



CHECKLIST

FAT BURN
SECRETS

Fat Burn Secrets Checklist

So you read the e-book and now you're raring to go with your own affiliate marketing efforts. But hold your horses! Before you steam ahead, it's a good idea to take a moment to reflect and to ensure that you have everything you need to get going.

This checklist will run you through the requirements and will make sure **you get the body you have always desired..**

Module 1: Fat-shedding Diet Secret

For years, the general wisdom to losing weight is to practice a low-fat diet. But more than just the amount of fat, it's the types of fat you consume that really matter. Did you know that there are both good fats and bad fats?

- Good Fats Vs Bad Fats
- Polyunsaturated Fat Vs Monounsaturated Fat

Now to to learn how to design your own diet to shed those extra pounds:

- 1) Identify your current diet
- 2) Design a new diet
- 3) Play of substitution

Module 2: Fat Burn Mantra & How To Eat Like A Celebrity (And Not Get Fat!)

If Your Body Is A Car, Your Mind Is The Engine

Your mindset drives your body, it fuels your will and determination to work towards your goal. It can be difficult to achieve and maintain your ideal body shape and weight. It takes more than just healthy eating and regular exercise.

Mindsets are assumptions or beliefs you establish to govern your behavior and choices. There's two types of mindsets:

- 1) Fixed mindset
- 2) Growth-oriented mindset

To Successfully Shed Fat, **First Shed Your Negative Thinking!**

Follow these life-changing mantras that could help you eliminate any sort of destructive thoughts that sabotage your body weight

1. Other's opinions don't matter as long as I love my body.
2. Steady and slow, learn as you go. Lose too fast, it may not last.
3. I may not be where I want to be, but I'm better than where I was.

How To Eat Like A Celebrity (And Not Get Fat!)

Tips From Celebrity Trainers

1. Celebrities eat breakfast
2. They pick their veggies
3. They snack
4. They don't stop drinking

3 Famous Celebrity Diet Plans

- The 5-Factor Diet
- The Zone Diet
- Pressed Juicery

Module 3: Easy Fat Killer Technique

Cardio Workout

Cardio workout burns calories in your body. Most people do cardio training to lose weight, gain body mass, train stamina, etc. There're different intensities cardio exercises.

Low-Intensity (LI) or High-Intensity (HI)?

The short answer is that the best type of cardio, whether low or high intensity, is the one you will do consistently over time.

Types Of Exercises

- 1) Low-Intensity
- 2) Moderate-Intensity
- 3) High-Intensity

Module 4: Yo-Yo Effect - The Silent Murderer of Diet Success

What's Yo-Yo Effect?

Yo-Yo effect (also known as weight cycling) is the cyclical loss and gain of weight, resembling the up-down motion of a Yo-Yo.

To lose weight quickly by doing a diet plan, then regaining it falling back to your eating habits or failing to stick to your exercise routine will lead you towards the yo-yo effect.

The Causes:

1. Too difficult diets
2. Over-exertive exercises
3. Unbalanced diet
4. Extreme dieting

Module 5: Easy Yoga Practice

Researchers have discovered that the regular practice of yoga may produce many health benefits, including increased fitness and normalisation of blood pressure. Yoga is a renowned antidote to stress. Over the time, yoga practitioners report lower level of stress and increased feeling of happiness and wellbeing. This is because concentrating on the postures and the breath acts as a powerful form of meditation.

The Benefits

- Improved Strength
- Balance
- Flexibility
- Free Your Mind

Meditation Is A Mental Practice Proven To:

- Reduce anxiety and stress
- Reduce cortisol levels and increase calming hormones
- Improve cognitive function
- Reduce blood pressure and heart rate
- Increase immune function
- These benefits combine to allow for better rest, sleep and recovery, as well as provide the ability to think more clearly under pressure

Tips For Yoga Practice

- Side Effects And Risk
- Things To Consider When You Decided To Practice Yoga
- Training, Licensing And Certification

Yoga Moves For Beginner

- Warrior Pose
- Tree Pose
- Triangle Pose
- Seated Twist
- Upward Facing Dog
- Pigeon Pose
- Crow Pose
- Child's Pose

Module 6: List Of Fat-Pumping Food To Avoid

1) Trans Fat

- Non dairy coffee creamer
- Peanut butter
- Frozen pizza
- Popcorn
- Packaged cookies
- Margarine

2) High Fructose Corn Syrup (HFCS)

- Soft drinks
- Sauces and salad dressing
- Yogurt
- Processed snacks

3) Monosodium Glutamate (MSG)

- Vegan breakfast sausage
- Chips
- Bacon bits
- Veggie burgers and nuggets
- Fried food

4) Artificial Sweetener

- Light food and beverages
- Diet coke
- Packaged snacks

5) Sodium

- Cheese
- Salty snacks
- Froze meals
- Bread and tortillas

6) Calories

- Pasta dishes
- Chocolate
- Chia seeds

7) Carbohydrates

- Bagel
- Coffee drinks
- Movie popcorn

Module 7: Fat Burn Supplements & Detox Plan.

Dietary Supplement

All products labelled as a dietary supplement carry a Supplement Facts panel that lists the contents, amount of active ingredients per serving, and other added ingredients (like fillers, binders, and flavourings). The manufacturer suggests the serving size, but you or your health care provider might decide that a different amount is more appropriate for you.

However, there are things that you really need to know **before you start consuming it.**

- 1) Effectiveness
- 2) Safety And Risk
- 3) Quality

Tips For Healthier Eating

- Build A Better Plate
- Pile On The Vegetable And Fruits
- Go For The Good Fat
- Eat Breakfast

Should You Take Supplement?

- Potential pitfalls
- More isn't always better

Specialized Supplement

- Women
 - Women of childbearing age
 - Pregnant
 - Women who reached menopause
- Men
- Older adults

Detoxification

- **Planning your detox plan**
 - On rising
 - Between starting work and breakfast
 - Breakfast
 - Between break-fast and lunch
 - Lunch
 - Mid-afternoon
 - Early dinner
 - Before bed

"The Recipe"

- Detox meal
- Detox water

Module 8: How To Get Rid Of “Love Handles”

- **Workout For Women**

- 1) Crunches On Exercise Ball
- 2) Pilates 100s
- 3) Bicycle Crunches
- 4) Twisting Side Plank
- 5) Russian Twist
- 6) Hanging Ab Curls

- **Workout For Men**

- 1) Sit-Ups
- 2) Leg Raises
- 3) Knees In
- 4) Toe Touchers
- 5) Crunches