

A to Z of Fat Loss

A is for Avocados. Good fats, plenty of fibre, great with any meal.

B is for Bench Presses. Old school, simple and effective.

C is for Crunches. Ditch them in favour of Killer Core Exercises.

D is for Deadlifts. Great exercise for your legs, arms and *butt*.

E is for Eggs. Nature's perfect meal.

F is for Fasting. Often overlooked and misunderstood.

G is for Goals. Make sure you have them. You can achieve anything you want.

H is for Heavy. Don't be afraid of lifting heavy weights. They won't make you bulk up.

I is for Intensity. Pump it up. When you train, have a proper go. Finish your workout spent.

J is for Jumping. Get your own body weight moving vertically and your heart rate will follow.

K is for Kick backs. A must do exercise for women. Prevent or remove flabby arms.

L is for Lifestyle. Make small changes every week and your fat loss lifestyle will be sustainable.

M is for Magnesium. Are you getting enough? If not eat more spinach and pumpkin seeds.

N is for Natural. Avoid processed foods as much as possible.

O is for Obesity. Don't become a statistic. Stay active and eat well.

P is for Positivity. Focus on the good and eliminate the bad. Always be looking for the positives.

Q is for Quinoa. Actually a seed, but used like a grain. Great addition to soups, or as a substitute for rice. Have you tried it yet?

R is for Rest. Recovery is just as important as the hard work you are doing.

S is for Supersets. Raise the intensity of your workouts by doing two exercises with no rest in between.

T is for Technique. Always exercise with proper technique. The last thing you want to do is injure yourself when working out.

U is for United. Get the support of your family and friends and you will get further than ever before.

V is for Variety. Mix it up and you will never get bored.

W is for Weight. Don't get too conscious of the scales. Do your clothes fit better, do you look and feel better? These are much more important than a number on the scales.

X is for Xanthines. Caffeine is derived from xanthine, and whether you want an extra boost for your workouts or just to kickstart your day then a caffeine hit will do the trick.

Y is for You. Get the body you have always wanted. Don't be afraid of failing. The only way to fail is to not try.

Z is for Zinc. Common deficiency. Easy enough to get when eating red meat, peas and pumpkin seeds