

# 6 Easy Steps For Fat loss

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# 1- Observing Your Daily Life style

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- Watching over work schedule.
- Daily food culture.
- Postural culture.
- Physical exertion or mental fatigue.
- Intake of alcohol.

If any one or more of the above causing barriers in your health then follow the next 5 steps.

## 2- What, When & Why to Eat??

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One of the major casually taken concept in today's time and that's the reason it is leading to multiple health disorders.

- What to 'Eat' - Changing food into a nutritional dense food.
- When to 'Eat' - Designing the meal in the 2-3 hours gap and last meal must be done minimum 3 hours prior going to sleep.
- Why to 'Eat' - Food items should be well listed if fat loss is the concern. E.g if you are a fat and eating junk then it will lead to make you more fatter.

# 3- Calorie Deficit

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Calorie Deficit is the key for fat loss.

- Calorie deficit is a primary key to achieve results.
- It helps to keep calculative while eating anything.
- It has a metabolic advantage.
- It confirms results either faster or bit slower.
- It helps to make blood markers healthy.

# 4- Physical Exertion

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Physical exertion is really helpful to keep body fit and healthy.

- Physical activities keeps body fit and better.
- It brings more joy in fat loss journey.
- It helps to bring faster results.
- It helps in improving metabolic rate but depends on the activities chosen.
- It keep body strong.
- It helps in relieving stress.

# 5- Optimum Fat Loss Method

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This method is formed after reading, understanding & applied researches of exercise and nutrition science which helps to get visible results in a most corrective and advance way with keeping an eye on other health markers.

- This methods is a well designed and constructive approach to get faster results.
- This method is a science based method.
- This method designed under the supervision of qualified experienced professional coach.
- This method is the conclusion of life long experience.
- This is a proven method.

# 6- What Is The Base Of This Method

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This method is actually based upon 5 important powerful approach.

- Determination - Like to transform internal and external health.
- Self motivation - A willingness to live a long healthy life.
- Goal oriented - Setting a goal help to reach the destination.
- Action oriented - Follow the instructions 100% & get 100% results.
- Trust - Body functions takes time to show the results so 'Patience' is the key.



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