

BATH BOOTCAMP 7 WEIGHT LOSS TIPS



Welcome to Bath Bootcamp 7 FAT LOSS Tips. You may have come across our website by chance or you may have heard about how we help people just like you to get fitter and slimmer and achieve amazing results! Here are a few of our secrets on how to shed unwanted fat and lose pounds.

1) Set yourself a goal

Stop making excuses and set a goal to achieve and an action plan to achieve it. The goal could be to wear your favourite jeans again. Set the date by which you want to wear them and then decide on your action plan to how to achieve it, whether by hiring a personal trainer or by following an elimination diet, or whatever you think you need to do. Keeping a



food diary and/or exercise log would be a wise part of your action plan.

2) Look at your nutrition

No matter what you hear anyone say - YOU CANNOT OUT TRAIN A BAD DIET! This means that you must start with a clean and natural diet rather than relying on spending hours in the gym.

3) Look at your diet

Yes this is the same as point 2 but in more detail. There are several factors to consider - what you are eating, how much of it you are eating and when you are eating it. Eat unprocessed foods in their natural state, in small to moderate quantities through the day and avoid skipping meals to keep your blood sugar levels and energy steady through the day.

4) Don't be scared of fat

The media often tends to demonise fats but healthy fats such as avocado, oily fish, natural nuts, seeds and olives are not only delicious, satisfying but also they provide essential nutrients for our bodies as well.

5) Beware of sugar

We all know that sugar is bad for the teeth, but it's also bad news if you are trying to reduce your body fat levels. Apart from removing sugar from your tea and coffee and avoiding sweets and chocolate you need to look more carefully at some of the other things you may consume. High fructose corn syrup is in countless products such as soft drinks, and processed foods such as "healthy, low fat cereal bars".



Stay away from this - it will raise your blood sugar levels, increase insulin production and cause you to store more fat. Most of your energy from carbohydrate should come from vegetables, fruits and some more starchy foods such as sweet potatoes, oats, brown rice and pulses but never sugar. The best time to eat these is after exercise, and possibly small amounts at other times of day depending on your activity levels.

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6) Ensure you regularly perform resistance training



Often people trying to burn body fat perform hours of cardio and neglect the weight training. Big mistake - resistance training done correctly will release fat burning hormones, increase your muscle mass to allow you to burn more calories at rest, and keep your body fired up all day long. Aim to do it for 20-40 mins 3 times a week working all the major muscle groups. You can add cardiovascular and interval training on the other days to keep your body moving every day. The Ztrainer Suspension Fitness Training system is a

perfect tool to give you a full body, resistance training workout at home, outdoors or almost anywhere <http://www.ztrainer.co.uk>. This is just one of the pieces of equipment we use at Bath Bootcamp.

7) Get to bed earlier

Most people are unaware that we release a lot of our fat burning hormones at night so getting to bed by 10.30pm is an essential part of the weight loss mix. Getting up between 6-7am after having a restful night and feeling refreshed should be a part of our daily lives so place more importance on this often neglected necessity.

8) Stay hydrated

Thought I'd give you a bonus tip!



70% of our body is water so if you are even slightly dehydrated, your organs cannot function properly and will not burn fat optimally. Drink 1 litre of water per 50lbs (22.7kg) of body weight per day*, cut out regular tea and coffee and stick to herbal teas or pure water if you want a healthy, fat burning, killer body!

* eg an 11 stone person should drink 3 litres water per day.

I hope that you have found these tips useful and you will be kept on our mail list for information about upcoming events. Our camps run every month with classes 3 times a week at a variety of times and locations including Bath, Marshfield and Peasedown St John.

Keep on moving!

Zita

www.bathbootcamp.co.uk