

-“Fat loss is not an opinion.”

The Fat Loss Troubleshoot



Leigh Peele

“Where fat loss meets common sense”

Lose 7,10, 50, or 100 pounds in how many days you really need to do it.

AVIDITY FITNESS PRESENTS

FAT LOSS TROUBLESHOOT

GUIDE FOR FIXING FAT LOSS

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Disclaimer

Before starting any new diet and exercise program please check with your doctor and clear any changes with them.

This is merely a guideline and advice manual. This manual was written to help guide the average healthy individual in the right direction towards a happier and healthier lifestyle. I am not a doctor nor do I claim to have any formal medical background. I am not liable nor claim any responsibility for any emotional or physical problems that may occur directly or indirectly from reading this material.

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CHAPTER 1: PREFACE AND THANKS

When I wrote the first edition, I didn't have half the knowledge that I do now, and most of what I did know, I didn't add, as to not "confuse or overcomplicate" things. It hit me this time around that this journey is complicated and the only way I can really help is if I debunk, answer, relieve, explain, suggest, provide, and relate everything I possibly can to you so that when it is all said and done, you walk away knowing one and one thing only about fat loss.

That it should be, and always is, in your hands.

This book takes out that middle man and puts the power in yours hands. This book answers all the common and not so common questions about fat loss. If you have never tried to lose fat before then you hit the jackpot and just got the best first timers guide you can get. If you have been trying for years, then I hope you can find something else to do with your time because it's over. You don't have to question or search anymore.

See, this book isn't a diet really (though I give you one). This book isn't a program (but I do provide it.). It is the guide you need to achieve fat loss in the easiest manner you can for yourself. You could look at it like one of those choose your own adventure books, with much better information but sadly lacking those nifty graphics. No matter what program you want to do, are doing, or have ever done, this book will guide you towards the next step or, in most cases, the correct steps to take to optimize your fat loss.

Before you read any further I need you to say to yourself, that chances are, if you are reading this book (unless you are just supporting me for all my greatness, and for that I thank you) whatever you have been doing is not working.

Again, if you are reading this, then chances are whatever you have been doing is not working.

In some way, shape, or form you either aren't getting results, or know that you can't keep up what you are doing forever. My client list is massive because of those two things alone. Who usually comes tapping my way?

Those that can't lose fat

Those that have been eating low calories for a very long time

Those that fear carbs

Those that haven't taken training breaks in years

...Basically, those that are unhappy, and in need of some serious self TLC. That is what I am here to explain. I want to tell you how to bring an end to that journey and begin a new one.

CHAPTER 2: INTRODUCTION

The Fat Loss Troubleshoot started out as a message board post and has become a widely used phrase. I have been dubbed “The Troubleshooter”; some use it lovingly, some not so lovingly. To help you, I have put together this guide. It is a comprehensive collection of all the information you need to know to lose fat without any bumps or stalls. If you have never tried to lose fat before, then you are in luck because if you follow this information you should never plateau in your fat loss efforts and the technical aspect should be a breeze. Notice of course that I didn't say mental. The mental is always a challenge, but that will be covered as well.

If you are on the other side of the coin and have been trying for fat loss, be it short term or long term, then this will be the end of your frustration. This book is going to help you optimize your training and nutrition programs so that you never have to second guess again. The only way you won't lose fat using this program is if you choose not to, or have a debilitating medical problem. So congratulations and welcome to the end or the beginning of your journey.

How To Use FLTS

The fat loss troubleshoot is set up so anyone can use it with relative ease. It is not overly technical, but a novice or an advanced trainee can learn and gain knowledge from this material in either nutrition or in training. There is also a specific fat loss and training program attached with "The Fat Loss Troubleshoot" that you can follow after you have read through the guide. The beauty of FLTS is that whether you are, using one of my programs or one of your own, you will still optimize your fat loss results. That being said, I do highly recommend my programs as they are, without a doubt, the most advanced you can get in informative fat loss.

Navigation

Each chapter is divided into various topics that make up a whole in relation to fat loss. I recommend not skipping sections. Even if you think you know it all, think twice, I may just say it in a manner you have never thought of before. I have a habit of doing that. Still, if you must know, here is a summary of each chapter and the information contained within.

Chapter 3: Technical Support

This chapter explains what calories are and why you need them for energy, to live your life. **Hot Point-**You will learn the formulas to find out how many calories you need to consume to lose, gain, and maintain your weight.

Chapter 4: Food Counts

This chapter explains what carbohydrates, proteins, and fats are. I give you sources for those foods, the importance of those foods in the roles of fat loss and the requirements you should be getting daily of those foods.

Hot Point-You will learn the essential amino acids and fatty acids, what carbohydrates really are and do, and the importance of a balanced nutrient intake.

Chapter 5: Counting Calories: The Game of Weight and Measure

This chapter is about the importance of counting calories for fat loss and how keeping this on point can keep you on track.

Hot Point-You will learn different methods of counting your calories and what the most efficient method is.

Chapter 6: Food Pairing and Workout Nutrition

This chapter teaches you what to eat at different times of the day. You will also learn about Pre and Post Workout nutrition and what the best thing to consume will be for your goals.

Hot Point-You will see the difference between having a Pre-Workout Shake and not.

Chapter 7: Secret of Fat Loss

This chapter discusses the secret of fat loss...so you will just have to read it.

Hot Point-You learn the secret to fat loss.

Chapter 8: The Real Make or Break of Fat Loss

This chapter discusses the importance of activity levels on your fat loss and how to gauge real world movement and exercise exertion.

Hot Point-You will get a quiz, and a calculator that is one of the best methods ever at determining your activity level.

Chapter 9: Training 101

This chapter goes through different training approaches, how to follow or build a training program and the key to recovering from that program.

Hot Points-Here you will get the Vocabulary guide, how to build your own home gym and how NOT to train for fat loss.

Chapter 10: Resistance Training

This chapter teaches you the importance of Resistance Training to your health and fat loss and how to pick a plan that works for your goals. You will learn what exactly Sets and Reps are and how to use them the right way in your program.

Hot Point-You will learn the importance of form and how NOT to train for fat loss.

Chapter 11: Aerobic Exercise

This chapter explains the benefits of Aerobic exercise to your health. You will learn about the different types of aerobic activity and methods of how to do your aerobic activity.

Hot Point-You will learn what kind of Aerobic Personality you are, and how to really do HIIT and why it might not be for you.

Chapter 12: Training Recovery

This chapter explains the importance of taking breaks and resting, and why you really shouldn't over-train for fat loss.

Hot Point-You will learn how important stretching and sleep are to your fat loss.

Chapter 13: The 5 Staples of Progress Charting

This covers the importance of properly charting the progress of your performance and fat loss. This is a really important section and often underestimated.

Hot Point-You will learn about trending and the roles it plays on you mentally.

Chapter 14: Supplements

This section covers the basics of supplements and how you can choose whether or not to put them into your training program.

Hot point-This is the hot or not list of supplements.

Chapter 15: Myths and Tips

This area covers popular and not so popular training tips and myths.

Hot Points-Why diet isn't just the only thing you may need for a six pack and a supplement that actually will aid you in fat loss.

Chapter 16: Psychology of Fat Loss

This chapter devotes a little room to the mental aspect of fat loss and gives you some pointers on making it through.

Hot Points-The Wagon Rider and The Pedestrian

Chapter 17: Putting It All Together for Fat Loss

In this chapter you take everything you have learned and put it all together.

Hot Point-You have 7 steps to follow.

Chapter 18: Closing

You will read my last bit of rambling.

Hot Point-Start your new life!

Chapter 19: Recommendations

This area gives you my favorite recommendations and spots to get even more information on education.

Hot Point-This is how and where to get free answers from the top professionals in the world on fitness and nutrition.

Now that you got the dime tour, what are you waiting for? Start fixing your fat loss!

CHAPTER 3: TECHNICAL SUPPORT

I racked my brain trying to figure out how I was going to begin the book. I sat and thought about what I was going to hit you with first and what was going to make the grand impact. Then it hit me, the best place to start is with the calorie. This is the section that has made or broken a lot of my clients. This isn't just about counting calories. This is about understanding what they are in the first place, and how ultimately the energy in a calorie will decide your fat loss fat.

A Calorie Is A What?

How many calories do you burn just trying to understand what a calorie is?

A calorie is a unit of energy. More specifically it is the amount of energy/heat it takes to raise the temperature of 1 gram of water by 1 degree Celsius (1.8 degrees Fahrenheit). It is most often used to access the energy content of food, though it can measure other amounts of energy in chemistry. Food calories are actually represented by a capital C and are 1000 times bigger than one physicist's calorie (spelled with a small c). On a nutrition label, it will appear as "cals" or "Kcal".

Nutritionists measure the energy content of food in calories with an apparatus known as the calorimeter. It is a device that measures heat of chemical reactions, physical changes, and heat capacity. Basically, some guys in a coat spend time blowing up your food in a metal container mixed with water and powder. The higher the temperature of that water and metal, the more energy (calories) is in the food. This is as basic as it gets for an explanation, but the process isn't that complicated. You can even find easy instructions online for making your own calorimeter. All of this boiling and lab coating has delivered to us the knowledge of the grams to calorie ratio based on different macronutrients. When one pound of water is raised 4 degrees Fahrenheit, the amount of heat used is chosen as the unit of heat, and is called the Calorie. How that energy burns in your body is the equivalent to this technique and from this technique we can derive this:

1 gram of Carbohydrates burned=4 Calories

1 gram of Protein burned =4 Calories

1 gram of Fat burned =9 calories

1 gram of Alcohol burned =7 Calories

Using this formula, if all you have is the gram amounts for your food item, you can figure up the caloric amount on your own.

For example 2 tbsp (30 grams) of Natural Peanut Butter has
16 grams of Fat
6 grams of Carbohydrates