

# 3

# CHANGES

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TO START BURNING MORE BODY  
FAT IN ONE WEEK WITHOUT  
GIVING UP CHOCOLATE



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## 1. CHANGE YOUR CARDIO

- Yo-yo dieting and doing a lot of cardio is a recipe for disaster you lose weight but not targeting fat
- Doing hours of cardio will not help you burn more fat long term. Long cardio sessions burn fat and muscle and will ultimately decrease your metabolism if you are not adequately fueled
- Do High-Intensity Interval Training – this spares muscle and increases the number of calories of fat burned in a shorter amount of time
- Try doing s 5 min warm-up then 20-30 seconds at a high resistance and 90-100 seconds at a lower resistance and an easy pace
- Do Fasted Low/Low-Moderate Intensity Cardio – for example walking, biking or rowing – this forces your body to use the stored fat as fuel

## 2. FAST ONCE A WEEK

- Once a week quit eating after dinner and fast
- Only have water, black coffee or tea – No Sweeteners! No calories at all
- Break the fast before you get ravenous
- Pick up at the next meal – you made it to noon, eat lunch and dinner don't add in breakfast and snacks too!
- Fasting encourages your body to use stored fat as fuel
- Only fast once a week
- Do fasted cardio on your fasting day
- The fasting day is the perfect day to have a glass of wine!

## 3. WEIGHT TRAIN

- Resistance training burns fat. A lot of it. Bodybuilders have known this for years!
- Weight training has more impact on your metabolism than cardio and ultimately helps you use your fat stores – if you're not doing it you're missing out on boosting your fat burning potential
- After a resistance training session, your body continues to burn fat for more than 24 hours!
- Add in 2-3 weight training days to your workout routine





## 4. ADDING IN CHOCOLATE RULES:

- You have to pre-portion your chocolate – have an ounce
- Know your cravings – I crave chocolate after dinner, when are yours?
- Set a goal – If you eat well all day, and make sure you leave enough room in your food budget for the chocolate then you can have the treat
- Be mindful of your eating – jot down in a note book or use a food tracker to track what you're eating
- Dark Chocolate is the best choice – it has less sugar and more health benefits.
- Slowly increase the percentage of your chocolate until it is over 55-65%
- Aldi Stores carry a delicious brand Moser Roth – I eat the 85%
  - It has 5 mini bars each bar is 160 calories 12.5g fat and 9g carbs
  - One half of a bar is plenty for me, and it makes it that much easier to have each day!



## ABOUT HEIDI

*Heidi Heino's passion is helping clients achieve health and fitness goals, from weight loss clients to the advanced athlete. Heidi makes meal planning simple so clients will not have to give up the food they love while changing their lives.*

*She wants to make weight loss fit into everyday life. She is a personal trainer and group exercise instructor. She also trains group exercise instructors how to teach older adults how to stay fit and healthy. Heidi is an IFPA Figure Pro and coaches bikini and figure competitors as well as weight loss clients.*