

Fifty Fat Loss Tips

By Charles Poliquin

1. **Train using the most “bang for your buck,” multi-joint lifts** like squats, deadlifts, bench press, chin-ups, and Olympic lifts.
2. **Avoid isolation, single-joint lifts** such as bicep or leg curls unless you have unlimited training time.
3. **Use very short rest periods (10 to 60 seconds)** to trigger the greatest growth hormone response.
4. **Vary the tempo of lifting phases and rest periods** to provide new stimulus for the body to adapt.
5. **To get lean fast, use a hypertrophy-type protocol** (8 to 12 reps, more than 3 sets, 70 to 85 percent 1RM load).
6. **Use a longer time under tension to burn more energy and increase postexercise oxygen consumption** – try a 4-second eccentric and 1-second concentric phase.
7. **Train to create an anabolic response.** Increasing growth hormone is the priority because of its significant lipolytic (fat burning) effects.
8. **Perform circuit training with little rest between sets** for maximal growth hormone response.
9. **For gradual fat loss over a longer period, include strength cycles that favor testosterone release with heavier loads** (up to 95 percent 1RM), slightly longer rest (2 to 3 minutes), and lots of sets.
10. **Work harder.** If you're not getting results, you're not working hard enough.
11. **Give priority to training the anaerobic energy system over the aerobic system** when strength training and conditioning.
12. **Do high-intensity sprint intervals for conditioning.** Two examples are 60 cycle sprints of 8 seconds each, 12 seconds rest; or 6 all-out 30-second running sprints on a track, 4 minutes rest.
13. **Be as active as possible in daily life.** Move more: Take regular brisk walks during the day, always take the stairs, park far away in any parking lot, or do your own yard work.
14. **Do relaxing physical activity** instead of sitting in front of a screen: yoga, stretching, foam rolling, martial arts, or walking meditation.
15. **Eliminate all processed foods from your diet** – don't eat them ever.
16. **Eliminate all trans-fats from your diet** such as margarine and shortening – they MUST be removed from the diet.
17. **Don't avoid fat.** Research shows that people with diets with 30 to 50 percent coming from smart fats have higher androgens and lower body fat.
18. **Eat smart fat,** favoring the omega-3 fats that come from fish and wild meats.
19. **Take fish oil to boost omega-3 fat intake** and ensure your omega-3 to omega-6 fat intake is balanced.

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20. **Eat a diet with high-quality protein**—organic meats will provide the largest “bang for your buck” protein.
21. **Eliminate wheat and avoid grains** in favor of vegetables.
22. **Raise resting metabolic rate** (the amount of calories the body burns at rest) by eating a higher protein diet with 15 to 25 percent of the diet coming from high-quality protein.
23. **Eliminate all high-glycemic carbs** and eat only low-glycemic vegetables and berries.
24. **Eat an antioxidant-rich diet to prevent inflammation**, which leads to fat gain. Try kale, broccoli, cauliflower, bok choy, berries, pomegranates, and cherries.
25. **Non-green veggies that help you lose fat** are colored peppers, eggplant, garlic, onions, mushrooms, hearts of palm, spaghetti squash, and water chestnuts.
26. **Drink a lot of water** (at LEAST 3 liters a day) to stay hydrated and help detox the body.
27. **Avoid alcohol, juice, soda, and sports drinks.** Stick to water, tea, and coffee.
28. **For a radical approach, eliminate all alcohol.** If alcohol can't be eliminated, Sardinian and Spanish red wines are the best worst option.
29. **Try acupuncture**—studies have shown it can aid in treating obesity.
30. **Make sure your vitamin D level is over 40 ng/ml.** Take vitamin D if not.
31. **Take a probiotic** to improve your gut health.
32. **Make sure your magnesium level is up to par.** Scientists suggest 500 mg of magnesium a day.
33. **Take a liquid zinc test to see if you can taste zinc.** If not, you are deficient and should take zinc to speed fat loss.
34. **Don't buy cheap, poor quality supplements** because they will do more harm than good if they are tainted with heavy metals or pollutants.
35. **Take B vitamins, especially if you eat a high-protein diet or take BCAAs** because the extra amino acids take away from the pool of available B vitamins need for detox.
36. **Drink coffee or take caffeine before workouts to increase fat burning** and work capacity—research shows we will self-select heavier loads if we take caffeine before training.
37. **Drink organic green tea** to elevate fat burning and aid in detoxifying the body.
38. **Take carnitine** to help the body use fat for fuel and increase time to exhaustion when training hard.
39. **Take the amino acid taurine** because it lowers the stress hormone cortisol and helps the body digest fat.
40. **Take R-form alpha lipoic acid** because it supports detox and recovery from training.
41. **Use the herb fenugreek with meals** to improve insulin sensitivity and energy use.
42. **Remove body piercings to lose fat fast**, especially belly piercings.
43. **Limit fructose in the diet** because it gets in the way of losing belly fat.

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44. **Never eat fructose before workouts** because it blunts fat burning and lowers metabolic rate.
45. **Avoid milk before workouts** because it is very "insulinotropic," meaning it causes persistently high insulin levels that make you burn less energy.
46. **Don't drink caffeine after workouts** because it may raise cortisol at the point where you need to clear it for the best fat-burning and recovery effect.
47. **Eat high-quality protein for breakfast.** Avoid cereal and all processed foods.
48. **Eliminate all sugar from your diet.** It's way more trouble than it's worth if you want to lose fat.
49. **Make an effort to get enough sleep.** An early-to-bed, early-to-rise sleep pattern has been shown to improve body composition.
50. **Know that you have complete control over what you put in your mouth.** No one ever ate anything by accident.



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