

## Valuable tips

### Change your habits - set objectives

Information about your body fat percentage and the desired fat loss are the first steps to a healthier lifestyle. The right exercise program, a healthy diet and a clear vision of the desired results are crucial to reaching your goals.

#### Carbohydrates

Avoid too much sugar! Caution: Sugar has many names - not everything that contains sugar is labelled sugar!

#### Protein

Eat enough protein and pay attention to a healthy mix of vegetable and animal protein with high biological value!

#### Exercise

In addition to endurance training, success is especially achieved by strength training which is increasing the basal metabolic rate!

#### Body composition analysis

Take control of your success! Regular body analysis will help you achieve your goals reliably and efficiently.

#### Fat

Minimize the use of fats by using mainly vegetable fats. Distinguish energizers (e.g. vegetable oils) from fattening fat (e.g. chips, hydrogenated fats)!

#### Drinking

If you're hungry, drink some water first and wait for about 30 minutes!

#### Nutrients

Eat fresh fruits, crispy vegetables and delicious whole grain products on a daily basis!

#### Body & Soul

Imagination creates reality! Tomorrow you will BE what you THINK today. THINK today, what you would like to BE tomorrow!



#### Protein

Protein is responsible for the growth and development of lean muscle. The success of a body fat reduction is mainly determined by the maintenance of muscles. Muscles burn calories every day. To lose weight requires to ingest plenty of quality protein to maintain the equilibrium. Experience shows that protein requirements during the phase of weight reduction can rise up to 1.8 - 2.5 grams per kilogram of body weight per day.

#### Carbohydrates

Hidden in convenience food and beverages, sugar often causes an immediate release of significant amounts of insulin, resulting in a quick reduction of the blood sugar level and a desire for sweets. At the same time the fat burning process will be blocked for a certain time. Therefore, always check the ingredients of the products you buy in order to avoid unnecessary sugar consumption.

#### Fat

According to recommendations of nutritionists, daily consumption of dietary fats should not exceed 30% of the total calories. 1 gram of fat equals 9.3 kilocalories (1 g fat = 9.3 kcal) and thus more than twice the energy of 1 g of carbohydrate or 1 g of protein.

#### Drinking

Signals for hunger and thirst are easily confused. Sometimes believed to be hungry, even though it is actually thirsty.

#### Nutrients

Fresh fruit and vegetables contain vital ingredients to lose weight. Of particular importance are the micronutrients found in natural foods, such as vitamins C, E and D, magnesium, copper, zinc, selenium, chromium, carnitine and coenzyme Q10.

#### Body & Soul

Shortly before falling asleep, just imagine how you would like your body to look, with it's optimal form. You feel happier, more free and relaxed if you watch yourself like this. Save this image in your subconscious and motivate yourself every day.

#### Exercise

Muscle provides the metabolic "engine" of the body, creating the energy to melt your fat. The more energy we expend (exercise), the hotter the engine burns (increased metabolism).

#### Body composition analysis

Your body fat percentage includes an important statement about your fitness and nutritional level, and shows by periodic followup measurements with a professional diagnostic system, whether you have reduced musculature, body water or fat.