

Welcome, if you are reading this report you are one of the lucky ones who will discover simple yet powerful strategies that can have a major effect on your weight loss results.

This report introduces you to what is inside the "Fat Burning Secrets" eBook. Once you read it, you'll understand why diets don't work for a long term weight loss solution.

You will soon realize that you need something that you can easily incorporate into your daily life so you will be free of the yo-yo diet syndrome and on your way to permanent weight loss.

These methods to burn fat might appear to be easy and simple to you at first, but keep an open mind, because those of you who put them into action will soon discover they work.

To Your Weight Loss Success,

*Gary Gresham*



[Fat Burning Secrets](#) is based on small and easy changes that can make a huge difference in your weight loss results. Finally, a simple weight loss solution for the rest of your life.

# Introduction

My name is Gary Gresham and you may have already read many of my fitness articles I have written that are featured on health and fitness websites all over the Internet. I am constantly researching information for the many fitness and weight loss articles I continue to write for my own website [Treadmill-Info.com](http://Treadmill-Info.com).

I like to interview personal trainers so I can deliver quality information in all of my articles because they are the experts. While I was interviewing several personal trainers about what really causes the body to burn stored fat, I discovered some amazing information.

I found that most people who want to burn body fat and shed pounds are making common mistakes that cause them to fail. The real tragedy is people just simply need the right information because even small adjustments can make a world of difference in your weight loss.

In my own attempts to take off weight and burn body fat, I found I was making these same mistakes simply because I didn't have the knowledge of how the body burns stored fat. I was actually sabotaging my own weight loss because I was both eating and exercising wrong for years and I didn't even know it.

It's no wonder people have such a hard time burning fat and taking weight off. That's why people hire personal trainers. They know exactly what does work because that's their business. In my mind, I thought I had to sweat bullets when I exercised. I soon found out I was wrong.

I have also eaten the expensive diet foods and been on way too many fad diets. In fact I have dieted most of my life to take off weight I piled on over the years and found sometimes these diets would work for a short time.

But you know the drill; as soon as you go off of a diet you gain the weight back again. Millions of people do this their whole life without ever finding a weight loss solution you can live with. But I discovered after continually interviewing these experts, not only how the body burns stored body fat, I also found out how to eat and exercise properly to make the fat disappear.

Once I made these small and simple corrections with what I was eating and how I exercised, my weight plateau disappeared and once again the scale was my friend. I have battled weight most of my life so I know exactly how hard it is to take weight off. But now it's hard to keep the grin off of my face because I was successful at shedding pounds. What I did not only worked but it is something that anyone can easily do.



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# Fat Burning Exercises

There are many good fat burning exercises that can be done without fitness equipment if you don't have access to a gym. Exercise doesn't have to be expensive to be effective.

Here are a few simple fat burning exercises you can do without any fitness equipment.

- Walking - How easy is it to go out of your door at home or the office and take a walk? Brisk walking for 30 minutes a day is a great fat burning exercise.
- Swimming - Most neighborhoods have a community pool that is close to where you live. Swimming is one of the most enjoyable and best fat burning exercises there is.
- Dancing - Even something as fun as dancing is a great exercise to burn body fat.
- Stairs - Take the stairs as often as you can because this is a perfect example of an ideal fat burning exercise.
- Park your car way out in the parking lot to walk a good distance to the store. Simple things like this increase your physical activity.

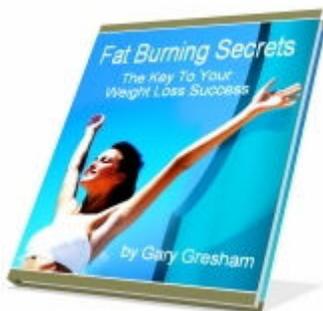
If you increase your physical activity on a regular basis you will develop more fat burning enzymes than someone who doesn't exercise at all.

These are just a few fat burning exercises that can work very well to raise your body's metabolism, which is the biological process that burns fat.

The whole idea is to get your body moving as often as you can. Successful weight loss involves changing the way you think. But as you can see, none of these fat burning exercises are hard or involve any big amount of money.

The good part about all of this is you don't even need to have access to a gym to get good results out of any of these fat burning exercises.

If you do have access to a gym or have a home gym, my eBook "[Fat Burning Secrets](#)" will show you the best exercises that burn the maximum amount of body fat.



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# Negative Calorie and Fat Burning Foods

While exercising is one of the critical parts of weight loss, the food you eat also plays just as an important roll in how your body burns fat. By changing a few eating habits your weight loss can be accelerated.

There are foods that are considered negative calorie or fat burning foods. Fat burning compatible foods and negative calorie foods require more energy for your body to break down, absorb and then use than the actual calories that they contain.

Eating these foods requires the body to create a calorie deficit that helps to burn body fat and that can help you with weight loss. High-fiber fruit, vegetables and nutritious whole grains will not only keep your digestive system on track, they actually prevent fat storage.

Here are a just few examples some negative calorie foods:

Apples, cantaloupe, carrots, cod, corn, crab meat, grapes, lobster, low-fat yogurt, mangoes, pineapple, raspberries, strawberries and watermelon.

Eating negative calorie and fat burning foods will help you achieve and maintain your perfect weight?

["Fat Burning Secrets"](#) gives you much more detailed lists of negative calorie and fat burning foods that you can buy at any regular supermarket.

No more diet meals in a package that cost you a fortune. You can not eat these foods the rest of your life. What happens when you stop eating those expensive diet meals?

Do you see why eating like this is not a long-term weight loss solution? If you want to lose weight the healthy way and keep it off then must eat the right kinds of foods.

By incorporating fat burning foods into your diet you are creating habits for successful weight loss.

Next, I'll show you how your common sense can play a major role with your weight loss.



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# Common Sense and Portion Control

Let me show you how your common sense can play a major role with your weight loss. Weight loss success depends on staying inspired and sometimes giving your weight loss plan a slight tune-up can make a big difference in your results.

You'll see what I mean with this common sense yet effective weight loss tip that can help you get to your ideal weight and stay there.

An easy way to adjust your portion control is downsize your plates and bowls. By eating on smaller dishes it often helps you consume less food. As simple as it sounds, here is proof that it really works.

Researchers from Cornell University researched this by serving snack mix in two different size bowls. A large one and a smaller one. The study showed that subjects took 53 percent more snack mix from the larger bowl.

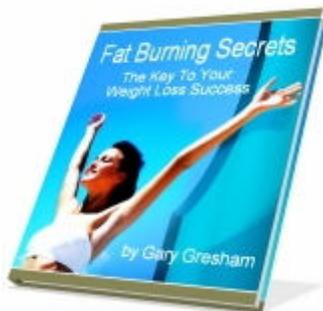
In a second study at the University of Illinois at Urbana, juice was served in two different size glasses. One was short and wide and the other tall and skinny.

Both glasses held the same amount of juice but the subjects who drank from the tall and skinny ones (which looked larger) poured themselves less juice.

Use your common sense just by downsizing your plates and bowls and adjusting your portion sizes becomes easier. Try this with your next meal and you'll see how well this easy tip works.

Remember anything is possible if you believe it can happen.

Next, I'll show you how to deal with snack attacks and how to actually turn it into an advantage for your weight loss.



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# How to Deal With Snack Attacks

Ever get a snack attack between meals? Who hasn't? But snack attacks can actually be an advantage for your weight loss.

Snack attacks are actually a good thing because eating frequently instead of waiting until you're extremely hungry is a good way to avoid overeating. It helps keep blood sugar levels normal and brain chemistry in balance.

By pre-planning for snacks and eating the right food you can use snacks in your favor instead of feeling guilty afterwards.

Here is a healthy snack tip. A key to losing weight and keeping it off is eating more negative calorie or fat burning foods with lots of volume but few calories.

Eating fat burning compatible or negative calorie foods creates a calorie deficit that requires your body to use stored fat as energy. Here are a just few examples of healthy snack ideas that are negative calorie foods:

Apples, cantaloupe, carrots, cod, corn, crab meat, grapes, lobster, low-fat yogurt, mangoes, pineapple, raspberries, strawberries and watermelon.

Avoid late night snacks because your body's metabolism slows way down when you sleep. That means anything you eat just before you go to bed will turn to body fat. If you choose vending machine snacks that contain high fat forget about reducing body fat because these snacks can sabotage your weight loss quickly.

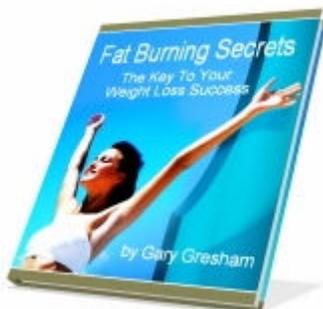
Also, beverages like smoothies, sweetened coffee drinks, soft drinks, fruit drinks, sports drinks and flavored teas contain a lot of sugar that will end up as body fat.

Snacking on blackberries, peaches or red and green peppers can help you meet your daily recommendations of fruits and vegetables. You need two to four servings a day. Snacks such as low-fat yogurt or low fat cheese can help you meet your daily calcium requirement.

You need two to three servings per day. Small changes like these in the way you eat can have a huge difference in your weight loss results.

So use snacks attacks at home or at work to your advantage for your weight loss success.

Next, I'll show you how your mood can trigger urges that can cause overeating and offer you a few tips to help you avoid the consequences of emotional overeating.



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# How Mood and Food Affects Weight Loss

Your mood can trigger urges that can cause overeating. Eating for some people may be a way of suppressing or soothing negative emotions like stress, anger, anxiety, boredom, sadness and loneliness.

The connection between mood and food turn these emotional eaters toward unhealthy, comfort foods in times of trouble. Starchy, sweet, salty and fatty foods can seem to provide comfort but are usually only short-term fixes.

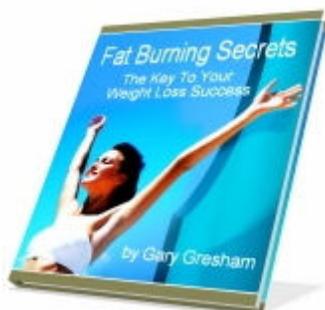
This in turn leads to weight gain and even more negative emotions. That can be a never-ending up and down cycle that stays with you unless you do something about it immediately.

Understanding the reasons that cause you to crave unhealthy foods can help you avoid giving in to your cravings. Here are a few tips to help you avoid the unhealthy consequences of emotional overeating:

1. Learn to recognize if your hunger is real. Ask yourself if you are really hungry or is it emotional overeating?
2. Monitor your eating for the next several days, making note of how much and when you eat as well as what kind of mood you are in. Once you can recognize the negative triggers to overeating you are back in control.
3. If you feel the need to eat because of your mood, take a walk, go to a movie or call a friend to get your mind on something else. This gives you a second chance for the feelings to eat to pass.
4. Don't keep starchy, high fat, high calorie, comfort foods in the house. Plan for healthy snacks by keeping fresh fruit, cut up vegetables and low fat cheese around.

When you eat healthier foods you are more likely to feel full longer and avoid the need for emotional eating. Emotions can trigger cravings for food but you can take these steps to control those cravings.

Just learning to recognize the correlation between your mood and food will ultimately allow you to achieve your weight loss success.



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# Simple, Healthy Weight Loss Tips

Healthy weight loss tips help you give your weight loss plan a tune-up that can make a big difference in your successful weight loss results.

You'll see what I mean with these effective and healthy weight loss tips that can help you get to your ideal weight and stay there.

Have a healthy appetizer before your meal. Just make it one that contains a lot of water (like soup) or fiber (like salad).

This will help you eat less over all because it will start to fill you up. It takes your brain about 20 minutes to register that your stomach is full. So slow down to taste and savor every bite for a slower eating experience.

Here's another healthy weight loss tip. Balance every meal with a serving of vegetables. Vegetables fill you up so you don't tend to go back for second helpings.

Eating more vegetables is training yourself for successful weight loss. Get into this habit and watch your fat disappear quickly while you boost your energy level to new levels.

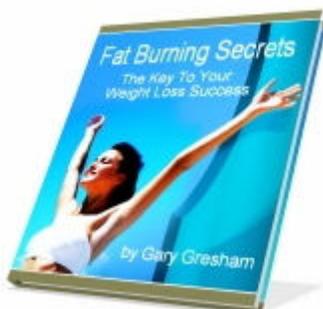
Eat breakfast every day, eating whole grains with at least 2 grams of fiber. Whole grains will not only keep your digestive system on track, they actually prevent fat storage. But be cautious about bread; choose high fiber, whole grain loaves.

Drink water and keep hydrated, add a twist of lime to zest up the flavor. You won't believe the difference in how you feel after only a week. Water flushes out your system and fills you up.

Another good weight loss tip is learn not to eat, at least, 2 hours before you go to bed, You'll be amazed at what this tip alone can do for keeping your weight down. Eating anything before you go to bed means you'll wear that as fat.

Brush your teeth after meals or have a breath mint; it helps to stop the urge to eat. Losing weight is not something that happens overnight just like gaining weight is not an overnight occurrence.

Developing the right mind set and determination to achieving your weight loss goal along with a few sensible behavior changes will send you well on your way to achieving success.



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# Conclusion

I hope you have gotten some good tips from the "[Fat Burning Secrets](#)" report and realize that these small and simple changes offer you a weight loss solution for the rest of your life.

The information in the eBook can make a world of difference in your weight loss. Millions of people every day use fad diet products that produce yo-yo results because they don't believe that simple things like the information presented here could actually work.

These methods might appear to be easy and simple to you at first but they really work. Keep an open mind because those of you who put them into action will soon discover they work amazingly well.

If you would like to be able to get to your ideal weight and enjoy all life has to offer order a copy of [Fat Burning Secrets](#) .

Now it is up to you to make the commitment and take control of your life. I wish you good health and weight loss success,

*Gary Gresham*

# Resources

[EZ Articles Directory](#) - This article directory is constantly updated with quality information about many different subjects. Many of our new fitness and weight loss articles are added to this resource on a regular basis providing you with fresh information.

[Treadmill Information](#) - Fitness articles, valuable information, ratings, reviews and buying tips before you make the investment in quality fitness equipment.



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