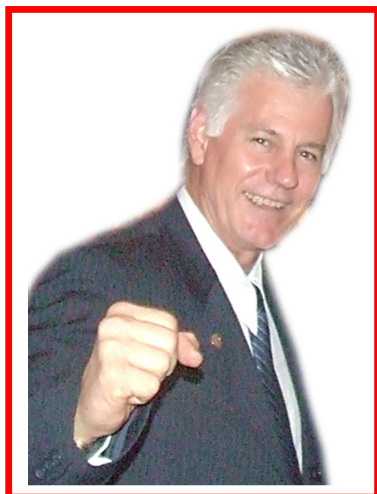


## BODY FAT LOSS ....THE BIG SECRET ! (and Muscle gain)



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**What is the BIG SECRET ? .....in BODY FAT LOSS !**  
**In the Billion Dollar Business filled with RIP-OFF Merchants and Scams !**

**HERE IT IS THE SECRET !!!**

**1) YOU MUST BE IN CALORIE DEFICITE OVER YOUR INTAKE !**

**In other words you must eat LESS then your Body Burns as Fuel**

**2) YOU MUST BALANCE THE PROTEINS ,CARBS & FATS**

**This must be done in coordination with your training program**

**3) MEASURE and TEST THE RESULTS**

**preferable with body fat analysis**

**Simple isn't it ! and yet a weight-loss book comes out every 10 minutes , another TV show trying to give obese People 'heart Attacks' and 'rip off supplements' by the thousands to fool you with a 'QUICK FIX' Then there is the cosmetic surgery that cost thousands and doesn't change BAD HABITS ! .**



**THE SECOND BIGGEST SCAM THE "SIX PACK ABS"**

**Do this and you will get the 'six pack abs' says the TV commercial .**

**HERE IS THE HARD FACTS !**

**Six pack abs has nothing to do (or very little to do with sit ups) its all Genetics and or Diet or both.**

**I personally know of several 'SIX PACK ABS' champion Body builders who**

**NEVER TRAIN THEIR ABS !**

**Yes that correct NEVER TRAIN ABS !!!**

**Sit ups or 'reverse crunches' will strengthen the 'abs'**

**but its Genetics and DIET that determine the SIX PACK**

## HOW DOES IT ALL WORK ?

attached is a overview of the Energy Formula's written by Graham Healy © and how it all works .

**For Further Details email Graham Healy**

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### MOST FREQUENTLY ASKED QUESTIONS on FAT LOSS etc ?

#### INTENSITY LEVELS?

everybody is 'competing against yourself' the 'INTENSITIES' are RELEVANT to you !

This way we can train a 75year old Grandmother or an Olympic athletic ...its all relative to YOU and the level YOUR AT !  
(the SAFEST WAY TO TRAIN is 'PERCEIVED EXERTION LEVELS' or 'RELEVANT INTENSITY')

#### WHY TRAIN WITH WEIGHTS?

1kg of extra muscle burns about 120 calories extra per day, for instance most ladies would firm up about 5kg of Muscle  
this would = 5 x 120 cal =600 calories extra burn per day ! **BURN EXTRA CALORIES SITTING DOWN ! AT REST !**

#### How can I loose 1kg of BODYFAT per week ?

By doing weight training & combining it with some cardio & the correct proportions of proteins, fats, and carbohydrates  
You can loose weight and gain muscle(firm & tone) at the same time = BODYFAT LOSS ONLY !

**(IF YOU STICK TO THE PLAN ,NUTRITION, SUPPLEMENTS & TRAINING TO THE LETTER WE WILL SKINFOLD  
OR BIO TEST YOU TO VERIFY THE RESULTS)**

#### WEIGHTLOSS CENTRES

claim dramatic weight loss ,organizations selling food etc Can't they get the same results?

NO! All factors must be in **SYNERGY** ,Nutrition, **Weights training** ,**Cardio** , & **VALID METHODS OF BODY-FAT %  
ANALYSIS!**

Certainly, these organizations get you to loose weight, **but this is mostly fluid and valuable MUSCLE TISSUE setting  
you Up for 'REBOUND effect' (and dropping your metabolism by -120 calories per kg of muscle loss!)**

The main purpose of many of these organizations is to make money not get you 'HEALTHY'

**CHALLENGE ANY OF THESE ORGANIZATIONS TO ,SKINFOLD TEST YOU OR BIO TEST YOU EVERY 4 WEEKS  
TO 'PROVE' YOU ARE LOOSING BODY-FAT AND NOT VALUABLE MUSCLE TISSUE !**

**YOU WILL SEE THEM ALL ....RUN FOR COVER ! AND QUICKLY 'AVOID' ANY VALID GUARANTEES**

#### WHY IS PROTEIN IMPORTANT?

You require about 2kg of protein per kg of bodyweight on this program.(for instance a 70 kg person requires 70 x 2 = 140  
grams of protein ! Most diets will place you on approx 30 grams per day !

(one chicken breast = 30 grams) Most dieticians will go 'ultra conservative' however, **SPORTS DIETICIANS** will support  
the above .Proteins are the 'Building Blocks' for the body they form Nuro-transmitters(brain nerve junctions),reconstruct  
muscle tissue, your immune system & hormones are protein based, every bio-chemical reaction in the bodies cells are  
performed by a protein,

#### PROTEINS TRANSPORT FATS IN THE BLOODSTREAM (LIPO-PROTEINS) basically proteins are

"the BUILDING and the 'Construction workers' so, now it is fairly easy to understand WHY low protein diets set people up  
for the REBOUND EFFECT! and the person usually is weak, nerves are 'shot' and rundown....all resulting in the body  
PUTTING ON THE WEIGHT (and in most cases MORE) as the system tries to super-compensate and stabilize itself!

#### WHAT ABOUT LOW FATS?

**SATURATED FATS (ANIMAL FATS** are the 'narsties' **KEEP THEM VERY LOW)** However, **GOOD FATS** such as **FLAX  
SEED** and **OLIVE OIL** , Fish Oils, Avocado's etc are ok . Some FATS transport vitamins as well as being part of the cell  
walls in your body in the form of lypo-proteins(see above proteins). The 'misinformation' about **LOW FAT DIETS** is  
incredible !

## **HOW MUCH GOOD FATS are REQUIRED ?**

FAT LOSS about 30-40 grams per day/Muscle gain about 40-80 grams req per day

NOTE: you can increase Muscle(firm and Tone ) while you loose BODYFAT = Strong & Healthy way to do it.

## **CARBOHYDRATES ?**

Unfortunately 'CARBS' have been responsible for *GAINING FAT* more than the other two components (Proteins and Fats) And of course the 'mis-information' out there to 'confuse you! To understand this realize that a CARBOHYDRATE is converted to BLOOD SUGAR and any excess is stored as BODY FAT ! its as simple as that !

To 'KEEP IT SIMPLE' we simply recommend low Glycaemic Index Carbs for example Basmati Rice ,brown rice,Sweet potato

## **HOW MUCH ?**

about 100 to 200 grams per day total (this includes all sugars,fruits,etc in this total)

REFER TO MY PRINT-OUT on CARBOHYDRATES in your 'starter kit Portfoli'

## **PUTTING IT ALL TOGETHER !**

Like everything else if we do not see the TOTAL PICTURE we loose direction and run off on tangents !

Basically, I keep you to the following ranges (Proteins 2kg/kg of body weight , fats 30-40 grams,Carbs 100-150 grams)

(This may vary slightly according to your training Goals)

**WE MUST 'SYSTEMATICALLY SYNERGISE'** our approach from a holistic point of view if we do

NOT BALANCE THE SYSTEM

\***NUTRITION** (with correct balance of Proteins/Good fats /carbs)(diet diary recommended)

\*Weights training = firm & tone Muscles = hold muscle while simultaneously burning fat & increasing metabolism @120cal kg/muscle

\*Cardio = increase overall metabolism heart/lung/lactic acid tolerance levels

\*TESTING=bio or measurements (while monitoring strength levels) or skinfolds to PROVE you are loosing BODYFAT ONLY !

**IF ANY OF THE ABOVE PROCESSES ARE ' LEFT OUT ' YOU WILL NOT ACHIEVE OPTIMUM RESULTS !**

## **DON'T I DO 'FAT BURNING LOW INTENSITY' EXERCISING TO BURN FAT ? .....NO !**

The greatest PARADOX of all time and the greatest 'misconception' in the so called health and fitness industry today.

The TRUTH is that you burn almost 100% BODYFAT at rest , in other words while you are sitting down.

The 'preferred fuel' for the body is FAT especially when the body is at rest !THE 'KEY' is that by exercise you 'stimulate the metabolism ' and create a continued stimulus over the 24 HOUR CYCLE IN BETWEEN EXERCISE BOUTS In other words the EXERCISE is like a 'ARC WELDER' on steel.....after the welder welds the steel ...the steel (your body's metabolism)is very hot and it remains so for several hours afterwards .

## **DOESN'T "LOW INTENSITY EXERCISE" BURN MORE BODY FAT THAN "HIGH INTENSITY ? " ...AGAIN ...NO!**

Follow this simple example 60 minutes of low intensity exercise(walking ) burns about 6 cal/min = 360 cal, the % fat burn to muscle glycogen is about 50/50=180 cal fat burn, 180 cal muscle glycogen ,However HIGH INTENSITY exercise would burn about 15 cal/min =900 cal 70% /30% glycogen to Fat burn =630 cal glycogen/270 fat burned THEREFORE HIGH INTENSITY EXERCISE(the post exercise effect of high intensity is far more long lasting than low intensity'remember the Arc Welder') still burns a greater proportion of FAT during the exercise bout, however, that also is insignificant compared to the ENERGY EXPENDATURE TO BURN 1KG of BODY FAT.....get ready for it 1kg of BODYFAT = 7,700 calories !! divide this by the above two calorie burns :

7,700:-180 cal=42 hours ! :7days=6 hrs daily !of low intensity exercise to burn 1kg of bodyfat (provided nutrition is constant)

7,700:-270cal =28 hours ! :-7days =4hrs daily! of High intensity exercise to burn 1kg of body fat(provided nutrition is constant)

So, as you can see from the above FACTS , the HIGH intensity wins the calorie burning contest, HIGH INTENSITY also wins the **POST EXERCISE effect on metabolism , this effect can last up to 6 to 8 hours (depending on relative intensities).**

THE KEY IS ....keeping the NUTRITION in balance in the 24hour cycle in-between exercise bouts, this is why many companies are using 'thermo-stimulants' such as caffeine/guarana/ chilli /citrus aurantium which boosts basal metabolism(heart lung rate at rest)...basically natural stimulants to 'enhance' fat burning at rest.

THE BODY burns about 1,800 calories at rest.....so anything , to raise basal metabolism will automatically increase **FAT BURNING**

Everything boils down to an **ENERGY FORMULA** and as you can see above the emphasis placed on EXERCISE as the FAT BURNING FACTOR is a little misguided and in fact the EXERCISE is the 'catalyst' to stimulate the overall metabolism on a 24hour cycle provided all other factors are accounted for.

TOTAL FOOD ENERGY (calories) less EXERCISE (calories) = SAME= Basal Metabolism (approx 1,800 cal)= **WEIGHT STABILIZED**(current)

**IF YOU CREATE A DEFICIT OF 1,000 calories per day balancing (recommended % protein/fat/carbs) + = WEIGHT INCREASE** (muscle gain\*)

and follow the overall TRAINING MATRIX plan you can loose up to 1KG of BODY FAT per week! - = **WEIGHT DECREASE** (fat loss\*)

\*note: it is possible to gain muscle(firm & tone) and loose up to 1kg 'body-fat' per week as total weight remains same, due to muscle +, in first 4-6 weeks(skinfolds/measurements will reveal this),once strength/muscular system is 'stabilized' any further weight loss will be BODY-FAT only!

•TABLE (1) energy formula calculations and example calorie countsB				
Total calories Consumed	Less Exercise Calories =	Net Calories	-Less Basil Metabolism	*assume basil metab. = 2,000 calories
Example 2,400 calories consumed	Less 400 calories Exercise	= 2,000 calories net	= same	= Same as basil Metab. Weight says same i.e. 2,000 calories
1,500 calories consumed	Less 400 calories Exercise	= 1,100 calories net	1,100 -2,000 cal = -900cal weight(fat)loss	- Less(deficit) Weight(Fat) loss
3,000 calories consumed	Less 400 calories Exercise	= 2,600 calories net	2,600 cal - 2,000 = + 600 cal weight gain(muscle)	+ More than basil Metab. = weight Gain (muscle gain)
Whether the calorie by careful 'integrated'	Count is in Excess manipulation of % 'Weights & cardio'	Negative, or Same Proteins, Fats & training program as	body composition Carbohydrates as well as appropriate	is determined well as an Supplementation For recovery !
•THE BODY BURNS 100% BODY FAT AT REST ! Remember basal Metabolism=energy for heart, lungs,blood flow etc				

Refer home page on [www.healyshealthandfitness.com](http://www.healyshealthandfitness.com) for all reference info & Downloads

**30 DAY NUTRITION PLAN BY GRAHAM HEALY ©**

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