

A Safe Rapid Weight Loss Plan **designed to jump-start your program or get** **you ready for summer**

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When you're following a rapid weight loss plan, muscle building takes a back burner. You can't build muscle and undergo rapid weight loss at the same time. However, this plan I'm proposing to you is great at preserving the muscle mass you already have, assuming that you don't exceed the four weeks I'm recommending as the maximum length of time to follow it.

Rationale Behind The Plan

This Rapid Fat Loss Plan is designed to maximize the rate of weight loss while minimizing the harmful effects crash dieting can have on the body.

This rapid weight loss plan is much more effective for permanent fat loss and a toned body than other rapid weight loss plans such as The Hollywood Diet or Slim-Fast.

There are three primary reasons:

(1) The calories are cycled, rather than remaining chronically low, which is much better for preserving lean tissue and keeping hormonal levels as normal as possible, and

(2) The diet is higher in protein than most commercial diets.

(3) The diet contains little to no sugar and saturated fat, both of which slow down fat loss when included in a diet, even a calorie-restricted one. Also, when you burn less fat you are more likely to burn lean tissue, which slows to metabolism and results in a less toned look when you're done dieting.

Let me explain point-by-point why I've set up this diet the way I have:

1. Overall calorie levels. Overall calorie levels should be set based on bodyweight, and will NOT be the same for everyone. Calorie levels must be at a certain minimum for a particular bodyweight to allow for the required protein intake (to spare lean tissue), the required vegetables (to provide vitamins, minerals, and fiber and allow for satiety on the diet), and the required essential fatty acids to keep the body burning the maximum number of calories it can given that you will be following a calorie-restricted diet.

2. A maximum of four days of super-low calorie intake. It takes the body 3-4 days to "recognize" a low calorie intake to the point that your body's hormones and thyroid change in response to this. This means you can "get away" with "crash dieting" for 3-4 days without much consequence, but if you extend it for much longer than that,

you will be asking for trouble. You will lose muscle and start burning fewer calories if you try to crash diet for longer than 4 days at a time, which ultimately will derail your efforts to lose the most fat.

3. A high-carb day following the 4 "crash diet" days. A high-carb day will help re-set the hormones that might be off from your crash-dieting period. It will also help re-fill muscle glycogen, which will improve your workout performance, allowing you to preserve more muscle and burn more calories and fat. Fat intake should be kept low on a high-carb day because any fat grams you take in on a high-carb day are likely to be stored as fat, since you have the carbs you are consuming available for energy. Super-high protein isn't required, but you still need to get at about 0.8 grams/pound of body weight in protein. Don't let protein be higher than that, because it's important that the bulk of your calories come from carbs on this day in order to reap the benefits described above.

4. Calories are set moderately low on the remaining days of the week. This helps extend the metabolic repair that is occurring following the hard diet days, yet will still result in fat loss.

5. Weight training consists of "heavy" full-body workouts twice per week. This is just enough to maintain the muscle you have now while you're dieting. More than that is not necessary on a diet and may result in overtraining, which is counterproductive. Unless you are a beginner, you will not build muscle on a rapid fat loss plan like this one, but it is important to try to prevent muscle loss. Make sure you lift as heavy as you can for the given rep range.

6. Cardio is included on an "as-needed" basis. If you fall into the group that I say might not need cardio, don't add it unless you truly are not seeing your 2+ lbs/week of weight loss. Studies have shown that cardio on an already severely calorie-restricted diet usually doesn't result in more fat loss: it just leads to accelerated muscle loss and a drop in metabolism, which means in the end you don't lose any more weight, and you will have less tone to your body. On the other hand, if you are a smaller person who is less active or has a slower metabolism, do your cardio to maximize results on this program.

7. You should remain on this program for four weeks at the most. Even though it is designed very well, your body will still begin to show signs of "starvation mode" which means that your metabolism is slowing down in response to the dieting. If you take a "break" and eat enough calories and/or reduce your exercise so that you maintain your weight for a 2-week period, you may go on the rapid fat loss plan again for 4 more weights. However, if you continue on this diet for longer than four weeks, chances are your weight loss will slow in spite of the large caloric deficit. It doesn't make sense to put yourself through this with lesser results because you didn't follow the instructions. It simply won't work as well if you go longer than 4 weeks, and you will be at risk for overtraining and a slowed metabolism, which makes losing weight or maintaining your weight loss that much harder.

Turn the page for the Plan.

The Trainer-Approved Rapid Weight Loss Plan

For up to a four-week period of time, it isn't significantly detrimental to undergo a rapid weight loss plan. Your biggest risk will be some muscle loss, but this won't happen to a significant degree if you follow the training and diet guidelines presented here. Of course, it can be HARD to be that "good" even for just 4 weeks—and you may lose some muscle if you begin losing weight more rapidly. However, losing some muscle is part of the trade-off for losing fat more rapidly. It may be necessary to lose weight so fast that you lose some muscle if you hope to win these contests. For your information, unless you are significantly overweight you may start to lose muscle when you lose more than 1.5-2.0 pounds/week. Again, some muscle loss is probably inevitable if you require rapid weight loss.

For those who would like to try a "push" for rapid weight loss for up to four weeks, stick to the following diet schedule (may start on Monday or any day). Calorie counting, or at least calorie awareness, are required for best results on this rigorous plan.

The Diet

Day 1: Multiply your current body weight by 8 and consume that number of calories. For example, if you weigh 150 lbs., consume 150x8 or 1200 calories. Your meals will be based around high-protein, low-carb choices such as chicken, fish, egg whites or eggbeaters, and protein powder. You may have low-calorie (non-starchy) veggies. You also need to include fatty acids (six 1-gram fish oil capsules). You may have 1-2 servings of whole grain or fruit, or a "treat" like a 200-calorie desert as well, but be sure to include it in your calorie figure.

Day 2 thru 5: Consume no more than 1000 calories. Your meals will consist solely of lean protein and non-starchy veggies. Also include essential fatty acids (six 1-gram fish oil capsules).*

Day 6: Multiply your body weight by 18 and consume that number of calories. For example, if you weigh 150 lbs, consume 150x18 or 2700 calories. Eat mainly carbs on this day, and stick to low-fat choices. Have some protein, but not nearly as much as on your diet days. 6 oz. during the day is plenty. For example, have cereal with milk for breakfast, a turkey sub with pretzels for lunch, and a big pasta dinner.

Day 7: Same as Day 1.

*The more you weigh right now, the fewer calories you actually need on these "crash diet" days. If you have less than 10 pounds to lose, eat the entire 1000, and make sure at least 700 of those calories are from protein. If you have 10-20 pounds to lose, eat 800-1000 calories, with at least 600 calories from protein. If you have more than 20 pounds to lose, eat 600-1000 calories, with at least 450 calories from protein

How Training Fits into the Mix

For this training program to be worth the time and effort, it is extremely important that in Day 2 thru Day 5 of the contest, a large calorie deficit is created through your diet. The body handles a large calorie deficit best if it is limited to 3-4 days in duration. If you go longer than that, you'll lose too much muscle.

Due to gender differences in size and muscle mass, most men require more calories than women and will already have quite a large deficit when consuming just 1000 calories/day (which is recommended Days 2-5). Most men and women with very active jobs might not have to do any cardio at all, and should still lose at least 2 lbs./week on this diet. A shorter man, a man that has a slow metabolism, or a man with a fairly sedentary job will probably need cardio on most, if not all, of the diet days. Women almost always will need cardio on the diet days, both to create a larger deficit and to mobilize stubborn bodyfat on the hips and thighs. It is not advised to go below 1000 calories/day ever, for health, muscle preservation, and sanity reasons!

Week 1: Perform 45 minutes of moderate pace cardio on days 2-5 if necessary according to the guidelines above. You may perform interval training on day 1 and day 2 if you feel up for it. Perform 3 sets per body part of full body weight training in the 6-8-rep range on the eve of day 5 or the morning of day 6, and also on Day 1. Take day 7 off from workouts, or perform light cardio for 30-60 minutes.

Week 2: Same workout schedule, but increase cardio length and/or frequency if you didn't lose what you wanted last week.

Week 3: Same workout schedule, but increase cardio if you didn't lose what you wanted last week.

Week 4: Same workout schedule, but increase cardio if you need to lose faster.

Other Tips

1. Drink at least 2 liters of water each day that you follow the rapid fat loss diet (1 gallon is better).
2. Drink up to 4 cups of green tea per day to stimulate the metabolism and burn extra calories.
3. On a diet this strict, it is crucial that you take a multivitamin and six fish oil caps daily. In addition, you may want to take extra vitamin E, vitamin C, magnesium, potassium, and zinc.
4. Coffee is okay, and may even be helpful for fat loss and appetite control...as long as it doesn't affect your sleep or otherwise impact your health.
5. Although it is your personal choice, I recommend staying away from aspartame.
6. Get plenty of sleep. You may want to take 5-10 grams of glutamine before bed to help you sleep and aid in recovery.
7. You may want to take essiac tea as a general system detox and blood sugar regulator while you are on the rapid fat loss plan. See www.bulk-essiac-tea.com.

Results You Can Expect

You can expect to lose 2-4 lbs. per week during this rapid fat loss plan...perhaps more during the first week. The more you weigh now and the harder you work out, the more weight you will lose.

After The Rapid Weight Loss Plan

Following this rapid fat loss plan, you should strive to maintain your weight for a two-week period by eating at maintenance calories. This will serve to re-set any metabolic drop you may have triggered by the rapid fat loss plan. If you have more weight to lose, you may proceed with following a moderate diet plan of 1-2 lbs. of weight loss/week. To make this adjustment to slower weight loss while following the structure to this plan, you may decide whether to increase your calories by 250-500 per day of the diet, or cut your cardio time in half. Tweak calories and exercise as needed to keep on target with your weight loss goal, and be sure to adjust calorie levels downward (but no lower than 1200 calories per day) as you continue to lose weight, as a smaller body requires fewer calories.

GOOD LUCK!

REFERENCES:

This plan was inspired by Lyle McDonald's e-books, "The Ultimate Diet 2.0," "A Guide to Flexible Dieting," and "The Rapid Fat Loss Handbook." Copyright 2003, 2004, and 2004 respectively. To purchase, see: <http://hop.clickbank.net/?qikigirl/dpower>.