



PERFORMANCE COACHING

THE BEST WAYS TO BURN FAT FAST





Preface

In our fast-paced world where time has become our most precious commodity with work, family, and social media taking up most of our time, I decided to put together a few of the learnings I have had in my own journey as a personal fitness coach and fitness enthusiast in my industry experience of over 15 years. It is my personal belief that our consumption of not just food but also social media puts us at an advantage or disadvantage in our fitness journey. Sometimes we lead to inspire, at other times we are inspired; either way, it is important to keep motivated, as we oftentimes struggle to put our health first. The idea for this book is to give you a head start on the path to taking control of your health and fitness. Since moving to Dubai eight years ago, I've been away from my home and family in Egypt. Dubai has become a second home, and my clients have become my extended family. This is my gift to you. Please share it with your family and friends. I hope to help as many people as I can on their fitness journeys, either directly or indirectly. If you were looking for a sign to get fit and lose weight,

This is it.

Yours in health and fitness,

Coach Kamal



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1. Start Strength Training :

- Strength training is a type of exercise that requires you to contract your muscles against resistance. It builds muscle mass and increases strength.
- Studies show that strength training paired with aerobic exercise was more effective at reducing body fat and belly fat than aerobic exercise alone.
- Strength training involves lifting weights to gain muscle over time.
- Resistance training helps preserve fat-free mass, which can increase the number of calories your body burns at rest.

2. Add more Protein to your diet :

- Consuming more protein-rich foods is linked to a decreased chance of weight gain.
- Increasing your protein intake can increase feelings of fullness, decrease appetite, lower calorie intake, and preserve muscle mass.
- Examples of protein-rich foods include meat, seafood, poultry, eggs, legumes, and dairy products.

3. Improve Your Sleep :

- Getting enough and better-quality sleep, as well as getting at least seven hours of sleep per night, is linked to decreased appetite and hunger, as well as a lower risk of weight gain.
- Research shows that a lack of sleep contributes to alterations in hunger hormones, increased appetite, and a higher risk of obesity.
- Having a better sleep requires limiting the intake of caffeine and minimizing the use of electronic devices before bed to help support a healthy sleep cycle.
- Several vitamins and minerals, such as ZMA, Melatonin, and Ashwagandha, play an important role in promoting a healthy sleep cycle.

4. Add Apple Cider Vinegar to your diet :

- Apple cider vinegar aids in blood sugar control by increasing feelings of fullness, decreasing appetite, lowering calorie intake, and lowering body fat.
- Each day, consume 1-2 tablespoons (15–30 mL) of apple cider vinegar.



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5. Increase your intake of Healthy Fats :

- Because dietary fat digests slowly, it can help to suppress appetite and hunger. A moderate and balanced intake of healthy fats has been linked to a lower risk of weight gain and belly fat.
- Unhealthy types of fat, like trans fats, have been shown to increase body fat, waist circumference, and belly fat.
- Keep in mind that healthy fat is still high in calories, so moderate how much you consume. Instead of eating more fat in general, try substituting the unhealthy fat varieties for the healthy fats in your diet.

6. Consume Healthy Beverages :

- Swapping out High-Empty-Calorie drinks for some healthier selections is one of the easiest ways to increase fat burning.
- Sugar-sweetened beverages like soda and juice are packed with calories and offer little nutritional value, and alcoholic drinks are also high in calories and have the added effect of lowering your inhibitions, making you more likely to overeat, which is associated with a higher chance of weight gain. Instead, drink calorie-free beverages like water or green tea.

7. Add Soluble Fiber :

- Soluble fiber absorbs water and moves through the digestive tract slowly, helping to keep your gut bacteria healthy, promoting feelings of fullness, decreasing hunger, and decreasing calorie intake for greater weight loss.
- To further promote weight loss, combine your soluble fiber intake with other lifestyle changes, such as making healthier food choices and exercising more.
- Soluble fiber helps lower total blood cholesterol levels by lowering low-density lipoprotein, or "LDL cholesterol levels." Studies have shown that high-fiber foods have other heart-health benefits, such as reducing blood pressure and inflammation.
- Fruits, vegetables, legumes, whole grains, nuts, oats and flaxseed are a few examples of high-fiber foods that can boost fat burning and weight loss. Just be moderate when you consume them.



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8. Incorporate Psyllium Husk into your diet :

- Psyllium husk is a soluble fiber, and adding it to your diet can help promote regularity and overall digestive health.
- Psyllium husk is a prebiotic, a substance needed for healthy colonies of probiotics to grow in the gut.
- A healthy colony of good bacteria in the digestive system is essential for healthy immune function. Your body is better able to fight infection, reduce inflammation, and maintain healthy tissue and cells.
- Psyllium husk has been shown in studies to help obese or overweight manage their cholesterol levels.
- Research has suggested that psyllium can help people maintain a healthy glycemic balance of insulin and blood sugar (glucose).
- Each day, consume 5–10 grams of psyllium husk with water.

9. Reduce Refined Carbs :

- Reducing your intake of refined carbohydrates help you lose weight.
- During processing, refined grains are stripped of their bran, resulting in a final product that's low in fiber and nutrients.
- Refined carbs also tend to have a Higher Glycemic Index, which can cause spikes and crashes in blood sugar levels, resulting in increased hunger.
- To achieve the best results, limit your intake of refined carbohydrates from pastries, processed foods, pastas, white breads, and breakfast cereals and replace them with whole grains such as whole wheat, quinoa, buckwheat, barley, and oats.

10. Increase your Cardio :

- Cardio is an aerobic exercise and is defined as any type of activity that increases your heart rate. Include 30 to 45 minutes of cardio in your daily workout.
- Cardiovascular exercises such as running, walking, cycling, and swimming can help burn fat and jump-start weight loss.
- Studies show that the more aerobic exercise people get, the more belly fat they lose. Cardio also helps reduce waist circumference and lower body fat.



11. Drink Coffee :

- Caffeine acts as a stimulant for the central nervous system, increasing energy expenditure, metabolism, and fatty acid breakdown.
- Plain, black coffee is very low in calories. To maximize the health benefits of coffee, skip the cream and sugar. Instead, enjoy it on its own or with a small amount of milk to prevent the extra calories from stacking up.
- Up to 400 milligrams (mg) of caffeine a day is safe for most healthy adults. That's roughly the amount of caffeine in four cups of brewed coffee. Keep in mind that the actual caffeine content in beverages varies widely.
- Caffeine is not a good idea for children, pregnant women, adolescents, and young adults, who need to be cautioned about excessive caffeine intake.
- Even among adults, heavy caffeine use can cause unpleasant side effects. And caffeine may not be a good choice for people who are highly sensitive to its effects or who take certain medications.

12. High-Intensity Interval Training (HIIT) :

- High-intensity interval training, also known as "HIIT," is a form of exercise that pairs quick bursts of activity with short recovery periods to keep your heart rate elevated.
- Studies show that HIIT can be incredibly effective at ramping up fat burning and promoting weight loss.
- HIIT forces your body to use energy from fat as opposed to carbs. This makes losing fat more efficient. Studies have shown that with HIIT, you can preserve muscles while burning the maximum amount of fat.
- HIIT helps you burn more calories in a shorter amount of time than other forms of cardio or traditional exercise.
- HIIT can elevate your metabolism for hours after exercise. This results in burning additional calories even after you have finished exercising.
- HIIT can improve oxygen consumption as much as traditional endurance training.
- HIIT improves aerobic and anaerobic performance.
- Combine your daily workout with 20 minutes of HIIT three times per week.



13. Include Probiotics :

- Probiotics are a type of beneficial bacteria found in the digestive tract that have been shown to improve many aspects of health. In fact, the bacteria in your gut have been shown to play a role in everything from immunity to mental health.
- Increasing your probiotic intake through food or supplements can help boost fat burning and keep your weight under control.
- Studies recommend taking probiotics during a high-fat ketogenic diet.
- Certain strains of probiotics in the genus *Lactobacillus* are especially effective at aiding weight and fat loss.
- Taking supplements is a quick and easy way to get a concentrated dose of probiotics every day.
- Alternatively, you can try adding some probiotic-rich foods to your diet, such as kefir, tempeh, natto, kombucha, kimchi, and sauerkraut.

14. Add More Iron to Your Diet :

- Iron is an important mineral that has many vital functions in the body.
- As with other nutrients such as iodine, a deficiency in iron may impact the health of your thyroid gland. This small gland in your neck secretes hormones that regulate your metabolism.
- Studies show that low levels of iron in the body are associated with impaired thyroid function and a disruption in the production of thyroid hormones.
- Common symptoms of hypothyroidism, or decreased thyroid function, include weakness, fatigue, shortness of breath, and weight gain. Similarly, a deficiency in iron can cause symptoms like fatigue, dizziness, headaches, and shortness of breath.
- Treating iron deficiency can improve metabolism and fight fatigue, allowing you to increase your activity level.
- Women, infants, children, vegans, and vegetarians are all at a higher risk of iron deficiency.
- Include plenty of iron-rich foods in your diet to help meet your iron needs while also maintaining your metabolism and energy levels.



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- You can find iron in meat, poultry, seafood, fortified grains and oats, leafy green vegetables, dried fruits, and beans.

15. Intermittent Fasting :

- Intermittent fasting is a diet pattern that involves cycling between periods of eating and fasting.
- According to research, intermittent fasting aids in both weight loss and fat loss.
- Studies show that eating only during an eight-hour window each day helps decrease fat mass and maintain muscle mass when combined with resistance training.
- Eat Stop Eat, the Warrior Diet, the 16/8 Method, and the 5:2 Diet are all popular types of intermittent fasting.
- Find a variation that fits in with your schedule and lifestyle, and don't be afraid to experiment to find what works best for you.

16. Drink Plenty of Water :

- Water Consumption Per Day: About 11.5 cups (2.7 liters) to 15.5 cups (3.7 liters) of water a day, depending on the type, intensity, duration, and sweat rate of the activity for each individual. Adding Electrolytes during any sports activity is recommended.
- Replace sugary beverages with water. It is a very easy way to cut back on sugar and calories.

17. Be in Calorie Deficit :

- A calorie deficit is when you consume fewer calories than the body requires to stay at its current weight.
- If you consume fewer calories than your body requires, your body will use the calories you have stored up to provide energy. As a result, you'll lose weight.

18. Check Vitamin D Levels :

- Vitamin D is an important micronutrient with major health benefits, including improved immunity and stronger bones.
- Vitamin D is a fat-soluble vitamin that you can get from vitamin D-rich foods or supplements. Your body is also able to make it through sun exposure.



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- Because vitamin D is not found naturally in very many foods, most health professionals recommend getting at least 5–30 minutes of sun exposure daily or taking a supplement to meet the recommended daily amount.
- Studies show that a higher body mass index and body fat percentage are associated with lower blood levels of vitamin D.
- Studies show that vitamin D could potentially reduce the formation of new fat cells in the body. It could also suppress the storage of fat cells, effectively reducing fat accumulation.
- Vitamin D can increase levels of serotonin, a neurotransmitter that affects everything from mood to sleep regulation.
- Serotonin may play a role in controlling your appetite and can increase satiety, reduce body weight, and decrease calorie intake.
- Balanced levels of vitamin D may be associated with higher levels of testosterone in men, which could trigger weight loss. Higher levels of testosterone can reduce body fat and help sustain long-term weight loss. It does this by boosting your metabolism, causing your body to burn more calories. It could also block the formation of new fat cells in the body.
- Consult a specialist before taking vitamin D to determine how much and for how long you should take it.

19. Reduce Stress :

- As part of the body's emergency response system to stress, high levels of the hormones adrenaline, noradrenaline, and cortisol are released. This causes elevated blood glucose levels and increases insulin resistance, which leads to Metabolic Syndromes like (Type 2 Diabetes & Obesity).
- To reduce stress, you should increase your physical activity, follow a healthy diet free of refined carbs and sugar, minimize phone use and screen time, and practice deep breathing and yoga.
- Several vitamins and minerals play an important role in your body's stress response and mood regulation. As such, a deficiency in one or more nutrients may affect the ability to cope with stress.



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- When you're stressed, your magnesium levels may become depleted. Since this mineral plays an important role in the body's stress response, it's important to make sure you're getting enough each day.
- Other supplements, including rhodiola, ashwagandha, B vitamins, and L-theanine, have been shown to help reduce stress.
- Dietary supplements may not be safe for everyone. Consult a healthcare professional if you're interested in using supplements to help relieve stress.

20. Using Thermogenesis to Lose Weight :

- Thermogenesis utilizes calories to produce heat, which can help create a negative energy balance and lead to weight loss. This can support other fat loss efforts to ensure you get the best possible results from your hard work. Thermogenesis can have a significant influence on weight loss. This is because it burns calories, which can help you avoid a positive energy balance (the main cause of weight gain). In combination with a healthy diet and regular exercise, inducing thermogenesis is an effective way to lose weight by burning body fat.
- There are two types of thermogenesis that occur in the human body :

A- Nutrition & Diet :

→ It is called Diet-Induced Thermogenesis: Also known as the "Thermic Effect of Food" this refers to the calories expended in the digestion, absorption, and storage of food. Diet can influence thermogenesis in several ways. Some macronutrients (such as protein, complex carbs, and fiber) take more energy to absorb and digest than others (such as simple carbs and fats), which means your body expends more calories by simply eating them.

B- Physical Activity :

→ It is called Exercise-Associated Thermogenesis: Heat production caused by muscle movement during sports and exercise activities. As you exercise, calories are burned by muscle cells to enable the fibers to contract. The energy from these calories is mainly used for movement, but a lot of it is also lost as heat. As you increase your level of exercise intensity, a greater amount of energy dissipates in the form of heat.



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→ While you're burning calories through physical activity, you're also burning calories through heat loss. This promotes fat loss and hastens the onset of results.

21. Planning :

- Planning your training program and keeping track of your progress will help you understand how your body reacts to different types of training and levels of exercise intensity. This will also help you identify your strengths and weaknesses, allowing you to work on the weaknesses and strengthen it over the course of the training program.

22. Tracking :

- Tracking how many calories you need to consume per day and determining what your maintenance calories are and how many calories you need to lose weight or bulk up; increasing protein intake and healthy dietary fats; and reducing your consumption of refined carbohydrates and sugars for the best long-term results.

23. Controlling :

- You must be in command. You have to be mindful about the food you consume. Having a small piece of biscuit or a small plate of pasta mindfully and with control teaches you that there is no strict diet or starvation mode to lose weight, but you must be completely in control and aware of the type and quantity of food you consume, as well as how you eat it. And this is the most important aspect and the message I want to convey.
- By adopting good eating habits, being mindful of the foods you eat, and being in control of what you eat, you don't have to follow a strict and unsustainable diet. You don't have to eliminate food groups. You don't have to follow the all-non-scientific diet culture. It's literally that simple.