



# 100

## FAT LOSS TIPS

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**These tips have been compiled from our own experiences, research, the KSFL franchise model, modern trends and current research into nutrition.**

Our tips are for the purpose of body fat reduction. Fat loss tips are to improve your training and exercise, nutritional choices and motivational.



**KICK START FATLOSS**

- 01 Rotate your foods regularly.
- 02 Try to eat organic food as much as possible.
- 03 Buy and eat grass fed, organic meat.  
It's a higher quality and better for you as the animal hasn't been injected, fed artificial foods or processed in any way. Grass fed organic meat is a higher and natural source of Omega 3 and will be easier to digest.
- 04 Drink 2-3L of bottled or filtered water per day.
- 05 Supplement with high quality Omega 3 fish oil.
- 06 Start each day with a protein meal.
- 07 A Protein breakfast keep you energised and focused for longer.
- 08 Get carbohydrates from green vegetables. Lots of them, every day and a variety of them.
- 09 Eat no more than 1-2 pieces of fruit per day for fat loss. These are also better after exercise and berries offer a good antioxidant boost.
- 10 No caffeine after mid afternoon (if any).
- 11 Learn to cook Paleo dishes. If you don't know what Paleo means – start with finding that out first.
- 12 Reduce your sugar intake from main sources and foods that contain sugar.
- 13 Add fresh slices of lime to your water for flavour, water purity and to aid detoxification.
- 14 Try not to eat tuna or swordfish. Bigger fish are more toxic because of the waters they live in.
- 15 Don't waste money on cheap high street supplements.
- 16 Don't buy supermarket or high street protein shakes.
- 17 Eat enough food for adequate detoxification. Starving yourself or under eating is not effective for fat loss.
- 18 Don't drink soda drinks or flavoured waters.
- 19 Try to eat a gluten free and grain free diet.
- 20 Berries are more absorbable in vitamin C than oranges.

- 21 Don't eat soya. This has been proven and well documented in national newspapers.
- 22 If you want to reduce pesticides from fruit and veg soak them in glycine to extract this from the skin.
- 23 3 good organic products to buy are strawberries, butter and coffee. These are generally the heaviest sprayed.
- 24 Use sweet potatoes instead of White potatoes if reintroducing starch into your diet or training for endurance events.
- 25 Don't snack on fruit for fat loss.
- 26 Use left-over meat from meals for snacks.
- 27 Use coconut oil to cook with.
- 28 Regularly review your improvements and gains from exercise.
- 29 Keep a log of what you lift or achieve from exercise.
- 30 Lift heavy weights for faster fat loss.
- 31 Exercise for around 40 minutes for fat loss. If you are taking longer, you are either not working hard enough or wasting time.
- 32 Use free weights instead of machines if possible.
- 33 A deadlift is one of the best exercises for all over body improvements.
- 34 Use tempo changes to maximise your training.
- 35 Working at high intensity for short periods with long rests will aid faster fat loss.
- 36 Take a photo of your face, torso, full body shot and back full body shot every 2 weeks to see how your body is changing.
- 37 Superset large muscle groups for quick fat loss.
- 38 Elevating your heels on weight plates if you cannot squat low is a short term fix but weight lifting shoes and stretching is advised.
- 39 Squatting to the correct depth will fire up your glute and work a full range throughout other supporting muscles.
- 40 Squatting depth can be improved by improving motion at the ankle and hips. Stretching the calf is a common improvement strategy also.

- 41 A deadlift with a wide grip will activate every muscle in your body.
- 42 Changing your grip, hold, feet and hand position will work different ranges and when exercising.
- 43 If you can do chin ups, do chin ups. If you can't do chin ups, learn to do chin ups.
- 44 Use a weights circuit instead of running for cardio.
- 45 Combining resistance training with high intensity interval training will accelerate fat loss.
- 46 Increasing your weight training from 3 to 4 sessions per week will increase results by a large percentage.
- 47 Perform flexibility sessions 3 times per week as a minimum.
- 48 Allow muscles time to grow, develop and improve by having rest days.
- 49 Workouts should change every 4-6 sessions for maximum results.
- 50 Use slow tempo weight lifts to improve strength and size.
- 51 Supersets with short rest will increase fat loss.
- 52 Training at varied intensities will develop and train different energy systems in your body.
- 53 Keep Omega 3 oil in the fridge once opened.
- 54 Peanuts aren't nuts they're legumes. It has been documented that legumes can increase cancer cell production.
- 55 Use flaxseed hulls instead of flaxseeds and soak overnight.
- 56 Stay hydrated to aid detoxification.
- 57 Laugh as much as you can, laughter increases fat loss - enjoy yourself.
- 58 Use Paraben free products.
- 59 Use Glass/BPA free products.
- 60 Vitamin D3 will improve immune system strength and aid the fat loss process. In the UK we simply cannot get enough.

- 61** If your training hard you need to rest hard as well. If you don't need the rest - how hard did you train?
- 62** Soaking beans in water overnight will reduce the irritation to your digestive system.
- 63** Never drink tap water.
- 64** Avoid low fat and reduced fat products.
- 65** If you have one single nutritional deficiency it will halt all of your exercise and nutritional benefits.
- 66** Sprint training is better for fat loss than steady state cardio.
- 67** Exercising first thing in the morning seems ideal for fat loss.
- 68** If you have a hot drink (take away) try and avoid the plastic lids. They only send plastic toxins back into your drink.
- 69** Cook in bulk and freeze food to save time.
- 70** If you are having food that needs cooking, cook it the night before to save you time in the morning.
- 71** Exercise with somebody that will motivate you and push you - not talk to you and slow you down.
- 72** Get a Personal Trainer. Especially if you are a Personal Trainer.
- 73** Train your grip strength to improve your overall strength and wrist strength.
- 74** Core strength is crucial to all exercises, sports and daily life.
- 75** The "Free From" section of the supermarket is for people medically diagnosed with a food allergy. Most of this food is double the sugar that ordinary products.
- 76** "Cheat meals" are earned.
- 77** Avoid eating eggs for breakfast (unless you have to).
- 78** Protein shakes are for post hard exercise workouts - not meal replacements.
- 79** Try and avoid strong smelling gases/odours (environmental toxins).
- 80** If the weather allows it, exercise outside.

- 81 Follow a progressive exercise training programme.
- 82 Do not eat processed food.
- 83 Solid meals are better than liquid.
- 84 Adding fresh lemon or lime over your food will lower the GL.
- 85 Avocados are a great superfood.
- 86 Omelettes should be blonde not brown - be careful not to overcook them.
- 87 There is more calcium in spinach than milk. Spinach is a superfood and has lots of health related benefits.
- 88 Cheat meals never contain gluten, oats or granola.
- 89 Behind the neck press and lat pull down exercises will improve shoulder stabilisation and rotator cuffs.
- 90 Finish your weights workouts with a 2 minute "burn out" exercise for the legs to boost fat burning.
- 91 Inter rep pausing is a great way to develop control and stability.
- 92 Unstable surfaces are not optimal for strength training.
- 93 Strength can only be developed if you have flexibility and flexibility can only be developed if you have strength .
- 94 Use the least number of weight plates on a bar as possible.
- 95 Proprioceptors rely on changes to the environment and the feedback from joints. Vary tempos and ranges to stimulate them.
- 96 All tissue needs time to remodel so try to avoid over stretching.
- 97 Time your rests to avoid standing around in the gym and having ineffective workouts.
- 98 Learn how to land correctly and improve stabilisation before performing plyometrics.
- 99 Exercise benefits = overcoming things you cannot do, not repeating things you can do constantly.
- 100 If you want to know you true diet and mineral status take a LEAP MRT.



We hope you have found these  
100 Fat Loss Tips useful and informative.

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For more information on KSFL please visit:  
[www.KickStartFatLoss.net](http://www.KickStartFatLoss.net)