

THE SECRET LAWS OF FAT LOSS

THE UNREVEALED IRREFUTABLE LAWS
FOR CREATING A LEAN, STRONG AND
SEXY BODY

BROUGHT TO YOU BY





THE SECRET LAWS OF FAT LOSS

The Secret Laws of Fat Loss



Every year millions of people make the decision to lose weight and get in shape. Unfortunately, 97% of those people fail. Not only do they fail, but they fail miserably. It seems as though with all the information available in books, videos, on the Internet, infomercials etc. there should be no reason why people are not totally successful when in pursuit search of something as simple as weight loss.

The truth is that many of the things people both read and watch are misleading in nature. The diet and exercise business generates billions of dollars every year. These billions of dollars are generated and regenerated from the same people. The people lose weight, regain the weight, lose it again, and then regain it again. We all know folks who have gained and lost the same 20, 30, 50 lbs. over and over again.



No doubt if you are reading this you may very well be one of those people. First, I want to tell you that it's not totally your fault. Trying to live a healthy lifestyle in the United States is not easy. The chips are stacked against you, literally as well as figuratively. Everywhere you go there are more and more media outlets telling you to eat, drink and be merry. The same media outlets are also telling you that in order to be worthy you should look like the media darlings and movie stars that we hold in such high esteem.



THE SECRET LAWS OF FAT LOSS

The truth is that the media darlings and movie stars who are slim, strong and healthy looking do not eat the foods being sold in the commercials on their shows or at their movies. It is common for celebrities to have the advantage of cosmetic enhancements, make-up artists, stylists, personal trainers and personal chefs. If you are fortunate enough to have the same type of resources then living a healthy, low-fat life will be relatively easy. If you do not, then it's going to take some work on your part.



The good news is that you do not have to be a movie star, a millionaire or some type of celebrity in order to achieve a body you are proud of as well as a body that is fit and healthy.

You only need 3 things:

1. The desire and self-discipline to act and follow through.
2. A process or technology that is proven to be effective.
3. The patience to give the process time to demonstrate its complete effectiveness.



Just like there are many ways to get to any destination there is more than one way to fat loss. You can travel from New York to California by foot, car, bus, bike, plane even by boat. The choice you make will be determined by time



THE SECRET LAWS OF FAT LOSS

constraints, personal preferences, tolerance levels, available resources (such as financial and social support) as well as a myriad of other factors. Anytime I am about to embark on a trip I always want to know what is the most time effective and efficient means of travel.

I don't want headaches, complications or diversions. I want to get from point A to point B in the best way possible. If you are like me, you don't mind paying a little more in order to avoid inconveniences and delays.



It is with this in mind that I put together what I refer to as **The Secret Laws of Fat Loss**. I am presenting the factors I have studied and that I know work. This is not "guesswork", hypothesis or theoretical stuff. This is scientific fact that is more importantly backed up by my own personal experience as well as what I have observed with my own eyes with the hundreds if not thousands of people I have worked with in almost a decade and a half.



Because I know these laws work I would urge you to pay close attention to what they request for you to do. Some of the laws may make you feel uncomfortable. They may make you feel as though they are requesting too much of your busy schedule. They may be asking that you sacrifice too much. I implore you to reach inside yourself and acknowledge the very strong possibility that those feelings toward **The Secret Laws of Fat Loss** are quite probably



THE SECRET LAWS OF FAT LOSS

the very things keeping you from losing the body fat you say you want to lose.

That's right! Every time you say you can't do something you are adding a brick to the wall that separates you from where you are now and where you want to be. As difficult as it may be in the beginning, obeying **The Secret Laws of Fat Loss** will yield you unheralded physical success, health and esteem that comes with knowing you can change your body and your life for the better through your power of choice.



Essentially, that is what it comes down to...choice. How you choose to spend your time. What you choose to put in your mouth. How you choose to think. I am always amazed when I see people work their butts off at the gym and then watch them sabotage their efforts by eating in manner that doesn't support what they have accomplished in the confines of the gym. They give time. They give effort. They give energy. However, they can't seem to give up unsupportive eating habits. I often remind myself, "It's not just what you are willing to give, but you are willing to give up that makes the difference."



In order to be someone that is fit and healthy you must do the things that a fit and healthy person would do. You must also stop doing the things that got you unfit and unhealthy in the first place. If you are already fit and healthy, but want to go to the next level, you



THE SECRET LAWS OF FAT LOSS

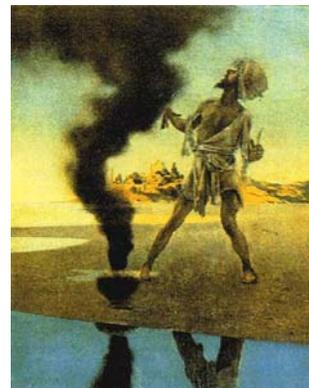
must walk in the foot steps of those you aspire to emulate. Either way there will be something to give and give up.



In times of change you will always be forced to sacrifice. I ask you, is it a sacrifice or is it a choice to make. I say it is a choice to make. Will you, of your own volition, to do the things that will make you successful? Will you choose to be the person you say you want to become? Only you can honestly answer those questions. When and only when you can answer those questions with a resounding "YES!", will you really be able to effectuate

dramatic, future-altering change in your life. If you cannot, then **The Secret Laws of Fat Loss** will just be another exercise in futility. It will be just like that piece of exercise equipment you hang your clothes on at home.

On the other hand, when you summon the intestinal fortitude that lies deep inside you, you will find that all good things will come your way. Personal physical transformation will not be just a pipe dream, but simply a matter of time. Imagine that you found a lamp on the beach, rubbed it, then out popped a genie. The wish you make is "I want a lean, strong, healthy and sexy body that I am proud of and people admire." Well, reading this is like finding the





THE SECRET LAWS OF FAT LOSS

lamp and I am your genie. The only difference is that change won't be instantaneous and you will have to work for it. This is really a small price to pay for such a terrific result.

So as your guide, I promise not to steer you wrong. I promise not to waste your time. As I said earlier, I don't want headaches, complications or diversions. I want to get from point A to point B in the best way possible. This is what I will share with you. I urge you to take **The Secret Laws of Fat Loss** and treat them like the precious commodities that they are. Because trust my words when I tell you that they will change your life and transform your body in ways you may have never dreamed possible.



Law #1

You must take the time to program yourself for success.

The mind is the control central of your life. It makes a great slave, but a horrible master. In order to be successful at anything in

life you must be able to master your thoughts. Think of it like Dorothy in the Wizard of Oz.



The moment she landed on the wicked witch and put on the ruby slippers she had everything she needed to return to Kansas. All the drama with the Tin Man, Lion, Scarecrow, the flying monkeys etc. was totally unnecessary. All she needed was to know exactly what to do and the belief to do it. She just had to click her heels three times.



THE SECRET LAWS OF FAT LOSS

It will be the same for you. Without building your faith in yourself and reinforcing your self-confidence true success will never be anything more than something beyond the grasp of your fingers. When you take time to visualize your goals and begin to see your outcomes they will become real to you.



To quote an old cliché, “Everything takes on two births. First there is birth in the mind and then in physical reality.” So your fat loss physical transformation must become real in your mind first before you even can fathom taking the steps necessary to make it happen. Once you do this success is inevitable. Visualize daily.



Law #2

You must be vigilant with your food consumption plan. In order to be

vigilant with your food consumption plan you must have a plan. Vince

Lombardi said, “It is not the will to win that matters, but the will to prepare to win.” Too often people start to make changes and rely on the belief that circumstances will just fall into their favor and allow them to be successful. I believe that if you leave something to chance, chances are you’ll leave it. This is especially true when committing to make changes to your eating habits in order to influence your body to let go of unwanted body fat.





THE SECRET LAWS OF FAT LOSS

To do this is like asking a builder to build a house without a blueprint. It really makes no sense. Make the decision that you will not allow that to happen to you. Make a plan of what you are going to eat everyday. To be honest, it doesn't take that much planning. You really only have to be conscious. Be aware of where you are going to be during the day and mentally map out where you are going to have access to the foods you need to eat to get lean. Is there a diner nearby where you can order egg white omelets? Can you get fresh salads nearby? Will you bring a meal or two with you? If you are going to a restaurant, can you order something healthy from their menu?



As you may have noticed, planning your meals is about asking and answering questions. Once you take the time out to do this, you will find that healthy eating will no longer be left to happenstance. You will know what you have to do to make healthy eating successful.

Here's a quick summary of what healthy eating for fat loss should look like.

- 1. Eat 4 to 6 times a day (roughly ever 2 ½ to 3 ½ hours)**
- 2. Every meal should have a lean protein, fibrous carbohydrate and starchy carbohydrate**
- 3. Eat breakfast every morning**
- 4. Use healthy meal replacements when regular meals are unavailable visit TonyBooks.GetPrograde.com**
- 5. Use moderate portion sizes**
- 6. Eat wholesome natural foods**

For more information on nutrition visit www.TheNutritionSecret.com



THE SECRET LAWS OF FAT LOSS



Law #3

You must drink an abundance of clear fresh, plain water. There has been a lot of information made

available regarding the benefits of drinking water. You've probably heard that it is beneficial for your skin. It helps to keep your inside cleansed as well as keeps your elimination process regular.



Some of the other benefits are that keeping your body hydrated will prevent your body from having to retain water. Some of the weight that many people have trouble losing is water weight. Drinking an abundance of water is also one of the top secret ways to prime the body for fat loss by aiding with the metabolism and transport of body fat.

There is more information circulating saying that you can substitute water with green tea, natural juices and other things. Let's not lose focus. I am not saying that these other things have no efficacy. There are beneficial properties associated with green tea and natural juices such as vitamins and antioxidants. However, there is still no replacement for clear, plain, natural water. You can drink other things if you choose. However, if you want more rapid fat loss then the beverage of choice is water.



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Law #4

You must perform challenging strength training.

Building muscle will make your body much more metabolically active. One pound of muscle burns three times the amount calories as the same amount of fat. This leads to much more fat calories being burned even when your body is at rest.



Muscle is your friend. There really is no more efficient way it insure that your body will be effectively burning fat calories all day long. Men understand this. Many women on the other hand often approach strength training with a great deal of apprehension because of the fear they will "bulk up" like female bodybuilders. The truth is developing extreme levels of muscle mass is highly unlikely for women because of the lack of testosterone necessary to build that type of muscle. Most women with extreme muscle development are using chemical enhancements like anabolic steroids. They are also training at an extreme level.

This is not requires for fat loss. However, the resistance training level necessary to develop fat burning muscle must still be challenging. No more pink dumbbells. Train to the top of your strength capacity.





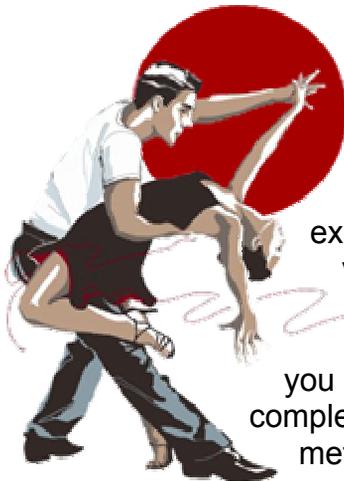
THE SECRET LAWS OF FAT LOSS

Law #5

You must perform cardiovascular exercise that elevates the heart rate.



Cardiovascular exercise definitely burns calories. It is also important in order to keep the heart and lungs operating efficiently. Whether it is running, jumping rope, dancing, bicycling or any other type of exercise that keeps your body moving you should aim to do it no less than 30 minutes 3 to 4 times per week.



This is a very simplistic approach, but it is very effective for the most part. Most people will only look towards the amount of calories burned during the performance of the actual exercise. In actuality, it is better to perform varied versions of cardio partly to assist in what is referred to as metabolic afterburn. The metabolic afterburn is the amount of calories you continue to burn even after the exercise is completed. This is usually the result of an elevated metabolism from higher intensity cardio exercise.

Cardio exercise need only be done in moderation simply due to the fact that efficient fat burning is more highly dependant upon metabolically active muscle tissue rather than calories burned during cardio exercise. So you need to vary the type of



THE SECRET LAWS OF FAT LOSS

cardiovascular exercise you perform without overdoing it. Too much cardio will result in depleted muscle development and lead to diminishing returns.



Law #6

You must take control of your mental and emotional stress.

A degree of planned and designated physical stress is what causes muscles to grow and develop. On the contrary, mental and emotional stress do nothing to aid the body's development. There are several chemicals and hormones that get secreted during bouts of stress. The first is cortisol. Cortisol in and of itself is not a negative substance. However, persistent elevated levels of cortisol will put the body in what is referred to as a catabolic state. This means that the precious, hard earned, metabolically active muscle is broken down. This also encourages the body to store excess fat in order to compensate for energy depletion.



Restful sleep is often disturbed which results in the lack of ability to properly recover from exercise. Often this leads to injury as well as a suppressed immune system which leads to illness. Anyway you look at it, elevated stress levels do harm to the body. Because it is so counterproductive in nature fat loss can best take place in an environment where stress is limited.



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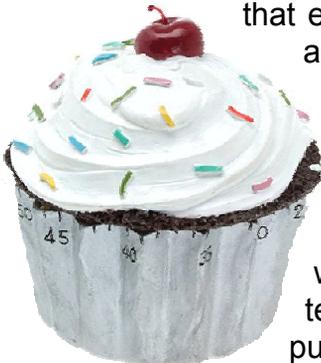
THE SECRET LAWS OF FAT LOSS



Law #7

You must limit your consumption of simple sugar and foods that rapidly breakdown in to simple sugar.

Consuming sugar is thought by many to be one of the many joys of living. I myself am often challenged with being attacked by some sweet treat that ends up in my hands and I just have to eat it.



However tasty that it may be, sugar consumption is one of the most counterproductive things you can indulge in when your goal is fat loss. Without getting too technical, let's suffice it to say that in order to put your body in the hormonal state for optimal fat loss your blood sugar must be balanced. The consumption of simple sugar creates the release of the hormone insulin and impedes the release the hormone glucagon. This phenomenon puts your body in a fat storing mode rather than a fat releasing one.

It is for this reason it is recommended to consider reducing the consumption of high glycemic fruit. This is not to disregard the benefits of eating fruit, but only to state that the sugar in fruit could impede the body from releasing excess stored fat.





THE SECRET LAWS OF FAT LOSS



Law #8

You must understand that you cannot control where your body will lose fat first.

Unfortunately, you cannot dictate where you can lose fat. Wouldn't it be great if you could just lose fat from those problem areas? It is as simple as this.

Your body will lose fat where it wants not where you want.



It's for that reason that crunches won't make you lose your gut and squeezing some contraction between your legs will not make your inner thighs skinny.



Fat will come off of your body in a manner that has been predicted by your genetic code. This usually comes down to "First on, last off." This means where your body is predisposed to put on fat will be the last and hardest place to lose it. Sorry, I didn't make the rule. I would have made it much easier.



The key is to focus on the overall fat burning process and not where the fat is coming from. If you keep your body in a state where it is efficiently burning fat it will eventually get to those hard to lose places.



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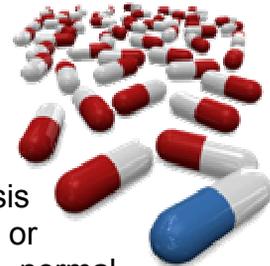
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Law #9

You must realize that “there ain’t no fat loss pill and it ain’t coming!”

Despite what you may have heard, read or been told, there is no such thing as a pill that burns fat. There are compounds that have been shown to assist in



what is referred to as thermogenesis. Thermogenesis is the process by which the body generates heat, or energy, by increasing the metabolic rate above normal. The result of increased thermogenesis is increased weight loss.



Even though there have been drugs that have shown to effectively increase the thermogenic process, they have never been able to demonstrate any efficacy without the involvement of proper nutrition and exercise. In the past, the most effective ingredient, ephedra was shown to be dangerous. It was banned and consequently taken off the market after being related to a number of deaths. Though other drugs continue to be released, none thus far have been able to overcome the need for proper nutrition and exercise to create any results. Many of those drugs have also proven to be addictive. It is fair to assume that almost all pills that claim to help you lose fat are possibly exaggerating or potentially dangerous.

The best and safest way to insure your success is to rely on the tried and true commitment to a life of proper nutrition and exercise.



THE SECRET LAWS OF FAT LOSS



Law #10

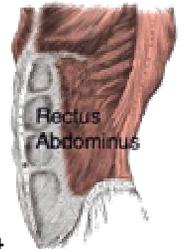
You must understand that crunches, sit-up and other types of abdominal exercises will not reduce your waist line.

I always have a great deal of empathy when I see people performing all types of exercises for abs in search of the elusive six pack. I know that despite all their efforts, nothing is going happen. It comes back down to the spot-reducing issue.



If you perform an abundance of abdominal exercises you will develop a strong set of abdominal muscles. However, if those ab

muscles are covered with body fat then no one will ever see them. As mentioned in a previous law, you cannot spot reduce an area. You can spot train. You can spot strengthen. You can spot condition.



However, belly fat will come off in the order that is determined by your genetics. More than likely that will be the last place that stubborn fat will leave. It is also common to see this phenomenon with women's hips and thighs.

The case is the same. Direct exercise will strengthen and condition the area, not reduce it.





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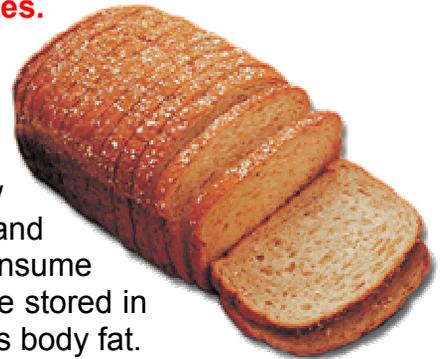


Law #11

You must control and manipulate your consumption of carbohydrates.

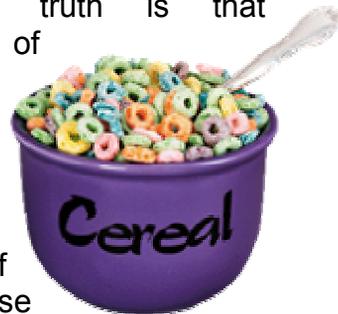
Carbohydrates are the body's preferred energy source. They are also a double edged sword.

Eating the right amount of carbs will keep energy consistent throughout the day and allow you to carry out all of your allotted duties and functions without feeling tired or sluggish. Consume too many carbs and the excess will be stored in the fat cells and will result in excess body fat.



There has been much touted about the how bad carbohydrates are for you and how they make you fat. The truth is that carbohydrates in and of themselves are not bad for you.

Processed carbohydrates are bad. Natural carbohydrates provide your body with energy you can use all day long.



However, the temporary rotation or depletion of carbs can influence your body to begin to use excess stored body fat for energy. Although there have been diets that will suggest you not consume carbohydrates at all this is not recommended. Eventually, the body bounces back and puts weight back on, often in abundance. On the other hand the temporary manipulation of carbs can be a big help in getting lean.



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THE SECRET LAWS OF FAT LOSS



Law #12

You must allow your body to rest and recover from all activity. Your body must be given a chance to

recover from exercise in order create the systemic changes necessary to turn it into an efficient fat burning machine. Recovery comes in the form of sleeping and resting. This law usually works in one of two ways. Either people get too much sleep or not nearly enough sleep.



Interestingly enough, many people do not take the time to sleep and rest in an attempt to be more productive. In actuality, rest and recovery will make you more productive simply due to the fact that your body will be able to operate at peak efficiency.

When you are up and about, shopping, working, tending to children, commuting, cooking, cleaning etc. there is not enough energy available for your muscles to develop and other systems to change for the better.



It may be challenging to find the time to sleep more. As I am writing this I am leaning over to watch my 14 month old son. Having children and family obligations will make resting more difficult. However, this law is so important I will implore you to create more ways of getting rest. Try turning your television off. Also try 10 minutes of daily meditation.



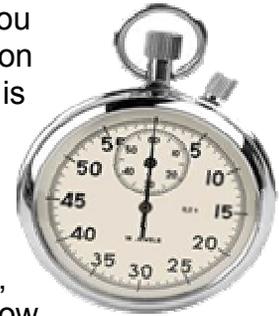
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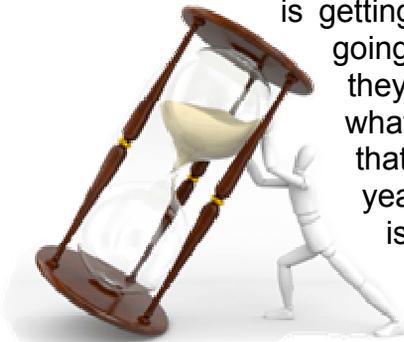
Law #13

You must consistent, persistent and patient. In my role as a fitness and nutrition consultant you could imagine that I get a lot of questions on weight loss. One question I get very often is "how long will it take?" This is so ironic to me, that many people will be most concerned with the time it takes to create change.



The typical scenario is someone who has spent years, maybe even decades disregarding his wellness and now his major question is "how long will it take?" In my mind, I ask "What difference does it make? If it takes two weeks or two years does it matter?"

The most important thing is not how long. The most important thing is getting starting. The next important thing is to keep going. I once heard that "people over-estimate what they can accomplish in one year, but underestimate what they can accomplish in five." I am not saying that losing a significant amount of fat will take five years. I am suggesting that living a healthy lifestyle is a life long endeavor. Losing body fat should be something that occurs as a result of that lifestyle.



In actuality, most healthy adults can lose significant body fat in about 12 to 16 weeks. You must keep in mind that the journey does not end there. In fact it never does. Something I can guarantee you: consistency, persistence and patience pay off.



THE SECRET LAWS OF FAT LOSS

Now you are armed with many of the tools necessary to take you from a body that is overweight, sluggish and non-energetic to one that is youthful, healthy with tons of energy to burn. Even with this information the journey is still not easy. You are going to have to exercise consistently, figure out your workouts as well as plan your meals etc. You can absolutely be successful working on your own. To get best results you have to put all the rules together in tandem.

Studies have shown that coaching as well as social support will enhance your chances for success exponentially. It is for that reason that **STATEN ISLAND BOOT CAMP** may be a viable option for you. At **STATEN ISLAND BOOT CAMP** you get to work with a group of highly motivated individuals all working for the common goal of personal self improvement. **STATEN ISLAND BOOT CAMP** provides a positive and nurturing exercise atmosphere where you can progress at your own pace without judgment. This is all done under the supervision of a caring qualified fitness professional.

You also get the specialized **STATEN ISLAND BOOT CAMP** nutrition plan. When combined with the specialized exercise program you are guaranteed to achieve tremendous results such as.

- Immediate weight and fat loss
- Greater level of energy
- Reduced jeans size
- Increased strength
- Improved flexibility
- Reduction of body aches
- Greater sense of well-being
- Increased mental sharpness and awareness
- Personal sense of accomplishment



THE SECRET LAWS OF FAT LOSS

STATEN ISLAND BOOT CAMP may be for you!

Here are some of the comments from camp participants:

"Camp is great...I enjoy it so much, the people are great, and I can't think of a better way to start my day. True getting up at 5:30am is for the birds...but after working out with Tony, I feel like I can soar like an Eagle thru my entire day. "

"I am really enjoying boot camp, although getting up in the morning is rough. My fitness level is not so great but I hope in time it will improve. If you decide to offer another session I would definitely be interested."

"The camp is great and it is everything that I thought it would be."

One camper lost 6 pounds in the 1st week and a half.

One person says her aggravating knee pain is now gone.

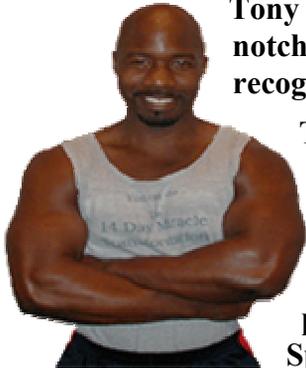
What types of people enjoy boot camp? Well, this camp has a school teacher, nurses, a retire police officer, a mortgage expert, some high level corporate execs, bankers, a hair dresser, a guidance counselor and business owners.

As you can see, there are people from all walks of life getting together to get fit and live better. If this sounds good to you, give fitness boot camp a try. For info. Visit STATENISLANDBOOTCAMP.COM
Sincerely,

Tony Books Avílez



THE SECRET LAWS OF FAT LOSS



Tony Books Avilez, CSCS has distinguished himself as a top notch fitness advisor and lifestyle coach. He has been recognized as one of the best in his field.

Tony has certifications from American Council on Exercise as a personal trainer as well as a lifestyle and weight management consultant. He is certified as a nutritional consultant by American fitness professionals & Associates. He also possesses the prestigious Certified Strength and Conditioning Specialist from the National Strength and Conditioning Association.

Most importantly, Tony (or Books as he is often called) has used his special gift as a communicator to motivate and inspire his personal clients and seminar audiences to implement exercise, nutrition and lifestyle management as a means to effect change in their lives for the better. In his effort to develop an easy to follow lifestyle format for his clients, Books developed The D.E.C.K.S. Method. The D.E.C.K.S. Method is basically a formula for developing 'The Ultimate Physical You' by using what Tony calls, 'The Seven DECKS of health and Fitness.'

He is the author of 5 books on health and fitness and has appeared in national periodicals such as Flex magazine, Black Enterprises as well numerous local and regional publications.

He has been acknowledged as one of the top 100 fitness professionals in the country and appears in the book 'The Power of Champions'. This book is a compilation of top fitness experts from across the country.

Recommended Meal Replacements



Perfect Fat Loss inducing Meal replacement
Click on Image to your left or [Click Here](#)



Perfect Post Workout Meal replacement
Click on Image to your left or [Click Here](#)



Perfect transportable Meal replacement
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For Additional Information www.TonyBooks.GetPrograde.com/



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