

How your fat is melted

Protein

Consuming sufficient protein is necessary and also insuring you have a healthy mix of vegetable and animal proteins with high biological value!

Protein is the building material for muscles. The success of body fat reduction is mainly determined by the preservation of muscles. The muscles burn calories each and every day. Whoever wants lose weight, needs more protein in order to maintain their balance. Experience has shown that the protein needs may increase in the phase of weight up to 1.8 - 2.5 grams per kilogram of body weight.



Carbohydrates

Avoid too much sugar!

Caution: Sugar has many names - not always belies the sugar, which is sugar in it!

With sugar, often hidden in finished products and beverages, an immediate release of significant amounts of insulin causes, whereby the blood sugar level is lowered rapidly and the need arises (hunger) to something sweet. At the same time your fat-burning for some time will be blocked. They have, therefore, check the ingredients list when shopping your products in order to avoid unnecessary sugar.

Concepts behind which hides the sugar include:
Sucrose, glucose, fructose, lactose, maltose, dextrose.



Fat

Use fats sparingly, use mainly vegetable fats.

Differentiate energizers (e.g. vegetable oils) from fattening fats (for example chips, hydrogenated fats)! According to recommendations by nutritionists, no more than 30% of daily total calories should come from dietary fat. **1 gram of fat equals 9.3 calories** (1 g fat =) 9.3 kcal, therefore, contains more than twice as much energy as 1 g of carbohydrate or 1 g protein.

Taking into account the nutrition facts, you can determine the proportion of fat calories in foods and finished products which can be easily calculated:

$$\frac{XX^* \text{ g Fat} \times 9.3 \times 100}{\text{Total calories (Kcal)}^*} = \text{Percent of fat calories}$$

* Please extract these values, refer to the nutritional facts / tables of the manufacturer

The easiest method is with the 'Fat finder', which helps you to find out quick and easy, which foods are suitable for you. Check the nutrition facts which contain calories and fat in grams and experience many surprises.



Nutrients

Eat fresh fruit, crisp vegetables and tasty whole grain products daily!

Fresh fruits and vegetables contain important ingredients for weight loss. Extremely important are presents of micronutrients in natural foods such as vitamins C, E and D, magnesium, copper, zinc, selenium, chromium, carnitine and coenzyme Q10.



Drink

If you're hungry, drink some water first and wait about 30 minutes!

The signals for hunger and thirst are easily mistaken. Sometimes we think we are hungry, but in reality we are thirsty.



Movement

Beside endurance- strength training brings success.

Muscles are the furnaces in which you can melt fat. The more you have, the higher your metabolic rate.



Body & Soul

*Perception creates reality!
Tomorrow you will BE, what you are THINKING of today.
So THINK today already, what you will BE tomorrow!*

Take advantage of the period just before going to sleep and imagine how the appearance of your body should look with it's optimal shape. You feel happier, free and more relaxed when you look at it in this way. Save this image in your subconscious mind and motivate yourself each and every day.



Body Fat Analysis

Monitor your success! Body Analysis help you achieve your goals safely and efficiently.

Your personal body fat contains a very important statement to your overall nutritional status and shows at regular repeat measurements, whether you're on the right track. A body fat analysis and measurements shows you whether you muscle tissue, body water or fat have been removed.

