



10 TIPS TO *MELT FAT*

If you really want to get shredded then
you need to have a great action plan

Ten Tips to Melt Fat

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1

Get your head in the right space

You really need to begin with the end in mind. This means that you need to have a clear focus about what you would like to achieve. How will this make you feel? Have you ever looked this way before? How long have you let yourself “go” for? These are all very important questions that you will need to ask yourself.

Have you considered what will happen when you attend social functions, dinner with friends or family events?

Are you really prepared to shed some fat from your body? If you are, then you will need an action plan. Some inspirational words, quotes or photographs will go a long way in helping you achieve your goals.

When I was getting shredded for the Mr Australia titles and was surrounded with various forms of temptation, I would simply ask myself; “will eating this help me win the Mr Australia”. Simple, yet effective. If the answer was “no”, then I did not eat it!



2

Push that fork away

You have to have self control, and if you are lacking in this department then you will never shed fat. If you are serious, and I mean really serious about losing bodyfat, then you will devise a strategy for attacking any personal demons that you have in relation to eating.

Try this popular strategy that we have used successfully with all our clients. Eat your meal. Enjoy it, savour it and appreciate the nutritional benefits that this food will be providing you with. Then stop and wait. I know that you will desire more food, but just simply stop and wait. Wait for 3, 5 maybe 10 minutes and I guarantee you that the food that you have just consumed will be starting to be processed by your body.

Suddenly, you will start to feel full. Satisfied.

Can you think of a time when you have eaten, then eaten, and kept eating until you were full? I am sure that most of us can. How did you feel? I bet that you felt stuffed, bloated and sick! Wouldn't you rather feel lean and energised?



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You need to be strong!

Your muscles do one of two things;

They either shrink, or they grow.

Now before I elaborate (and this is for the ladies), when I say grow, I do NOT mean that you will look like Arnold Schwarzenegger, when your muscles grow – quite the contrary actually.

Any female that strength trains will tell you exactly how hard it is to gain ANY muscle at all, they have to work their butt off for it! Females are hormonally NOT set up to gain huge amounts of muscle – so ladies do not worry!

So how do muscles shrink or grow?

From the age of approximately 30 years young, when you do not strengthen your muscles they shrink, this means they waste away – simple as that! What is worse is that they can waste at the rate of up to 0.5kg / year.

Wow, that's 5kg's of meat (muscle) that can actually leave your body every 10 years! Have you ever held 5kg of raw steak and seen how much that is? It's alarming.

When you strengthen your muscles, your body turns into a fat burning machine!



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Do I walk or Run to Burn Fat?

Seldom, do I encounter situations when talking with people where they are completely satisfied with their body.

Interestingly enough, the topic in more than 95% of situations extends back to how to “Lose me beer gut”, “get rid of that roll over the jeans” or “reduce those chunky legs”! Basically people are looking to lose body fat and lose it fast! Popular exercise wall charts will have us understand that if we are exercising at lower heart rates and lower levels of intensity that we are just simply melting fat away! Similarly, as our exercise level of intensity increases so to does our cardiovascular demand and consequently our fitness increases. Whilst this theory is in some ways correct, in many ways it fails to give an understanding as to the process that occurs.

To put it very simply, while you are exercising, your fuel source will be from fat and carbohydrate stores. When you are walking, the percentage of fat burned is proportionally (as opposed to the fuel you burn from carbohydrates) greater.

However, although you are burning a greater percentage of fat as a fuel source (as opposed to carbohydrates), the total amount of fat burned may actually be less (as a total amount), due to the amount of total calories burned.

Training tips:

- 1) Always keep in mind that lower intensity means that you need to exercise for a longer duration.
- 2) As you increase the intensity (effort you put in) you need to adequately fuel your body. More Intensity means more fuel burned.

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Do I walk or Run to Burn Fat?

So, do we walk or run to burn body fat?

If we use walking as a metaphor for lower intensity activity and running as a metaphor for more intense activity, then you can see that higher intensity activity will ultimately burn more fat. However keep in mind that exercising for a longer duration may also produce the results we are after.

The conclusion therefore, is to have periods of both in your training. To expand, if you have 4 sessions of cardiovascular exercise in your weekly fitness regime, alternate between low and high intensities. For example, on Monday and Thursday try a 30 – 40 minute run/jog and on Wednesday and Friday go for an hour long walk. This should see you getting all the diversity that your body needs to lose fat.



5

Are carbs really the enemy?

Carbohydrates are hot on everyone lips at the moment! No matter who you talk to, they are on a modified carbohydrate diet, the famous “Atkins diet”, not eating carbohydrates after 3pm, eating carbohydrates by themselves and even not eating any carbohydrates at all!

Now, if you read the pages of popular gossip magazines, you will hear that Hollywood stars can whip themselves into shape by simply “eliminating carbohydrates” and, as they often proclaim, complimented by the elongated after shots that show “the results are amazing”!

Can we eliminate carbohydrates all together? Are carbohydrates our friend or foe?

Let's look at some facts:

- Carbohydrates are your body's preferred source of energy
- Carbohydrates are useful for your brain functioning – most useful!
- Over consumption of carbohydrates can trigger off a dramatic Insulin response which can make you fat!



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These scales must be wrong!

Have you ever jumped on the scales and thought; “these scales must be wrong”.

You wonder how could you possibly weigh the same or (gasp) higher when you have been eating the right foods and exercising.

Here’s a real big tip...

The scales are one of your worst measures of success. That’s right; they will do your head in!

OK, OK, I do agree that yes, TV shows like the biggest loser do show some very inspirational weight changes, 30, 50, 70kg! Impressive stuff.

Remember that your weight is heavily dependant upon fluid, muscles (that are 70% water), fat, and other vital parts. So you need to include more accurate assessment of your body composition.

However, your best measure of success will come with taking regular (4-6 week) assessments that give you greater, and more accurate snapshots of how much fat you are actually stripping!

So what are some of the best measures of success...



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Kilograms, skinfolds, measurements or percentages?

Kilograms – yes, it is nice to see the scales go down, but they are only one part (and the least critical) in the assessment process!

Skinfolds - Using the skinfold calliper we are able to give an approximate assessment of your actual bodyfat (expressed in millimeters). Everyone has bodyfat & the thickness of the pinch is what determines how much you have. Obviously, the thicker the pinch, the more bodyfat you have and vice versa.

The final figure (expressed as a sum of skinfolds) is what we generally work with as our final figure. This “sum” can also be used to calculate your approximate percentage of bodyfat.

Measurements - This is the classic method for assessing the body. It allows us to track the change in girth measurements of the body & provides useful feedback. Percentage Bodyfat - this indicates your bodyfat (that has dropped) and gives feedback on your muscle content (which has either remained or increased).

Quite simply if you want to accurately track how much fat is being shredded from your body, then you need to be having your measurements, skinfolds and body composition tested – simple as that!



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You want me to eat fat, won't I get fat?

Most individuals that we consult to our method is to typically increase their intake of good fat.

This includes; Almonds and various nuts, avocados, flax seed oil plus oily fish like mackerel.

It's amazing how fat teaches your body to actually use fat as an energy source; you are less hungry as it is very satisfying and your sugar cravings drop dramatically!



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The diet cycle

Very simply, the Diet Cycle consists of the following:

1. You are not happy with your appearance and want to lose body fat. Simple, you go on a diet.
2. You deprive yourself, for what seems to be a lifetime, of calories to get substantial results.
3. You hit your goal, weight / size / measurement.
4. Hallelujah! You go completely crazy! You eat all those foods that you have literally starved yourself of during those eight or so weeks. You get back onto alcohol, and chocolates and bread and all that yummy stuff that you thought you loved!
5. You eat it & feel terrible after, because you have broken your plan, your body just can't handle these foods, your bowel movements are irregular, you feel about 10 kilos heavier....but you just HAD to do it!
6. You plan your next diet...and the cycle continues!

So you are sitting there and thinking “Yeah, I can see this pattern in myself” so the simple solution and the question that needs to be asked is “What are you going to do about it”?

I will give you a simple strategy that we use to educate our trainers and clients on. Link some pleasure to your experience. Obviously, in the past, if you have overeaten it's because you have linked more pleasure to eating and enjoying food than being the shape or weight you desire. The strategy is simple:

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The diet cycle

1. Start to link pleasure to the foods that you will consume to get the shape you are after. Rather than thinking “Oh, this diet food is terrible”, consider thinking how much more energy you have, how good you are feeling, how great you will look and what this will do for you! It feels good, doesn't it?
2. Eat the foods you love and enjoy – just remember you need to make this conditional when you are really trying to get your goal. For example, if you love to have a beer, then make 1 night a week, as opposed to 5. Remember to compensate with your activity and don't feel guilty about the beer!

From someone who has been fat, I understand first hand what it's all about to create a change in your habits; however creating this change is critical and you owe it to yourself and those that you love and care about.



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Just do it

You really can't procrastinate any longer.

You need to be really honest with yourself and state the reasons why you really need to do this, how will it make you feel and what will be the transferable qualities to your life.

Do not hold yourself back from having the body you want any longer!

