

# 7 PRO FAT LOSS TIPS YOU'RE NOT USING!



Here is a list of the key elements you **MUST** have in place in order to **SHRED** maximum amounts of body fat whilst living with diabetes.



## KNOW YOUR WHY FOR GETTING LEAN?

It's hard to think clearly, generate great ideas and take effective action when you're out of shape, stressed and ill. Your body is the vehicle that gets you from where you are (now) to where you want to go. A lean body is always better than an obese body where health is concerned. Health is your duty. It is established that caloric restriction and weight loss independently improve glycemic control, insulin resistance, and cardiovascular risk. There's no benefit to excess body fat.



## USE VS. ABUSE

Simply telling people to eat less or "eat healthy" will generally not do the trick. Finding the balance between enjoying food and making sure to not abuse it is the key.



## POOR BLOOD GLUCOSE LEVELS WILL RUIN YOUR CHANCES OF BUILDING A BETTER LOOKING BODY.

High blood glucose burns muscle tissue. Whereas hypos force you to eat unwanted calories. Do your best to achieve healthy blood glucose readings 24/7. This requires constant monitoring and understanding of how the body responds to food, stress, exercise and life.



## FITNESS SHOULDN'T HAVE A TIME LIMIT.

Instead of looking for a 30 day abs challenge or 10 day diet detox think long term. You must prepare to put the work in for years, lots of years...



## PREPARE TO MESS UP.

If you stray from a diet, focus on your next meal, not the next day! train, it's about how smart you train.



## THE BORING STUFF MATTERS.

Eat within your calorie needs, respect your protein and omega 3 intake, listen to your body and back off when it tells you. Plateaus are inevitable. Only make the relevant cuts and additions to your training volume and dietary intake as and when needed.



## DON'T COMPLAIN!

Don't complain about the results you didn't get from the work you didn't do. Building a great looking body involves. 1. Knowing what to do. 2. Being consistent.

**I WANT TO SHRED FAT NOW!**

