungry after your meal add more vegetables or salads next time to ensure you are satisfied or possibly a little more protein.

44. Cure sweet cravings by having snacks like strawberries or a few tablespoons of natural yoghurt with blueberries or other fruit.

***So Close!!!      We almost got to 50!***

***Please let me know if you have any great tips you could share at [info@urbanenergypt.com](mailto:info@urbanenergypt.com)***

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