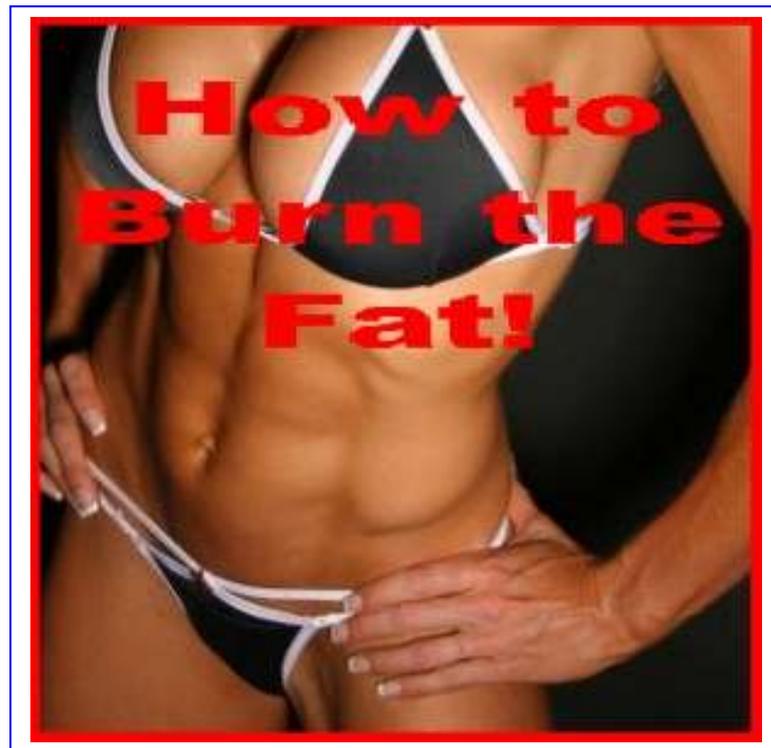


HOW TO BURN THE FAT!

BY Graham Healy



Year in and Year out Clients and Gym members try to get in shape and
'BURN THE FAT' !

But unfortunately, only a small percentage succeeds!

Why?

There is plenty of reasons, time, job, stress, bad eating habits etc,
But here I will simply cover the maths of

HOW TO BURN THE FAT !

FACT ONE

1kg of body fat = 7,700 calories !

FACT TWO

*The average 40 minute high intensity workout only burns about
10 Calories per minute = 400 calories*

FACT THREE

*7,700 calories divided by 400 calories = 19.25 x 40 minute workouts to burn 1kg of
body fat !*

Or that's almost 13 hours of work at high intensity

Or

over 2hrs of high intensity training x 6 days!

PUTTING IT ALL TOGETHER ?

It is fairly obvious that simply 'training' or doing classes is not the answer, although in saying that there are other benefits of exercise such as increasing metabolism, strength, lower blood pressure, lower cholesterol etc
However, I am going to focus on the Calorie BURN
and the BURNING OF BODY FAT !

The average calorie burn to keep your heart and lungs and body organs functioning is say in my case 1,800 calories (Male 54years old 85kg)
So my BMR is 1,800 calorie burn.

EXCESS BODY FAT ?

Excess body fat is simply STORED ENERGY
any more than about 15% for men and about 20% for women is creeping over the to
the **NO GO ZONE !**

Remember to burn 1kg of Body fat requires 7,700 calorie burn !

So if your 10kg over that = 77,000 calories to be burned !

Based on our 40 minute workouts @ 400 calories a work out
77,000 divided by 400 calories = 192.5 x 40 min high intensity work outs !

or

128.3 hours of work to burn 10 kg of body fat .

Or

Working out one hour per day 7 days a week that would take you 128.3 days

Or

About 4 months = 16 weeks

10kg divide by 16 weeks = .62 kg Fat Loss per week

(about ½ kg per week which is about correct)

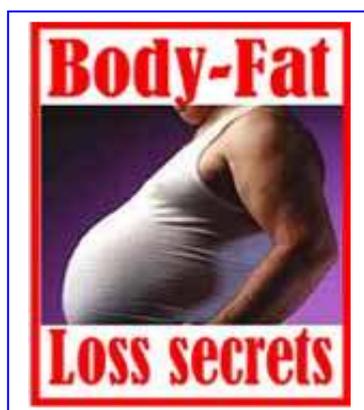
**THIS WILL ONLY WORK IF THE CALORIE INTAKE
GOING INTO THE BODY IS IN A DEFICIT
OR A NEGATIVE CALORIE COUNT RELATIVE TO
BASAL METABOLISM (BMR)**

So If your food intake is in excess of your Basal Metabolism and swings to the
POSITIVE or excess then you will put on weight .

Please refer to

www.healyshealth.com

bottom of front page and click on this icon for full details



THE METHOD !

We can get all technical and scientific here , but we won't because I know you just want RESULTS !
So this is what we do

(1)

Work-out your current Body-Fat %
(Skin Folds + Measurements)

(2)

Work out your BMR accurately with correct formula
(that accounts for weight , height and age)

(3)

TAKE UP A 12 WEEK CHALLENGE

(This gives you the opportunity to test run the method and prove results)

(4)

work out the correct ratio
Of Protein, fats and Carbohydrates that will preserve muscle tissue and
BURN THE FAT !
(Graham Healy can help you there)

(5)

Maintain a Diet Diary, training plan and get body-fat analysis every 4 weeks to record results

INTERESTED ?

Contact Graham Healy

Mob 0411 393 503

www.healyshealth.com

For a obligation free chat and lets get you started Today!

“My Goal is to Educate and Motivate you so that you are put ‘back in control’ of your health and wellbeing for a lifetime” GH

Remember Your Health is your Greatest Asset!

Ps Some extras Q & A ?

Q:

Why do I need Protein ?

A:

It builds Muscle(firms & Tones ladies) , is required to build the body's nervous system and hormones , in fact proteins are the ‘construction workers’ of the body as well as the muscle builders

Q:

What's the difference between total weight and Body-fat?

A:

Body-fat weight is the weight of your Body-fat only , your Total weight (on the scales) represents muscle + body-fat + Bone etc

Q:

What's the best way to determine Body-Fat?

A:

Body-fat analysis using skin-fold callipers + Waist Measurements

Q:

What is a good weight loss rate over a 12 week challenge ?

A:

½ Kg per week on average

note: this will go on 3 week cycles

Note: this however, does not necessarily reflect the body-fat Loss (Body-fat loss can be more) for example you can say lose 4 kg of body fat , put on 1kg of muscle and total weight will only reflect ½ kg change on the scales , this is why body-composition analysis is so important to accurately demonstrate

TRUE RESULTS!

Q:

Why take supplements ?

A:

you only need supplements ,IF your diet is correct first, supplements , simply ‘fine tune’ a good diet , and if you are training hard , there is the issue of recovery, and the timing of proteins, fats and carbs in your diet and training program , which can be quite technical and ‘exact’ to get the best results .

Q:

I heard that cardio burns more Body-fat then weights ? is that True ?

A:

No , intensive weights programs actually build some muscle (note 1kg muscle burns 120 calories per day and is metabolic active tissue) and the post exercise effect is where you would burn the most body-fat in weights training ie (after the workout) in fact the definition of cardio training is misinterpreted seriously , as most so called cardio is a mix between the three energy systems of the body , depending on the intensity of the work out.

Q:

Why do I need to do cardio ? at All ?

A:

well the body adapts to whatever guidelines you put it under , for example if you do a slow walk for 1hour the body adapts to that , if you do 10 x 30 second sprints , the body adapts to that , so the relevance of ‘so called cardio’ is completely determined by what goals you would like to achieve and the type of training program you are doing and the diet you are on .

Q:

what is a good program for the average person waning to tone up and lose body fat ?

A:

Rotation of weights training from uppers to lowers three times per week and cardio (of any description be they aerobic classes, self-defence classes etc) in between weights training .

At the end of the day you want to get the body into a regular rotation of weights/cardio/weights

Further Questions please make an appointment with

Graham Healy to chat further

Mobile 0411 393 503

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