

**Basic Information to Improved Health and Fat loss!
Information On Chronic Diseases!
Resistance Training And The Importance Of It!
Cardio Benefits!**

Basic information to Improved Health Fat Loss!

The number one thing you need to start with is the nutrition and putting yourself in a calorie deficit. Generally I would recommend for an individual to go into a 500 or 1000 calorie deficit every day and try to maintain that. By doing this you will lose 1 to 2 lbs a week. That is of course with no cheat meals. This can vary depending on how well you are sticking to your calories. Sometimes when you have trouble sticking to the calories its better to lower the deficit. Its better to slow down the progress and stick to the calorie intake then have no progress at all. Try 350 deficit or 400 calorie deficit and maintain that. You will still lose weight. Whats the point of going into a 1000 calorie deficit if you cant stick to it and end up falling back into old habits and not gaining any progress at all.

In the united states the plate size is getting bigger and bigger and exercise and activity is getting less and less each year.

Info on Chronic Diseases!

There has to be a change somewhere in your diet or you will not get the results you're looking for. You have to be the leader. Don't do what everyone else is doing and focus on you and your needs especially if it's for health reasons. You have to make changes because these problems of carrying around too much body fat and bad eating habits will catch up to you in the long run. This is the honest truth and will lead to

Chronic Diseases:

High blood pressure
Type two diabetes
High cholesterol
Heart disease
some forms of cancer etc.

Chronic diseases is the **leading cause of death** in the United States Accounting for 70% of deaths in the United States alone.

Let thy food be your medicine and your medicine be thy food.

With proper diet and exercise a lot of these problems can be avoided. The number one thing That Drs. say is to eat more fruits and vegetables. Drink plenty of water. We all

know what to do but sometimes it can be so hard. Even some of the Drs. that preach this need to be doing this for their own benefit and are not.

The Physiological Effect of the body is where your body is comfortable with the weight it is at currently and means once you start losing weight you're going to have increased hunger because of this. Your body is comfortable with the weight it is at currently and will do anything possible to get you back to your weight. This effect can take place for the next two years. Only 17% of people who lose their weight keep that weight off in that year.

Every **3500 calories is a lb.** and It's all based off calories in vs calories out. When you eat more than you burn then you will gain weight. When you eat less than you burn then you will lose weight. By eating or drinking just 100 calories over your calories a day in just 35 days that will be one lb weight gain. Just one can of pepsi is 140-150 calories and can add up quickly.

2. Resistance Training

Lifting weights is very important. It can

Increase your strength,
Decrease body fat
Improve metabolism,
Burn Fat

No it will not make you super huge and If your a woman no it won't make you look like a man. If you lift weights while in a calorie deficit it can help with maintaining muscle mass. If you are losing fat and muscle then your resting metabolic rate will be lower and the fat burn can slow down. The only way to maintain muscle mass and increase bone density is resistance training. Resistance training can also keep you strong enough to do your daily activities at work, at home on the ranch etc. In fact by lifting weights you actually continue burning fat for a longer period of time after you leave the gym than cardio alone.

3. Cardio and the benefits

Some of the benefits to cardiorespiratory training are

Stronger heart,
Improved ability to pump blood.
Improved tolerance to stress,
reduce anxiety and depression,
Reduce cholesterol levels,

**Improved mental alertness,
Better resting heart rate and much more.
Fat burn**

I recommend doing cardio at least 3 times a week. Normally I recommend warming up for 5 to 10 minutes then move to resistance training. The reason why I recommend this is to save your liver glycogen for the resistance exercise. If you start with cardio and burn up your liver glycogen levels and then go try to resistance train you might feel weaker and may not get as good of a workout in the weight room. Then following resistance training exercises I recommend going to cardio. Usually 20 minutes is efficient after a weight training workout. On non training days 45 minutes of brisk walking works great. Its always recommended to do a cool down after exercise to prevent the blood from pooling in the lower extremities. This can be done by just slowing everything down and going into a slow walk and letting your heart rate come back down slowly.

For more information www.gbirontherapytraining.com