

# GABRIELE

## FITNESS & PERFORMANCE



## Everything you need to know to Lose Fat, you already know

**By Vince Gabriele**

Everyday I hear about a new Diet that some celebrity went on before the premier of their movie or a new book out that promises to give you a six pack in 30 days. The media is rich with nutrition and fat loss experts that get you pumped up about this awesome new idea.

**Here is the reality: You already know what to do!**

The reason why it is tough for people to lose fat is not because of lack of knowledge.

Let's take a quick quiz and see how you do.

**Pick what is a better choice to help you lose fat**

1. Taylor Ham or Canadian Bacon
2. Eat a Big Breakfast or have no breakfast
3. Wonder Bread or 100% whole grain bread
4. Have Protein at each meal or only at Dinner
5. Raw Nuts or Skippy Peanut Butter
6. Orange Juice or a whole orange
7. Have little fat at each meal or never eat fat
8. Lean Beef Burger or Porter House Steak
9. Never eat after exercise or eat within 30 Minutes after exercising
10. Olive oil or Corn Oil
11. Crab Cake or Shrimp Cocktail
12. Eat every 3 hours or every 5 hours
13. Have a salad with meat for Lunch or a Sub from the local deli
14. Eat only 3 meals a day or have 3 meals and 2 small snacks
15. Drink a mocha latte Frappachino or a cup of black coffee
16. Have an Apple and Turkey Slices or a granola bar for a snack
17. Eat Perfect all the time or 90% of the time
18. Have food readily available or cook everything right before you eat it.
19. Eat Vegetables once per day or 3-5 times per day

I am sure most of you will get 100% on this quiz which means you are pretty knowledgeable regarding nutrition. All of the correct answers to these questions are golden rules to Fat Loss. If you know these 19 answers than you have a great start to help you lose fat.

**Here are a few tips to help you take action:**

1. Write down everything you eat for 3 days and then see how many of the correct answers from this list are on your meal plans
2. Give yourself a measurable realistic goal: " I want to lose 2 inches of my waist to 6 weeks" or "I want to lose 2 pant sizes in 12 weeks"
3. Try a pair of pants on that are too tight and say" I am going to fit into these in 8 weeks"

If you have a big enough WHY you will find the HOW.

Nutrition is the key to Fat Loss and you have the knowledge. Do not be swayed by Fad diets and new concepts. Jack Lalaane was talking about this stuff 50 years ago. The human body has not changed and the proper food to put in your body has not changed either. Stick to what you already know because it is enough to get results. Now just DO IT!!

Have a great week and please email us your success stories,

Vince

**If you want something done tomorrow, Start Today!**

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