

# The **16 Jealously** Guarded Secrets of America's Top Personal Trainers *"How to Get Maximum Weight Loss & Fitness Results In Minimum Time"*

## Top Certified Fitness Expert Reveals The**16** Secrets & Strategies for Lasting Weight Loss and Lifelong Fitness

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Do you want to improve the quality of your life?

Do you want to look and feel better than you have in years – maybe better than you ever have before?

Do you want to protect yourself from disease and injury? Do you want to live a longer, more vital life?

I'm confident you answered yes to each of those questions, just as have the hundreds of individuals I've counseled, coached, and trained in my career as a Certified Personal Fitness Trainer and Health and Wellness Expert.

Right now I'm going to reveal to you the 16 essential strategies/tips that have enabled my clients to achieve these important goals.

These simple strategies can be immediately implemented into your lifestyle with little sacrifice on your part. So let's get right into it, before we do, I want to let you know you can obtain even more health and fitness advice from a certified Fitness and Nutritional expert on a regular basis by requesting a free subscription to my newsletter. You can get your subscription **via e-mail** by requesting it at [Info@myfitness4ever.com](mailto:Info@myfitness4ever.com)

Without further ado, let's discover the.....SECRETS!

### ***"How To Get Maximum Weight Loss & Fitness Results In Minimum Time"***

1. **In the beginning, your fitness plan should not be overly aggressive.** One of the biggest problems most people encounter when starting a fitness program is rapidly depleted motivation after only a few weeks due to an overly ambitious fitness plan. Two days per week of 20-minute low-intensity cardiovascular exercise (walking, biking, and two days per week of 30-minute light resistance training (using rubber tubing bands, cable pulley weights, or Swiss balls will sufficient in the beginning. As you become acclimated to the lifestyle "shift," you can add more days and get improved results. But beware: if you try to do too much too fast, you may end up quitting altogether. If you've tried and failed doing it alone, then I suggest you get a training partner or personal trainer who will help you sustain your motivation.

2. **If your goal is fat-loss, then your cardiovascular exercise should be low intensity.** Your heart rate during cardio exercise should not exceed 55% to 70% of your maximum heart rate. The *simplest* formula for calculating your 100% maximum heart rate is 220 minus your age. If the intensity of your exercise increases your heart rate beyond 70% (which can occur very easily if you are in poor shape), you start shifting from using body fat as your energy source to relying on glucose metabolism. Your personal trainer can supply you with a heart rate monitor you wear during exercise. The monitor helps you stay in your peak fat-burning range. There are other more in-depth heart rate monitoring formulas like the Maffetone method. This is the best one for burning fat. You will learn how to use it when you work with a Certified Fitness Expert from Fitness Forever.
3. **Don't waste your time working small muscles with isolated movements.** If you don't enjoy doing resistance training or are pressed for time, concentrate on working the largest muscle groups with compound resistance movements. When I see overweight people wanting to lose weight doing wrist curls or lateral raises, I wonder why. It's generally just a lack of understanding of how our body works. Most people want to lose fat and tone and firm their bodies. The way to do this is to use resistance (free weights, your own bodyweight or machines) to train the large muscle groups. Men should be concentrating on legs, chest and back. Women should concentrate more on their legs and back. The best exercises for legs are lunges or squats (a personal trainer will show you the proper form and then monitor you during the exercise) and leg presses. The best chest exercise is the lunge press done with cables or bands, and the best back exercise is the *Squat and Pull* done on a cable unit or with bands. Compound movement, means they incorporate multiple muscle groups.
4. **Always, always, always stretch.** Stretching improves flexibility, blood flow and muscle recovery, and a host of other things. Additionally, stretching can prevent injury, low back pain, make you sleep better and improve your performance in all sports. Always stretch, but be certain not to stretch cold muscles. You should always warm up before stretching. However, it is very important that you know *how* to stretch. Never bounce! A personal trainer will show you the proper execution and timing of your stretches.
5. **Eliminate sit-ups.** Unless you are super athlete with an incredibly well-developed midsection, sit-ups can possibly lead to a strained lower back and possibly lumbar injuries. But it gets worse. Rather than hitting your abdominal section, sit-ups can shift exercise tension to your hip flexors – which defeats the purpose. There is so much misinformation about how to strengthen tone and firm the midsection, it's almost frightening. It is very difficult to learn proper abdominal exercise technique by reading about it or watching it demonstrated on a video. You need to do it with supervision and get feedback about your form from a knowledgeable source. And keep in mind that you use your abdominal muscles in almost every single movement you make. Strengthening your abdominal region is the single most effective way to prevent, or recover from, low back pain. By the way did you know there are at least 29 muscles that compose your abdominal region? They all need to be exercised just not on the same day and you need to exercise them last in your routine because you need them to stabilize you for your exercise routine
6. **Set realistically attainable goals.** You must have tangible, quantifiable, short-term and long-term goals for your fitness program so you can gauge your progress. It's crucial to have a "baseline" before you begin, so you can measure success. A personal trainer can give you a complete fitness analysis (don't be shy – you need this) that will aid you and the trainer in developing a personalized fitness program which addresses your particular needs. Having goals, particularly short-term goals, allows you to track your progress and keep you motivated when times are tough and you don't feel like exercising. Keeping a journal of your cardio and resistance training workouts, as well as tracking what you eat is truly a fitness success *secret*. Just remember your goals should be realistic and attainable. The best way for you to understand what is realistic and attainable for you is to talk to a fitness professional – not to buy into the "hype" of infomercials, diet and fitness products that blatantly mislead.

7. **Schedule exercise appointments with yourself.** Use your day-timer to set appointments for exercise – and then stick to them. You wouldn't miss a business meeting or client appointment, would you? So don't miss your exercise appointment with yourself. Nothing is more important than your health. Everything else will crumble around you if your health goes south. So make your exercise appointments a priority. If you find it difficult to keep these appointments, then consider hiring a personal trainer who will hold you to your commitment. When you have money invested, and someone waiting for you to show up – you are much more likely to actually show up.
8. **Remember the benefits of exercise.** Remember that feeling of euphoria you experienced after a particularly good work-out? You experienced that feeling because the most powerful “feel good” drug in the world – endorphins – coursing through your veins. If there is a panacea, it's exercise. Nothing feels better than the post-work-out high you experience after exercising. Revel in that feeling. Let it wash over you and truly experience it. Etch that feeling in your brain. It will fuel your motivation on those inevitable days when you just don't feel like exercising. Being physically fit affects every single aspect of your life: you sleep better, eat better, overcome stress better, work better, communicate better, and live better!
9. **Exercise correctly.** So much time is wasted doing, at best, unproductive exercise, or at worst, dangerous exercise. Get educated on how to exercise correctly. Things like bad posture, muscle imbalance, weight machine set up, reps, sets, amount of weight can all add to frustration and possible injury. The absolute best way to avoid these pitfalls is to hire a personal trainer to develop a program for you and then teach you what to do and how to do it right. Personal training does not have to be an ongoing process. You can hire a personal trainer for whatever length of time you need to learn the ropes. It could be five sessions, or it could be fifteen sessions. It's completely up to you. But statistics prove that those who understand how to exercise correctly, get better, faster results. And that's what you want, right?
10. **Enjoy yourself!** Often the most difficult aspect of exercise is actually getting into your running shoes or going to the gym. Once you begin your work-out, relax and enjoy the process. Don't fight it. Make exercise your personal time. When you are exercising you can focus completely on yourself. Yes, exercising can and should be somewhat rigorous (depending on your level of fitness), but it is just that *investment* which makes it supremely rewarding. As with anything, if you are in the moment, you can fully appreciate the experience and truly enjoy the process. On a side note exercise can be detrimental to the body if it is run down and tired in that case go and take a good yoga or Thai Chi class which will restore the bodies anabolic systems
11. **Americans eat too many carbohydrates for our lifestyle.** I'm not advocating the high protein, high saturated fat diet that you hear so much about. *(If you really want to know what you should be eating then you need to take your own metabolic typing test. This test will tell you if you are a protein type, and carb type or a mix of both. This is based on 70 years of research.)* But I am advocating minimizing your intake of bread, pasta, rice, potato and of course, all sugary drinks. We are no longer an agrarian society participating in manual labor. Most of us are fairly sedentary throughout the day and therefore do not need the high levels of carbohydrates to sustain our energy. Additionally, carbohydrates are addictive. The more donuts you eat, the more you want. *(that usually means there is Candida present in the bloodstream)* The bulk of your carbohydrates should come from vegetables and fruit. And those with high water content, such as green and multi colored vegetables, grapefruit, tomatoes, cantaloupe, strawberries and even vegetable soups that are home made are good to eat. By the way, numerous studies have concluded that quarter of the population eating the most vegetables get half the cancer of the quarter eating the least!

12. **Deep-fried food has no nutritional value – none!** Almost every food, whether it's steak, chocolate or red wine, has some nutrients to contribute. But one thing is absolute: fried foods are garbage. Potato chips, French fries, onion rings, breaded chicken strips and all the rest of deep-fried foods are pregnant with saturated fat and calories, and they contain almost zero nutritional value. If you're trying to lose weight and/or reduce fat, simply eliminate fried foods completely from your diet.
13. **Never, ever skip breakfast.** If you want to maximize your fitness results or fat loss efforts, you've got to eat breakfast. Even if you don't exercise at all – breakfast remains *the* most important meal of the day. Your breakfast should contain complete proteins and complex carbohydrates. (If you're trying to lose weight, you should eat the bulk of your complex carbohydrates at breakfast and lunch and only have vegetable carbohydrates at dinner). A great breakfast is a low sugar Kashi cereal with non fat organic milk a low or nonfat unsweetened almond milk and some organic blueberries on top. Or try scrambled egg whites with some zucchini. And a piece of sprouted bread or put the whole scramble into a sprouted whole wheat tortilla. There are many ideas but not enough space in this report. For More ideas get my Free Report titled *What the Heck Should I Be Eating Anyway? And What is the difference between organic food and non organic food*
14. **Eat Fat to Lose Fat.** Healthy fats are necessary to your body for a number of reasons: regulating hormonal production, improving immune function, lowering total cholesterol, lubricating joints, and providing the basics for healthy hair, nails and skin. The singular distinction you must be aware of is the difference between healthy "good" fats, and dangerous "bad" fats. Good fats are monounsaturated fats like olive, flax seed and borage oil, also avocados. Organic raw almond butter. The omega-3 fats found in salmon and mackerel are best if you don't eat fish you will need a good supplement like Barleans Essential women or omega man these come in capsules, or liquid.. Bad fats are saturated fats, partially hydrogenated fats, and Tran's fats. A personal trainer can provide you with a simple diet program to complement your exercise to help you live longer feel better and boost your immune system. The bottom line is your body needs good fats – and will revolt if you attempt to abstain from them – and absolutely does not need bad fats. Ask us about our 6 week Nutritional Boot camps and 1 day mini camps
15. **Drink plenty of fresh, clean water.** I know that you've heard this over and over again. But there's a reason for that – it's the gospel truth! The recommended amount is approximately eight glasses, or 64 ounces, of water every day. When you are exercising, you need to drink even more. Over 75% of your body is water (even bone is more than 20% water). When you don't drink enough water, and substitute diuretics like coffee, tea and caffeinated sodas, you dehydrate your body. In a dehydrated person your blood doesn't flow properly and your digestive system doesn't operate smoothly (among other problems). Even a small deficit of water can radically affect how your body performs. Here's a good rule of thumb: if your urine is a dark yellow and/or has a strong odor, you're not drinking enough water. Just remember this drink half your body weight in ounces of water a day. Then you will be set!
16. **Eat regularly throughout the day.** Fasting or overly restrictive diets will enable you to lose weight – in the short run, but the weight you lose is primarily water weight and lean muscle mass. But in the long-run, fasting has exactly the opposite effect you want. When you restrict your diet, your body instinctively thinks it's being starved and shifts into a protective mode by storing fat. Your body uses lean muscle to fuel its activities. Your body fat remains essentially the same and you lose vital fluids and muscle instead. The less muscle you have, the slower your metabolism becomes, and the less fat you burn. You should be eating three nutritionally balanced meals each day, and you should have at least one or two healthy snacks. This keeps your metabolic furnace stoked, so you burn more at a faster rate.

There you have it. **16 Jealously Guarded secrets** for an effective weight loss and fitness program that will have you looking and feeling better than you have in years!

I realize starting (or re-starting) a productive and effective health and fitness program is not easy. **That's why I encourage you to get help.**

If you're sick, you go to the doctor. If you've got a tax problem, you see an accountant. Have a toothache? You're off to the dentist. Leaky pipes result in a call to the plumber. So why is it that so many people attempt to solve their health and fitness problems without consulting an expert? I don't know exactly, but I encourage you to make the investment in yourself – in your quality of life – by hiring a qualified professional to educate you and help you get started...

...because the hardest part is just getting started and sustaining your motivation until fitness becomes habitual. Once you develop the habit, which can take as little as thirty days, your whole life will change for the better.

If I can be of any assistance to you, please don't hesitate to call me. I'm happy to speak with you and give you my recommendations without any sales pressure (I hate it when people try to "sell" me, so I wouldn't try that on you).

Please email me at [ingo@myfitnessforever.com](mailto:ingo@myfitnessforever.com) or call my studio at **760.200.4920** to initiate your subscription to my free health and fitness newsletter or to obtain any additional information you may need.

So what do all of these tips have in common? Advice and guidance from a trained professional. A certified trainer can guide you in an exercise routine. Someone to develop an eating strategy that is just right for you and that really works. Someone to support you as you struggle to meet your goals, and the serenity of knowing you have someone who will filter through all the books, studies, findings and reports to find the very best and pertinent information. As a trained professional I offer you 26 years of experience and have guided hundreds of people just like you to new heights and achievements

### ***Fitness Forever Private Training Quick-Start Total Fitness Package:***

1. A complete Functional Fitness Assessment (**valued at \$195**) please allow for 2-hours time.
2. Two (2) Personal Training Sessions (**valued at \$160**)
3. One (1) Individualized Personal Fitness Program (**valued at \$75**)
4. One (1) FREE subscription to my Results Now! E- Newsletter (**valued at \$36**)
5. A FREE Fitness Forever Training T-shirt (**valued at \$20**)
- 6.

**You get everything for just \$249 (*That's a savings of over \$250*)**

If you are interested in the Quick Start Program please call at **760.200.4920** or Email me at [www.myfitness4rever.com](http://www.myfitness4rever.com)

**NOTE:** This publication is not intended for use as a source of medical advice. You should obtain medical advice from your private healthcare practitioner. Before beginning any exercise or dietary program, consult with your physician to ensure that you are in proper health and that this or any exercise or dietary program will not put you at risk.