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[Are Speedy Keto Acv Gummies Safe. How to Lose Weight Fast? Proven Fat Loss Tips!](#)



What is fat and why do we gain fat? Fat is nothing but a layer of adipose tissue beneath our skin. Let's elaborate this! You all know the three macronutrients: Protein, Carbohydrates and Fats. Our body cannot store protein and carbohydrates which can be used in future. So, what our body does is converts excess carbohydrates and protein to fats, and also store unused fat. The excess is stored as fat in adipose tissue. With normal hormonal levels, initially, the fat is generally stored in thighs and lower body!! Whereas Men generally gain belly fat. HOW TO LOSE FAT? There is no ONE Fixed Formula to lose fat? You can play around with workout and nutrition once you know the basics. So, in this video I will be more focused on telling you the science behind everything, so that you know what you are doing. There are many myths for Fat Loss!! Let's start with the myths and have the scientific explanations! MYTH NO 1 "CARDIO IS ALL YOU NEED TO LOSE FAT! I have seen people spending hours on cardio equipment trying to lose fat! If done properly, even 20 minutes of cardio can do wonders. So, what happens when you do excess cardio? When you are doing cardio, you are using energy, and to use energy, you burn calories. Once your body's glycogen level is depleted, your body uses stored fat as a source of energy. You do lose weight with excess cardio, but you don't tone your muscles. So as there's a term balanced diet for nutrition, once should do balanced workout as well. A combination of cardio, yoga and weight training would enhance your fat loss regime. MYTH NO 2 "YOU SHOULD DO FASTED CARDIO TO BURN MORE FAT! The first thing people generally do in the morning is to wake up and go for a cardio session. I recommend having a breakfast half an hour to an hour before your cardio session. Why? Because when you wake up, your body's metabolism is already slow. So, to get the maximum benefits of your cardio session, have a small balanced meal at-least half an hour before your session. MYTH NO 3 "FATS ARE THE MAIN CAUSE OF FAT GAIN! People generally think that fats are the only cause of fat gain. Fats are generally required for the proper functioning of your organs. People generally stop eating fats during their fat loss regime, resulting in Low energy levels, hormonal imbalancing, dry skin and hairs, stretch marks etc. There are good fats and bad fats. We should know

the difference between them. Fats are generally classified into saturated fats which we are considering as bad fats, and unsaturated fats which we are considering as good fats. Some examples of saturated fats are: butter, cream, processed meats etc. and some examples of good fats are: olive oil, nuts, coconut oil, avocado oil etc. So, 20% of your diet should consist of these good fats. MYTH NO 4 “ LIFTING WEIGHTS WOULD GIVE MAKE YOUR MUSCLES BIG AS BODYBUILDERS! For all the ladies, out there having the same concern, RELAXX!! You won’t get big muscles like male bodybuilders with normal hormonal levels. Instead you would get a toned physique you dream of. NOW WHAT SHOULD YOUR DIET CONSIST OF? I won’t give you a particular nutrition plan, instead you have the flexibility to create yours as per your schedule, food preferences etc. Firstly, I would strictly recommend you not to skip meals to lose fat. Instead have small balanced meals 4-6 times a day. Some of the important meal timings you should consider when following a fat loss regime? Immediately Upon Waking: Since at this stage, your body’s glycogen levels are depleted, you need fast digesting carbs or simple carbs to get the instant energy. A fruit will do the job. With this, you need a fast digesting protein eg. Eggs, Whey Protein etc to feed your muscles. Breakfast: Your breakfast is what will keep you going in office, college etc. So, complex carbs are recommended at that time to give you sustained energy. Pre Workout (1 hour before your workout): Since you would need sustained energy during your workout, have a source of complex carbs. Eg Oats, Brown rice, sweet potato with some source of protein eg eggs, whey protein etc. Post Workout: Your muscles need recovery after you finish your workout. So have a fast digesting protein eg whey isolate immediately after your workout to get the most of it. It is recommended not to take carbs after 7 since your body doesn’t require more energy during night time! For dinner, you can have fibrous carbs eg. Vegetables and a portion of protein source to feed your muscles during sleeping. Overall if you are planning for fat loss, your meals should consist of 50% Protein, 30% Carbs and 20% Fats. Tags: Fat Loss, Weight Loss, Lose Weight Fast, Lose Fat Fast, Weight Training, Balanced Diet, Balanced Nutrition, Proteins, Carbohydrates, Fats, Post Workout, Training, Meal Timings #FatLoss #LoseWeight #LoseWeightFast

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