THE STEALTH
FAT LOSS REPORT
7 PROVEN TACTICS FOR FAT LOSS
SCOTT IARDELLA
The Stealth Fat Loss Report:  
A No Fluff, Practical Guide 
to Shedding BODY FAT.

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Hey, it’s Scott.

I created RdellaTraining.com to share simple, effective methods for fat loss, muscle building, and improved performance through strength training.

But, in this unique report, you’ll learn 7 specific tactics you can use right now to shed body fat.

Yes, I’ve done them all. Everything I write about I do.

I practice what I preach, I’m not just a “theory” guy.

No fluff, no B.S.

These all work if you implement them.

I’m going to spare you the long winded introduction and get right to it.

Fat loss can be challenging, to say the least. These tactics are proven and they work.

My goal in this report is to provide you simple and effective methods that will give you quick results.
But, simple does not mean easy...

You’ll see what I mean.

Enough said.

Ok, Let’s dig in.

Oh, one more thing.

There’s some bonus content at the end of the report that can help, as well.

There is extra information to consider, in regards to optimizing fat loss, **beyond** the 7 tactics I provide.

So, be sure to read through to the end of the report...

Ok, NOW....Let’s dig in!
STEALTH TACTIC #1 | M.R.T.

(MRT) Metabolic Resistance Training for Fat Loss

There's always new fitness training methods and buzzwords emerging, but MRT or Metabolic Resistance Training has actually been around for quite some time.

It also has many different names, such as EPOC (excess post-exercise oxygen consumption).

Whatever you call it, it seems to be gaining popularity these days and rightfully so.

What is MRT?

You've probably heard of circuit training before.

This concept is really nothing new and has been around for many years. The new term for this in the fitness industry is Metabolic Resistance Training.

So, what exactly does that mean?

It basically means that you are doing shorter, higher intensity workouts moving quickly through the exercises in a "circuit like" fashion.

*It's also combining resistance exercise with cardiovascular training.*

What this does is basically rev up your metabolism to burn body fat. Your body is in oxygen deficit for many hours post exercise (hence the name EPOC).

The key is short, intense exercise programs that increase your body metabolism.

The end result is the body burns fat.
Research has shown that there are great benefits following this type of training.

The major benefit is that after resistive training, your body’s metabolism (how your body burns energy) is ramped up for as many as 38 hours post exercise (in a study by Schuenke, et al).

Now, that’s pretty amazing, right?

You work out and your body continues to burn calories for many hours after you’re done, this effect is known as the "afterburn effect".

This is a major difference from aerobic conditioning, such as running on the treadmill for an hour.

Aerobic exercise only burns the calories during the exercise, not for the hours after, as is the case with resistance training.

Strength training essentially continues to burn the calories while you sleep, while at rest, and possibly even up until your next workout.

And here’s another benefit of resistance training as compared to aerobic exercise alone.

Building lean muscle makes it easier to lose fat. Why?

Because muscle is much more efficient at burning calories.

Fat is not.

By adding 1 pound of muscle, your body may burn up to 50 extra calories per day.

This says that muscle tissue is a highly effective component of an efficient metabolism process that helps your body to burn body fat.

MRT or Metabolic Resistance Training may be a newer fitness buzzword, but the concept has been around for a long, long time and it's PROVEN.

This type of training provides for endless training options, especially if you're limited on time, you can enjoy quick, highly effective workouts to help blast body fat (with the proper nutrition, of course).
I'm sure there will be much more of an evolution with this type of training in the years to come.

Especially now with so many portable devices that are conducive to this type of training (kettlebells, suspension training systems, medicine balls, and bodyweight training methods, just to name a few).

So, think about training "metabolically" for fat loss, increasing strength, and enhancing performance and energy.

The long cardio routines can be beneficial too, but not to the extent of MRT.

Remember, that type of training DOES NOT create an "afterburn" type of effect.

If you truly enjoy long cardio routines and your goals are running, marathons, or other endurance challenges, then continue to do so.

But if your goals are fat loss and lean muscle building, MRT is a fantastic training method for these type of results.
STEALTH TACTIC #2 | JUMP

The Best Fat Loss Secret Ever for About $10

Ok, I'm going "old school" here. I’m a big fan of the “old school” tactics.

The best fat loss secret ever may, in fact, be the good old fashioned jump rope.

Now, you may or may not already know, but I feel very strongly about kettlebells and the benefits they have to offer for so many reasons.

But, I admit, there are other highly effective training modalities, other than just the kettlebell.

Why jumping rope?

Jumping rope burns a **massive amount of calories.**

Jumping rope burns an average of 11 to 20 calories per minute.

So, if you're jumping rope with decent intensity going, then 10 minutes of jumping rope will burn up to about 200 extra calories (about the same as running a mile).

That's pretty amazing!

Now, *can you jump rope for continuous for 10 minutes?*

That may be quite challenging for most of us, but starting with a simple sequence of interval training, it can be progressed quickly.

Many fitness experts feel that owning a jump rope may be one of the best pieces of exercise equipment you can own and the cost is around a hefty ten or fifteen bucks.

Low cost, but highly effective.

Simple. But, simple does not mean easy.
There's many other benefits, besides cost and the fat burning effects.

The jumping effect can help enhance your bone health, specifically your bone mineral density (BMD).

Increased BMD prevents fractures.

You will also increase muscular coordination and power, which are both essential for functional activity to help you perform better, whether in casual or competitive sports or with normal activities of daily living.

You can enhance your coordination and muscular power to improve your functional activities, allowing typical tasks to be easier and less stressful for you to perform.

You also can't have a portable fitness device. You can put it in your hip pocket and take it anywhere with you. No excuses with that one, right?

To tell yo the truth, I forgot how really effective the jump rope is.

I probably hadn't done it since high school (or maybe even junior high, I can't remember) but when I started again recently...Wow!

What a supplement to my existing workouts.

You may find you'll experience the same challenges I did (it’s hard), but I know you'll have the same benefits.

Significant cardiovascular improvement and a great way to scorch that unwanted body fat. Simply awesome!

Also, another hidden benefit is the core stabilization that you get by performing the exercise.

In today's world, where "core" is such a buzzword, you'll definitely great a great core workout by jumping rope because your “core” is literally firing all the time while jumping.

Ok, so here's a great workout to get you started:

1-Try to get about 30 reps to start with (and don’t worry about messing up, it might take you a little time to get the coordination thing going).
2-REST for 30-60 seconds, no more, then begin again.

3-TRY to hit around 5 rounds (or more if you can) to begin with. You'll get your coordination going the more you do it.

4-Do this for 1-2 weeks, 3 x per week. Start to increase the reps and sets as you get more conditioned and improve your endurance and level of conditioning.

Decrease your rest intervals.

Work up to continuous, progressive time of 5 to 10 minutes.

I can guarantee, you'll be challenged with this workout, but make sure you get in the resistance training, as well.

Depending on the type of resistance training you'll do that day, it will depend whether you start or finish with your jump rope work out.

My recommendation would be to include the jump rope workout as part of your dynamic warm up.

The jump rope.

Simple, cost effective, and the results are guaranteed with the correct training.

It's sure a great case for maybe the best fat loss secret ever invented.
STEALTH TACTIC #3 | SPRINT

Sprinting for Fat Loss

If you think of the image of an olympic sprinter, I’m sure you'll probably imagine a lean muscular physique.

It's that way for a reason.

Now imagine the image of a marathon runner.

I'm sure that image will be a bit different, probably much thinner and leaner.

The sprinter, on the other hand, has more muscle, appears more fit, and has exceptional low levels of body fat.

Sprinters maintain their lean muscle mass and turn their bodies into fat burning machines.

Sprinting is a great way to burn the fat, that's no secret.

But what's the best way to incorporate a sprinting protocol into your regimen?

I have found that just adding a sprint workout into my routine atleast once a week has done wonders for my overall level of conditioning, reduction of body fat, and increased feeling of well being.

There's nothing like doing short bursts "all out" a few times to get the adrenaline going and get you feeling fantastic.

Just be prepared for some mild to moderate muscle soreness when initiating this into your routine fitness training program and be sure to start slowly and gradually with it.

If you're just getting started, take it slower and do not go all out initially as this is a sure fire way to injure yourself.

Start out slow and evaluate how your body responds after the 1st session.
Take it up a notch, gradually.

Since sprinting is a higher level fitness activity, the last thing you would want to do would be to get injured or get too sore, so ease into it in the beginning.

You'll be much more able to better gauge how much you can "turn up the jets", after you have done a moderate sprint session and evaluate how you feel after that.

Sprinting workouts are great for a different aspect of your fitness training program, as well.

This allows for great variety and also changes the setting by getting you outdoors.

You should feel refreshed and alive after completing your sprints.

Sprints are great for fat loss, conditioning, and for significantly improving your overall level health and fitness.

If you are significantly overweight or out of shape, then, obviously wait until you are better conditioned and in a better state to incorporate this into your program.

**By no means is sprinting appropriate for everyone** that is just starting out, so be sure and be honest with yourself about being ready to incorporate this type of activity.

But when you are ready, be ready for some great results and performance benefits.

And, don’t forget there are many ways to do "sprint intervals" if running is not an option for you (ex, bike intervals).

But, for the purpose here, I'd like to stick to running since I have found that to be most beneficial.

Now, here's the exact protocol I have found to be most successful:

1. Find an track (ideally) or open field with a safe, flat, stable running surface.
2. Thoroughly stretch or preferably do some dynamic warm-ups prior to running. Stretch hamstrings, quads, calves, spine, and upper extremities, as well as perform a good warm up exercise such as jumping jacks or body weight squats prior to sprinting.

3. Mark off approximately 40 yards (if you’re just starting out) or 70 yards (if you’re more experienced). If you’re on a football field this is easy. If not, I use a "rough" approximation here. This is the distance you’ll be sprinting.

4. After you are stretched and warmed up properly, you're ready to go.

5. From the point you have selected, start running and build up steam as you approach your target finish line. Don't go “full out” in the first few yards and don't go “full out” the first set of sprints. Gradually increase your intensity each time you run.

6. When you hit the finish line, come to a gradual slow down and then walk.

7. *Walk back to the starting point.* This is your rest, resting approximately 1 to (2 minutes max) between sprints.

8. Shoot for 8 sprints total and don't be discouraged at all if you don't get 8 to start. It takes a lot of conditioning to get there, so take it slow, it may take several weeks. Only do what you feel comfortable with in the beginning.

9. When you are done your bouts (whether it's 3 sprints or 8), finish by walking around for 5-10 minutes, stretching, or doing joint mobility work.

The total time should be about **20-30 minutes**.

This is a phenomenal workout!

If your goals are to shed body fat and improve your body composition, sprinting is very effective.

I like to crank up the intensity here.

As you get comfortable sprinting, strive to do the same.

It's a fun, fast, and totally effective addition to your workouts, so be sure to sprint once a week if you can and if you can't do that, shoot for twice per month.
You'll see and feel the difference it will make.

Sprinting is *sure-fire fat loss.*
STEALTH TACTIC #4 | SWING

Swing The Fat Away With a Kettlebell...

**WARNING: THIS TACTIC IS VERY POWERFUL.**

Moving on to kettlebells now...

The *most effective* total body kettlebell exercise is the **kettlebell swing**.

The **kettlebell swing** may be the king of all exercises.

Why?

It addresses all the goals you want in fitness training.

A properly performed swing is a synchronization of muscle activity and athletic performance.

To execute a swing is a brilliant pattern of neuromuscular programming for dramatic results.

I would argue that only the **turkish get up** or **kettlebell snatch** may be as effective for total body strengthening and conditioning as the kettlebell swing.

If there is a king of exercises, it may be the kettlebell swing for a wide variety of benefits.

What seems like an easy to exercise to learn is actually very challenging to **perform** the right way.

Yes, there's a difference between just swinging a kettlebell and performing a swing.

Trust me, you want to learn how to "perform" a swing.

To be very blunt, it's absolutely critical for you to get this right for maximum effectiveness and safety.
Right now, I'll provide the "how to" for performing a proper kettlebell swing.

My big recommendation, however, is to find a qualified instructor and learn first hand from "live" instruction.

Nothing beats a few sessions of "hands on" interaction and feedback to show you how you're doing.

The swing is the foundation of all kettlebell exercises and it's essential that you get it right for total body conditioning, developing a powerful body, and to shed fat like you wouldn't believe.

Now, here's how you do it.

10 steps to an efficient, effective kettlebell swing.

1. **Plant your feet** about shoulder width apart with toes pointed slightly out. (You'll also need to be in bare feet or flat soled shoes. The reason is that you want a stable **base of support** for proper mechanics with this exercise. A cushioned running shoe will make it unstable and unsafe, so make sure you have the right shoes or no shoes at all.)

2. **Place the kettlebell in front of you**, grab the handle with both hands while bending at the hips with the spine flat and in neutral position. The knees are slightly bent.

3. To initiate the movement, **hike the kettlebell back quickly** and allow your inner forearms to come into contact with your inner thighs (keep the kettlebell high, do not allow it to drop below your knees as you hiking it back as this will stress your back).

4. Keep your **heels planted** firmly on the ground.

5. To initiate the kettlebell forward, **power your hips forward** while keeping the back flat and **'hip hinging'** through to propel the kettlebell. This is a fast, explosive hip drive. Contract your glutes hard as you power through the swing. This is essential.

6. The **arms are straight** throughout the swing and the shoulders are 'packed' in the shoulder joints (meaning they are not loose). The arms are merely "along for the ride" and are not elevating the kettlebell. The height
of the kettlebell should be to about shoulder height or less in the Russian style kettlebell swing. The height is really irrelevant, since the kettlebell is being propelled forward by your hip and body power, not your arms. This is very important to understand.

7. The **knees extend** (or straighten) as you propel the kettlebell forward. You will straighten your legs and power your hips to bring the kettlebell forward.

8. It is very important to note that **your spine stays straight or neutral throughout the entire kettlebell swing**. This will ensure safe biomechanics of the exercise and will help you build an incredibly strong and powerful back.

9. **Proper breathing is essential.** You will "power breath" throughout the kettlebell swing, inhaling as you are swinging the kettlebell back through your legs and exhaling as you are powering the kettlebell forward. A big exhale or power breath will help to power the movement, stabilize your abs, and be safe throughout the movement.

10. Your **abs and glutes should be contracted** as the kettlebell comes forward at the top of the swing. Again, the kettlebell should be about parallel to the floor and there should be a straight line from the kettlebell to your shoulder. There is no need to take the kettlebell higher than shoulder height in the RKC (Russian Kettlebell) training method. It's worth repeating, the arms do nothing and are "along for the ride." But, it is the arm motion that helps to elevate your heart rate providing an exceptional cardiovascular training experience.

These are the key components of the kettlebell swing.

To see how to do a proper swing, [click here](#) to see the video.

By learning how to perform this exercise correctly, you'll be taking a major step in getting your kettlebell fundamentals down and I can guarantee the results will blow you away.

One more thing.

There's a great kettlebell success story with Tracy Reifkind.
In case you don’t know who she is, she’s the one who lost over 100 pounds by performing kettlebell swings just twice per week for an average of 15-20 minutes.

The kettlebell swing is very powerful and the results can be very significant as you can see from Tracy's results.

My advice is learn how to do this exercise the right way and watch your results go to new levels.

Learn how to perform the kettlebell swing not just swing a kettlebell.

To see how to do a proper swing, click here to see the video.

For program ideas and more tips on this exercise, go to RdellaTraining.com

For a simple beginner workout to begin with right now, do this:

1-Use a stop watch or timer that is set to beep every minute. Set it for 10 minutes if you’re a beginner.

2-Pick up the kettlebell and perform a swing a for 10 or 15 reps, then place it back down.

3-Your rest time is until the beeper goes off again. At that point, pick up the kettlebell and perform the 10 or 15 reps you just did.

4-REPEAT this every minute for 10 minutes.

Think it’s easy?

Try it and get back to me.

And, if you don’t have an RKC or SFG Instructor in your area and want to learn how to maximize your results, check out Kettlebells For Beginners to get you started the right way!
STEALTH TACTIC #5 | CARBS
Eliminate Processed Grains & Sugars.

Is there any doubt that cutting carbohydrates won’t help you lose weight and shed body fat?

There’s an abundance of studies, countless books, and thousands of success stories on the proven tactic of eliminating the wrong carbs to lose weight and shed fat.

It works.

There are several key questions around this tactic.

Questions like, how many, what are good carbs and bad carbs, and for how long?

These are all simple questions to answer.

There is no question that a “typical” person eats too many of the wrong carbs.

My hope is that you’re not the typical.

The overconsumption of the wrong carbohydrates lead to an increase in body fat. End of story.

Why?

First, your body can only store so many grams of carbohydrates. After that, the remaining carbs are stored as fat.

And, if you’re not active or working out regularly, it’s even worse because your body is not burning the carbs as fuel at a high level.

The key is to train your body to selectively burn fat over carbohydrates.

This means that when you eat good, healthy fats, your body burns fat as the primary fuel source.
That is the premise of what is known as Paleolithic or Primal nutrition.

Paleo or Primal eating says that your body is designed to derive most of it’s energy from “healthy fats” not carbohydrates.

Much more on Paleo nutrition in a minute.

Let me remind you, what this report is about is burning fat.

It’s been said that 80% of your body composition is determined by what you eat. 80%.

So, what type of carbs do we want to avoid?

That’s easy.

Starches, sugars, and refined grains.

Heavy, starchy, sugary, processed carbohydrate consumption is a sure fire way to deposit fat cells in your body’s bank account.

Unfortunately, these types of carbs are very S.A.D.

That is, they are very much a part of the Standard American Diet or SAD.

Processed grains are very much a “staple” food in the typical SAD diet.

The thing is, these types of carbs actually offer minimal nutritional value, but have very high carb content, which promotes...

fat storage.

There are several hormones that come into play with carbohydrate intake.

As many great Paleo nutrition books point out...

it’s all about INSULIN.

Insulin is one of your body’s most powerful hormones.

Is is the most powerful hormone?
There are many powerful hormones that come into play with fat loss, such as testosterone, growth hormone, and leptin to name just a few.

It’s important for you to understand how powerful your body’s hormones are in fat loss, muscle building, and optimizing health.

Back to insulin.

Let me give you a quick, crash course in carbohydrates, how insulin works, and why it’s so important in health and fat loss.

The human body typically stores about 500 grams of carbohydrates at any given time.

The majority are stored in the muscle and the remaining grams are stored in the liver.

What is interesting is the “average” person typically eats up to 500 grams or more of carbs per day.

Keep in mind that this “average” person does not expend 500 grams of carbohydrate energy per day.

So, can you guess what happens to the surplus of carbs?

I bet you can. The excess carbs are stored as fat.

Now, what about insulin?

Well, each carb heavy meal results in a surge in insulin.

Insulin’s primary function is the clear the glucose (carbohydrate) from the blood stream and store it in the muscle, liver, or store it in fat cells.

Insulin is a storage hormone.

You can become “insulin resistant” due to the constant influx of the wrong foods, processed sugars, and starchy carbohydrates.

Insulin resistance is when the insulin your body produces stops doing what it’s supposed to do.
It is this “insulin resistance” that leads to type II diabetes and a host of other health problems, not to mention increased body fat and poor energy.

So, if we can control and moderate our insulin reactions, we will take a major advance in long term health and minimizing the accumulation of excess body fat.

The bottom line is to take control of our insulin production with the foods we eat.

Remember that each piece of food we put in our mouth has a specific reaction, good or bad.

It’s our choice to determine what reaction we want to have happen.

We can do this simply by what we eat.

Ok, so back to Paleo Nutrition.

What is Paleo anyway?

Basically, it’s eaten what our ancestor’s ate many years ago. If you think about how people many years ago lived off the land.

**Whole, natural foods.**

Lots of fresh plants, and clean, free range, organic animals.

Fresh fruits, vegetables, lean proteins, and healthy fats.

This type of eating clearly moderates and controls insulin production.

This is because these type of foods are not triggering a sharp rise in blood glucose.

It’s the sharp rise in blood glucose (as would occur with starchy, refined sugars) that triggers the insulin surge.

Let me hammer home this point again.
A repeated pattern of surplus insulin production leads to weight gain, period.

Additionally, this pathological pattern leads to long-term health consequences.

Your choice.

What do you eat?

Here’s a clean list of recommended foods:

- Organic eggs
- Seafood (Wild caught)
- Organic, grass fed beef (lean, clean meats)
- Organic, free range chicken
- Sweet Potatoes & Yams
- Quinoa (moderation)
- Wild rice (moderation)
- Fruits: low intake of high glycemic index fruits
- Vegetables (Broccoli, spinach, kale, peppers, romaine, etc.)
- Nuts and Seeds (Raw, unsalted)
- Healthy Fats & Oils (Avocado, Olive Oil, Coconut Oil)
- Nut butters (Almond)
- Flax seed
- Coconut Milk/Almond Milk

And for more information on why eating organic is important, see “Everything You Need to Know About Eating Organic.”

Remember, 80% of body composition is determined by what you eat.

Again, 80%!
STEALTH TACTIC #6 | JOURNAL

Use a Food Journal.

Seriously, use a Food Journal.

Using a food journal is a VERY stealth tactic for fat loss.

This is one of the most powerful techniques available in weight loss.

Like the other stealth tactics, it’s proven and it works.

There are studies that show that clients who use a food journal have lost twice as much weight as their non-journaling counterparts.

Now, THAT is powerful.

I will tell you just about every single one of the ‘experts’ I have spoken with about weight loss and fat loss recommend as their number one method with their clients is to use a food journal.

As in most things in life, something magical tends to occur when things are put on paper.

In this case, I believe it’s due to the fact that the journal doesn’t lie.

Once you start writing things down, it’s easy to see what you eat.

When you don’t write things down, you’re perception of “eating well” can be quite different than reality.

You know the quote, “reality is perception?”

It amazes me when people tell me how they “eat healthy.”

Their “perception” of eating healthy couldn’t be further from reality, most of the time. It’s actually a bit scary.
For example, I recently had a gentlemen tell me he eats very healthy.

He then went on to tell me that he had Lasagna last night for dinner, but with ‘no meat.’

His idea of healthy was no meat.

Get your food intake in a journal.

The journal will tell you what you’re eating and it will clear up your “perception” of healthy eating, I guarantee you.

Journaling your food is very powerful.

You can see the times, the patterns, and the meals are there in black and white.

The “cheat meals.”

The snacks.

The “late night” eating. Everything. It’s all there.

I challenge you to journal your food intake.

Go to staples and spend .99 cents for a cheap journal and start journaling each day.

If you’re serious about shedding body fat, start journaling NOW.

For fat loss and muscle building, you MUST keep track of what you eat.

I want to candid and honest.

If you don’t do this simple task, you are not serious about getting results.

But, I know that’s not the case with you. I know you’re serious because you are reading this.
Your journal keeps you honest. It keeps your dietary “truths” in front of you.

Here’s exactly how to use it.

Write down exactly what you ate, right after you ate it. Keep your journal with you all the time.

**If you don’t write in down in real time, you won’t remember.**

This is very important. You must write it down when you eat it, not at the end of the day because our memories are faulty.

Keep it real. Keep it honest.

Take the extra 30 to 60 seconds to write down what you ate, immediately after you ate it, not later.

If you’re not making the results you want, you can refer to the food journal and constantly revise and adjust things to get the results you want.

Sometimes it’s a little trial and error.

You might think you are eating well and come to find out your calories and/or carbohydrate intake is through the roof.

It could be a very eye opening experience for you.

The choice is yours.

You can carry around a pen and pad or an extra 25 pounds of body fat?

When you look at it like that, carrying around a food journal is a “piece of cake” so to speak.

You can also use online journals, if that works better for you.

[MyFitnessPal.com](http://MyFitnessPal.com) is a great one I’ve used.

Remember this. **Food Journal = Fat Loss.**
STEALTH TACTIC #7 | MEASURE

M.T.A (Measure, Track, Adjust)

First, you gotta know exactly what you want.

Next, you must have a strong reason why.

After you’re crystal clear on knowing what outcome you want and having a strong reason why, THEN you got to know where you’re starting from and where you’re going.

If you’re not measuring for progress, how do you if you’re making progress?

With regards to fat loss OR weight loss, it’s kind of easy.

You may have a weight you want to get to.

You may have a pair of pants you want to fit into.

You may have a bathing suit you want to look good in.

You may have a body fat percentage you want to be at.

Those are all objective ways you can track and record.

The bottom line is that you need to know you starting point so you have something to measure and track for progress.

How about a simple measurement to begin with?

A simple waist measurement will do as a baseline.

To measure your waist circumference, use a tape measure.

Start at the top of the hip bone, then bring it all the way around and keep it level with your navel.
Make sure it's not too tight and that it is not uneven.
Breath normally while measuring and get a few measurements for accuracy.
Know where you’re starting from and know where you want to go.
Track progress.
If you’re not going in the direction you want, not to worry.
At least you know.
Simply adjust your plan, add or remove things as necessary.
But, continue to track for progress.
Nothing good comes easy.
Knowing what’s working and what is not is critical for you to get the results you want.
Keep in mind, typical expectations for Fat Loss are:

• **1/2 to 1% decrease every 2 to 4 weeks is excellent**
• **1/2% decrease every 4 weeks is about average**
• **less than 1/2% is poor**

If you’re not getting excellent results, please don’t freak out.
Just, adjust.
Here’s some Extra Stuff that’s important...

My 3 Rules to End “Nutrition Confusion.”

Are you confused about nutrition, diets, and what to eat?

There’s no doubt, nutrition is very confusing.

Determining the right foods to eat for your goals can be insanely complicated, confusing, and downright frustrating.

I mean, one book says one thing and then another book that says the COMPLETE OPPOSITE.

One expert says one thing and another expert outright opposes it. That’s ‘nutrition confusion.’ It’s really pretty crazy!

So, the question is, how do you decide what is right for you?

What’s the best nutritional strategy for you, your health, your performance, your body composition, and your energy?

I’ve read countless nutrition books and articles and I’ve heard many different speakers present on nutritional topics.

Like I said, it can be very confusing and overwhelming.

I’m about to reveal my no-fail system for ending nutrition confusion.
The bottom line is what will make you feel your best, look your best, perform your best, and keep you in peak health.

Your eating strategies are determined by your goals, of course.

But, I think we ALL want the same things. The things I just mentioned.

It recently occurred that there is a solution to ending the ‘nutrition confusion.’

This information is very valuable to me and I wanted to share it and summarize for you.

Here’s the 3 essential rules:

**Rule #1: USE COMMON SENSE.**

The first thing you should consider is, does this even make sense to you.

For example, there are a many different diets out there.

I am NOT going to mention the names of these diets, but they read like this, “The X Diet.”

You can fill in the X and think about some of the crazy diets you may have heard about.

The first thing to consider is does it even make sense.

If it doesn’t make sense to you, that’s a pretty good indicator about it’s possible validity.

You can say the same thing about a nutritional principle.

Just as an example, let’s take low carbs.

Now, there are low carb diets and there are very low carb diets.

Do they make sense?
I am not here to get into a low carb discussion (that’s a lengthy discussion), but the point is, does it make sense to you?

You will have to read and dig a little, but if things don’t make sense, then it’s probably not a good strategy for you.

I hope that makes sense.

If you don’t understand it and it doesn’t make sense, that’s strike one.

*Understand the approach from a common sense perspective.*

**Rule #2: WHAT DOES THE SCIENCE SAY?**

The next big rule is what does the science say.

Where is the data?

I wrote a previous post on a *nutritional sports supplement* that has data to show that it is effective in what it claims to do.

In this article, I reviewed a published paper in a sports nutrition journal.

The findings demonstrated a positive benefit with this supplement.

I have nothing to do with this supplement, I just think it’s important to look at what the data says. Of course, no study is perfect.

I simply came across the article and thought it was a fairly well designed study that supported the supplement claims.

The study revealed what the science says to support this supplement for certain ergogenic purposes.

This is just an example.

No matter what the topic, it should come down to what does the data say to support the claim or the promise.
If there’s no data, no real evidence, than the science does not support a nutritional claim or even a dieting strategy, in my opinion.

This part will require you to do more digging, have a little patience, and take a little time to find out if the science is proven.

With all of the information on-line these days, sometimes you don’t have to dig too hard and the payoff will be worth it for you.

So, when you’ve heard about a nutritional topic, do a little research to find out if there’s science or well controlled clinical trials to support it.

And, if there’s opposing views on it, that’s where it gets interesting.

You then have 2 choices: 1-go back to the common sense approach OR 2- determine what will work for you and the only way to do that is test it.

This leads me to the 3rd rule.

**Rule #3: WHAT WORKS (Best For You)?**

So, ultimately, it will come down to what works best for you.

For simplicity, let’s take a look at the low carb diet again (and by low carb, I don’t mean ‘no carb’).

If it makes sense to you, the science is there, and you’re still confused, the only option left is to ‘test’ it for yourself.

This means exactly that.

You do it, you implement the strategy and determine if it’s effective and something you could sustain the rest of your life.

Anytime you implement a new nutritional strategy, you’ve got to think of it in terms of doing it for the rest of your life (unless you’re using nutrition for performance enhancement for an athletic training event. That can be a different situation).
Think Lifestyle, not short term fix.

The biggest question you can ask yourself is “is it sustainable?”

A reasonable amount of time to test a new eating strategy may be as short as a few days and as long as a month.

Test it and see how you feel, what body changes you experience, how your energy and performance are enhanced, or whatever is it your looking to improve.

When rules 1 and 2 are met, the only way to find out for sure if a strategy works is to try it out and decide if it’s right for you.

These concepts are simple and brilliant.

I really feel that this is such a great set of rules to follow if you’re confused about nutrition information and advice.

When you’re feeling a bit confused, use good common sense first, dig a little to see if the science supports it, and then finally, try it and see how it works.

*This is a truly simple system to end the ‘nutrition confusion.’*
A few words about DIETS.

I’m not a big fan of diets or dieting. Why?

The first thing I think of when I hear the word diet is, “when are you coming off?”

That’s because a “diet” is not sustainable.

A traditional “diet” is an attempt for a quick fix. It’s a short-term solution, at best.

The TRUTH is, all diets work.

Yes, they all for work. At least for a little while.

The problem is if a “diet” is not sustainable, a person eventually goes back to their old habit patterns and gains all the weight back and then some.

So, the first thing I ask myself when looking at an eating pattern or diet is, “Is this sustainable?”

I’m more interested in lifestyle and sustainability.

Think of fat loss as a lifestyle, not just a thing you want to make you look better.

The daily choices you make become habits.

The daily habits become your lifestyle.

What type of lifestyle do you want to live?

A lifestyle that supports your health and make you look great and feel great OR one that doesn’t. The choice is yours.

There’s an old saying that we all know is so true, “you are what you eat.”
Another key for success with this report is... have an specific event, target date, and/or a powerful reason why for your fat loss goal.

Train for something.

Have a target, a reason, a date. If you do this, your level of success just increased by ten fold!

**LET’S WRAP THIS UP...**

Any ONE of these tactics will work.

Pick a minimum of one RIGHT NOW and just do it.

**But**, if you combine tactic 4 (swing) and tactic 5 (Carbs), for example, your results will be significantly better, without question.

As a matter of fact, I would say that those 2 TACTICS alone will almost definitely give you rapid, significant results.

I encourage you to find out which tactic or combination works best for you.

I want to hear about your success, so let me know how you do.

Anyway, much more to come and thanks for reading.

Talk soon. Train strong, train safe.

~Scott