

7 KEY FAT LOSS TIPS

EVERY DIABETIC FORGETS ABOUT!



Diabetic.TM
M U S C L E & F I T N E S S

HELLO & WELCOME!



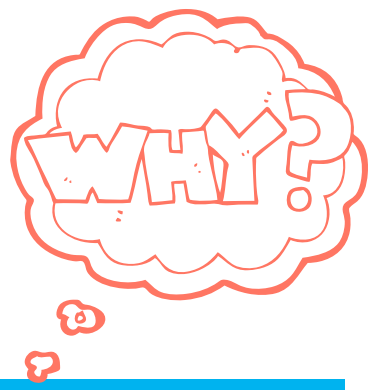
My names Phil Graham, I'm a type 1 diabetic and author of The World's Best selling diabetes fitness book **The Diabetic Muscle and Fitness Guide.**

In this short guide, I'm going to share with you seven key Fat Loss tips most people with diabetes don't know about. These will definitely take your fat loss efforts to the next level. You Ready?

Turn the page to start learning!



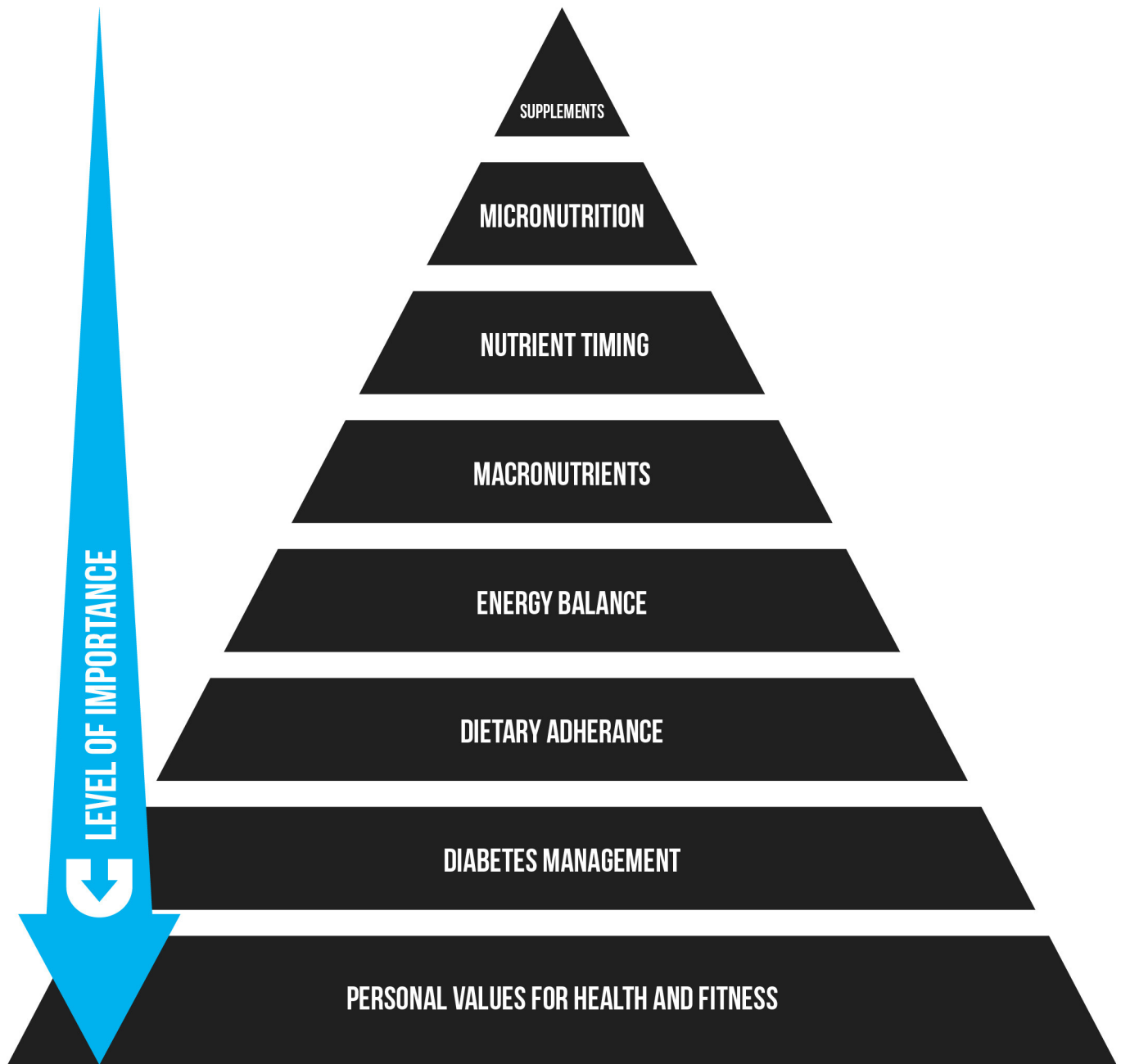
KNOW WHY YOU WANT TO GET LEAN!



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.



GET YOUR PRIORITIES RIGHT!



CONSIDER ALL THESE FACTORS IN THEIR RESPECTED ORDER OF IMPORTANCE WHEN SETTING UP A MUSCLE BUILDING OR FAT LOSS DIET WITH DIABETES.

DON'T RUN YOUR SUGARS HIGH TO GET LEAN!



Purposely putting yourself into hyperglycaemia to lose body fat is unwise. You'll ruin your health and burn off valuable muscle tissue – which increases your body fat percentage. Seriously stupid.



BE ULTRA DISCIPLINED WITH YOUR BLOOD SUGAR CONTROL.



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.



DIET SOFT DRINKS WILL NOT GIVE YOU CANCER!

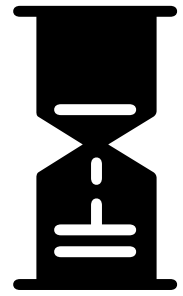


Diet soft drinks will not give you cancer. The majority of people who make this claim have misinterpreted the research and fallen prey to sensationalist headlines designed to shock the masses.

Low calorie soft drinks don't influence blood glucose levels, settle a sweet tooth and support weight loss. The only aspect to be mindful of would be the carbonic acid and dental health - keep them clean.



FITNESS DOESN'T HAVE A TIME LIMIT!



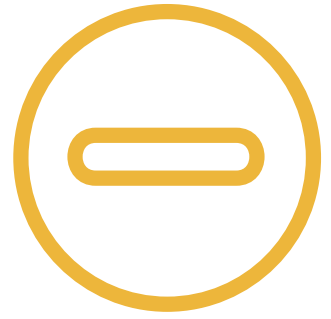
Instead of looking for a 30 day abs challenge or 10 day diet detox think long term.

You must prepare to put the work in for years, lots of years...

Finding the balance between enjoying food and making sure to not abuse it is the key.



DON'T COMPLAIN & PLAY THE VICTIM!



Don't complain about the results you didn't get from the work you didn't do. In order to build a great looking body you need to...

1. KNOW EXACTLY WHAT TO DO!

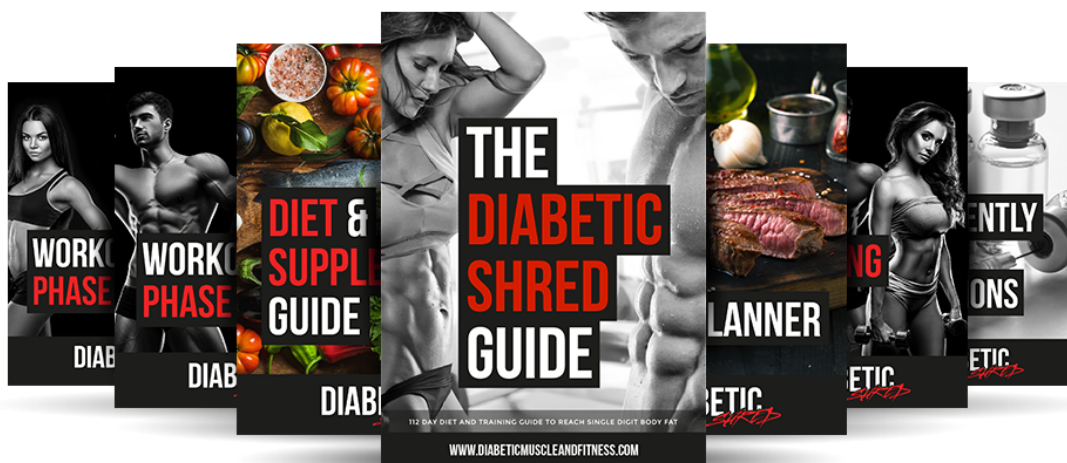
2. BE ULTRA CONSISTENT!



Now you know the seven key steps most diabetics overlook when it comes to shredding fat. It's up to you to put them to good use and start building the body you've always dreamed of! **Before you go, you might want to check this out...**

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