

The Keys To Permanent Fat Loss

How to lose it and keep it off forever!

This seminar will cover the following:

1. Understanding our ancestors influence on weight gain – survival of the fittest
2. Hormones and fat loss
 - The influence of Nutrition and exercise on hormones (Insulin, glucagons, testosterone and growth hormone)
 - The influence of stress, poor sleep, caffeine, and dieting on hormones and enzymes.
3. Eat according to your metabolic type (Eating carbs, proteins and fats in the right ratios for you)
4. Minimise grains and sugars
5. Timing of food intake
6. Eat organic foods
7. Drink plenty of water
8. Good fats and bad fats
9. Understanding the relationship between emotions and food
10. Resistance training – Use big bang exercises!
11. Aerobic training – how much and what intensity?
12. Red flags to fat loss (under active thyroid or insulin resistance)
13. Applied knowledge is power. Applying the information.

Living a long and healthy life – what does this mean to you?

Does it mean freedom from such conditions as cancer and heart disease?

Or perhaps it is being able to enjoy a healthy self confidence and high self esteem.

Whatever your definition of good health maintaining a **low body fat** will determine to what extent you can achieve these desires.

Call Robert Collier now to book a time for your seminar.

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