

A Special Report provided free of charge courtesy of:
Anthony Gillespie
Best Practice Personal Training at the Valley Pool
432 Wickham St Fortitude Valley
3854 0386
www.bestpracticept.com.au

What Brisbane Residents Say About Best Practice Personal Training at the Valley Pool



“Last night’s coaching session was great, these sessions have a very positive effect on me. I have learnt more about myself and what I can achieve. You are good at what you do and I think that is because you love what you do, if a little bit of that rubs off onto your clients (which it has with me) then this is a great success for you” Michelle Leversedge

© 2009 Your Best Practice Personal Training at the Valley Pool
All Rights Reserved

DISCLAIMER AND/OR LEGAL NOTICES

Talk to your doctor before beginning any exercise program.

The information presented herein represents the view of the author as of the date of the publication. Because of the rate with which conditions change, the author reserves the right to alter and update his opinion based on the new conditions. The report is for information purposes only. While every attempt has been made to verify the information provided in this report, neither the author nor his affiliates/partners assume any responsibility for errors, inaccuracies or omissions. Any slights of people or organizations are unintentional. If advice concerning health or related matters is needed, the services of a fully qualified professional should be sought. This report is not intended for use as a definitive source of health advice.

Your Metabolism Holds The Secret To Your Best Body

Dear Friend,

It's true. The 'secret' to getting the health and fitness results you want in the shortest period of time, with the least effort, is in *mastering your metabolism*.

And it's much easier to do than you may think.

I'm going to show you how in this revealing special report.

But let's back up for a moment and start from the beginning. I want to 'pull back the curtain' on the mystery of your metabolism and help you understand why it's so important to your health and fitness results.



Matthew McConaughey, Halle Berry and Demi Moore have mastered their metabolism. Now you can too.

"It's Not You...It's Your Metabolism"

Do you sometimes feel like a prisoner in your own body?

If you're struggling to get your best body...if you're frustrated with the results (or lack of them) you're getting...your metabolism holds the secret. Understanding what it is and how it works is absolutely vital to your short term body transformation success, and your long-term best body maintenance.

Because your metabolism, simply put, is **your body's engine**. And the better your engine is tuned up, the faster and hotter it burns, the better results you get.

What The Mayo Clinic Says About Your Metabolism

On the next page I want to show you an article from the Mayo Clinic. I've included this article because I know you want FACTS, not speculation or hyperbole.

Everything we do here at **Best Practice Personal Training at the Valley Pool** is supported by and driven by medically verifiable facts from the most respected sources.

Go to the next page now and see what the Mayo Clinic says about your metabolism...

Metabolism and weight loss: How you burn calories

Discover how metabolism burns calories, how it affects your weight and ways you can burn more calories for greater weight loss.

You likely know your metabolism is linked to your weight. But do you know how?

Common belief holds that a slim person's metabolism is high and an overweight person's metabolism is low. But this isn't always the case. Weight isn't necessarily directly linked to metabolism.

Instead, weight is dependent on the balance of total calories consumed versus total calories burned. Take in more calories than your body needs, and you gain weight. Take in less and you lose weight. Metabolism, then, is the engine that burns these calories.

Metabolism: Converting food into energy

Stated simply, metabolism is the process by which your body converts food into energy. During this complex biochemical process, calories – from carbohydrates, fats and proteins – are combined with oxygen to release the energy your body needs to function.

The number of calories your body burns each day is called your total energy expenditure. **The following three factors make up your total energy expenditure:**

Basic needs. Even when your body is at rest, it requires energy for the basics, such as fuel for organs, breathing, circulating blood, adjusting hormone levels, plus growing and repairing cells. Calories expended to cover these basic functions are your basal metabolic rate (BMR). Typically, a person's BMR is the largest portion of energy use, representing two-thirds to three-quarters of the calories used each day.

Food processing. Digesting, absorbing, transporting and storing the food you consume also takes calories. This accounts for about 10 percent of the calories used each day.

Physical activity. Physical activity – such as playing tennis, walking to the store, chasing after the dog, exercising and any other movement – accounts for the remainder of calories used. You control the number of calories burned depending on the frequency, duration and intensity of your activities.

Influences on your calorie needs

If you and everyone else were physically and functionally identical, it would be easy to determine the standard energy needs. But many factors influence calorie requirements, including body size and composition, age, and sex.

Body size and composition. To function properly, a bigger body mass requires more energy (more calories) than does a smaller body mass. Also, muscle burns considerably more calories than fat does. So the more muscle you have in relation to fat, the higher your basal metabolic rate.

Age. As you get older, the amount of muscle tends to decrease and fat accounts for more of your weight. Metabolism can also slow with age. Together these changes reduce your calorie needs.

Sex. Men usually have less body fat and more muscle than do women of the same age and weight. This is why men generally have a higher basal metabolic rate and burn more calories than women do.

Burning more calories

You can increase daily exercise and activity to build muscle tissue and burn more calories. Regular aerobic exercise, such as walking daily for 30 minutes or more, is an excellent way to burn calories. Strength training exercises, such as weight training, also are important because they help counteract muscle loss associated with aging. And since muscle tissue burns more calories, **muscle mass is a key factor in influencing your metabolism and weight loss.**

Your Metabolism = Your Engine

To get up and go, your body needs food, much like a car engine needs fuel. Your body's engine is your metabolism. When you rev the engine—say, when exercising—you burn more fuel. And when your engine is a finely tuned metabolism, your body burns its fuel most effectively, and with less waste. That means less fat and greater fitness for you.

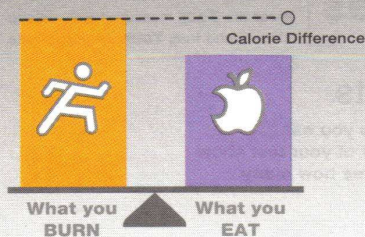


Is your metabolism like the engine in this old jalopy, or in this high-powered Jaguar? If it's not running fast and hot, we can help you.

Fueling your system is a calories in/calories out proposition. The “calories in” come from food fuels: fats, carbohydrates, proteins. The body uses each of those fuel sources for different purposes, and excess calories are stored in a way that is unique to each fuel source. (Take fat, for instance: The body has seemingly unlimited capacity to store excess fats, and it does so in a decidedly bulky way.)

Introduction - Energy Balance

One thing holds true in weight management and that is Energy Balance. Simply put, if you burn more energy than your body absorbs, you will lose weight. When food is absorbed into your body it must either be burned as energy or stored as fat. Knowing your metabolic rate helps you to know how to balance what you eat with what you burn.



Energy in the Body

Calories is how we measure the energy in the food we eat and the energy our body uses. Your metabolic rate is how many Calories your body burns in a day. It is how fast your body burns energy. The trick is to balance the Calories you eat with the energy needs of your Metabolism. Measuring your metabolic rate is how we determine what is the right number of Calories for your body - for your metabolism.

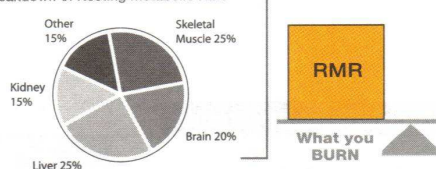


What you Burn

Resting Metabolic Rate (RMR):

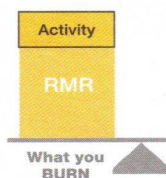
Today we measured your unique resting metabolic rate. This is the number of Calories your body would burn if you did nothing more than sit in a chair all day. This is similar to what is known as your *Basal Metabolic Rate (BMR)*. Your resting metabolic rate is related to your lean body mass or the fat-free part of your body. Your lean body mass is made up of muscle and internal organs.

Breakdown of Resting Metabolic Rate



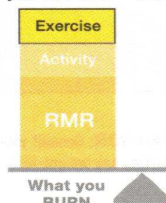
Activity & Lifestyle:

When you move your body burns energy. The more you move the more energy you burn. Your activity during the day is the biggest part of your body's energy output that you have control over. Daily Activity will generally account for burning more Calories than will exercise. Even the simplest activities can double the rate at which your body burns energy. Whether doing household chores, playing with your kids, or taking the stairs instead of the elevator, simple activities are the key to tipping the scales of energy balance in your favor.



Exercise:

Many people are surprised by how few calories are burned when they exercise. Don't make the mistake of rewarding yourself with food when you exercise - the calories you burn may only add up to ½ of a candy bar. However, exercise is important to increase your lean body mass (*i.e. muscles - the Calorie burning part of your body*). Proper exercise will provide your body with signals to help you lose weight and will even help control your appetite.



The “calories out” are burned off through physical activity such as exercise, the digestion of food, and resting metabolism. The amount of calories burned via physical activity is largely up to you: your activity levels and your workout routine. The energy it takes to use the food you eat requires a nominal 10% of the total calories out. Your resting metabolism—meaning the amount of energy required to do all the things a body does to stay up and running, from the breathing you hardly even notice to the thinking you’re doing at this very moment—commands most of the calories out, at 60% to 70%. Learning how to maximize that number is what we show you how to do here at **Best Practice Personal Training at the Valley Pool** with our **METABOLIC BLUEPRINT** assessment and analysis.

I'll tell you more about that process in a moment and even show you the kind of report we generate for you when you we do your METABOLIC BLUEPRINT. Because, frankly...

It's like discovering your body's I.Q.

You've Just Gotta Be Crazy With Curiosity About YOUR Metabolism!

Everybody else sure is curious about theirs...

In fact, all our clients are just amazed at the power of these three devices for giving personalised and accurate information for accelerated results

They can't take their eyes off of it. And not because of how it looks... *but because of what it does*. It's like some sort of fortune teller or something. But it doesn't read your mind...it reads your body.

All you do is blow into the tube, and the Fitmate Analyzer tells you the single most important piece of data about



The power of 3. RMR, bioimpedance and dietmaster pro

your body's capacity to utilize energy. It reveals your unique metabolic blueprint... your body's I.Q.!

But here's what's really cool...

Unlike your brain's I.Q., which you don't have much control over after a certain age – your metabolism can be improved, accelerated and OPTIMIZED...at any age!

And when your metabolism is optimized, your body becomes a lean-muscle-manufacturing, fat-burning-furnace!

We'll be happy to prove that to you with a Metabolic Blueprint Consultation. Because, let's face it, everybody's curious what their metabolism really is. And optimizing your metabolism puts you on the **Rapid Results** fast-track to serious health and body transformation.

[Just give us a call on 3854 0386](tel:38540386) and we can get you in for your Metabolic Blueprint Consultation scheduled quickly. But do hurry because folks are signing up every day to unlock the secrets to their metabolism and we are doing it over 3 days in November. And I don't want you to miss out. This test is included in the body balance challenge. It is available to do as stand alone measure for \$79 or for the full analysis \$150.

Two Metabolism Myths Exposed!

Myth #1: Aging slows your metabolism.

Reality: The tendency to put on weight does increase with age, and as we get older, metabolism can slow. But adding another candle to your birthday cake isn't to blame. Nope, if your metabolism is slowing down, you can chalk it up to less-than-ideal health habits (like eating that extra slice of cake or skipping workouts).

So what can you do to prevent the decline of your metabolism through the years? For starters, check your lifestyle choices, **such as your sleep habits**. Researchers have found that getting less than 7.5 hours of sleep slows metabolism. Adequate sleep keeps the body in good working order, and 8 hours or more of rest is better still.

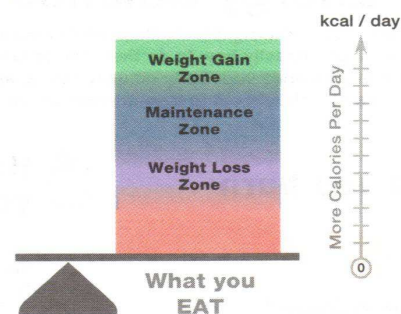
Keep exercising (or talk to us about getting started). It's an obvious way to encourage the body to burn calories. A bonus: The lean muscle you add to your body will burn calories significantly faster than your



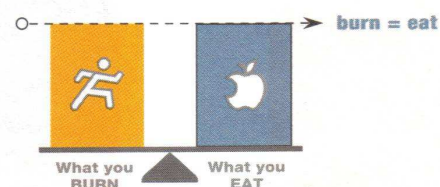
What you Eat

The number of calories you eat in a day determines whether you will maintain, gain, or lose weight. To help you understand how your own metabolism affects this, we have developed Target Zones.

These Zones are calculated using your individual Metabolic Rate Test. They pinpoint the precise number of calories your body needs each day to lose or maintain weight effectively.

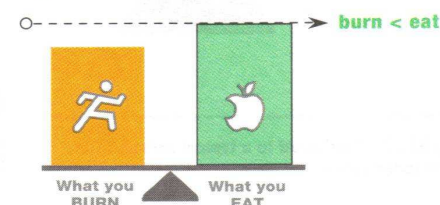


Maintenance Zone:



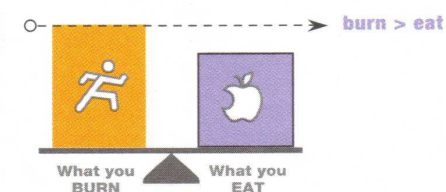
Eating within your Maintenance Zone teaches you what it feels like to "eat to your metabolism." This should become a very comfortable, satisfying way of life because you have learned to feed your body precisely what it needs.

Weight Gain Zone:



The Weight Gain Zone can be deceiving. As you eat too much, your metabolism works extra hard to burn off those extra calories. The result is that weight comes on very slowly, creeping up on you. You may even maintain this excess weight by eating far more than you should. When you attempt to lose weight, you may need to make an unusually large reduction in calories to cross through your Maintenance Zone to reach your Weight Loss Zone.

Weight Loss Zone:



The Weight Loss Zone indicates the maximum number of calories you can eat and still lose weight. In this Zone, your body will be healthy, happy, and satisfied. Imagine the success you will have when dieting feels this good! Discuss your Target Calories with your caregiver.



Comparison:

Are you Fast or Slow?



Many studies have been done to determine what is an "average" or "normal" metabolism. Your metabolic rate has been compared to what is "normal" for your age, height, weight, and sex. We often hear people blame their "slow metabolism" for their weight gain. But really most people do not have a slow metabolic rate.

Your measured metabolic rate is shown compared to average. If you have a "FAST" metabolic rate your body burns MORE calories than average - which is good. If you have a "SLOW" metabolic rate your body burns FEWER calories than average.



What to Do

Listen to Your Physician / Caregiver

MR testing and Metabolic Zones are all about individualizing your weight loss plan. Your caregiver knows you well and can further customize your plan to help you succeed.

Target Daily Calories:

Manage Your Energy Balance

Remember it is all about balance - energy balance. The key to successful weight management is to balance the Calories you eat with the Calories you burn.

Manage your Calorie Intake

Follow the nutritional guidelines and Target Daily Calories recommended by your caregiver. Your metabolic rate test provides information about what is right for you! Use this to your advantage.

Increase Your Activity

This is the best way to affect what you burn. Simple things add up. As we get older our decrease in activity is the largest loss in what we burn.

Light & simple exercise gets oxygen to your muscles and gives your body signals that help you burn fat. There is a simple rule of thumb to know if your exercise will be effective for weight loss - You should feel like you are working hard but can keep going for a long while. Be sure you can carry on a conversation comfortably throughout your workout.

Maintain Your Lean Body Mass

Follow carefully the nutrition guidelines of your caregiver. Insufficient protein in your diet will cause a decrease in lean body mass. As you lose weight, you do not want to lose the part that helps you burn energy.

Exercise that helps build muscle will increase your lean body mass. Any activity helps - walking is a good start. Eventually add exercises that build muscle strength. Discuss with your caregiver ways you can increase your muscle strength.

stored fat will. And the exercise itself creates an after-burn of sorts that gobbles up even more calories. Be sure to change up your routine every couple of months, too. Otherwise, as your body adapts to your usual workout, a routine becomes a rut. The result? Fewer calories burned.

Finally, mind what's on your plate. Eating too little will slow your metabolism by convincing your body it's at risk for starvation, prompting it to burn fuel much ... more ... slowly. In the other extreme, overeating will force your body to store the excess fuel as bulky, low-calorie-burning fat.

Myth #2: Your metabolism is genetically programmed and can't be changed.

Reality: As with many genetic traits, your body may have a preference for a certain behavior. But there is most definitely room for improvement and optimization. Just how much your metabolism can be improved and optimized is determined by **the choices you make for your body.**

By taking care of your metabolism—proper exercise, healthy diet, good lifestyle habits—you can train your body to deliver its best possible performance. Lack of exercise, poor diet, and general lack of attention to your health, on the other hand, can make even the best natural metabolic race car run like an old jalopy.

Metabolism: Your Master Key

The metabolism's work of turning food into energy and then using that energy to operate the body and to bounce back from everyday wear and tear is quite a process. *Through our choices and actions, we can make that process more efficient or less so.*

After we've eaten, the body uses oxygen to convert food into energy. The nutrients providing that energy are either used to fuel the body, **or they're stored as fat.** The byproduct, or waste, from converting food into energy is carbon dioxide. Here's how the body uses each of the main nutrients from the foods we eat:

Carbohydrates are generally the body's main source of energy. Carbs are broken down into sugars and stored in muscle cells as glycogen. The body can only store so many carbs, which have **4 calories per gram.**

Proteins are used to build and maintain body tissues and are rarely used as energy. Like carbs, only so much protein can be stored. Protein also has **4 calories per gram**.

Fat is the most energy-dense of the nutrients at **9 calories per gram**, making it the most efficient source of fuel. Fat is also a long-term fuel reserve that guards against starvation. Sounds good, so what gives fat its bad rap? *The body has a seemingly unlimited capacity to store it.* And it's not only fat that makes us fat: When the body is maxed out on other nutrients, especially carbs, those get stored as fat, too.

Which brings us to efficiency, and back to the car engine metaphor: A car that's throwing off a lot of exhaust is wasting its fuel and getting terrible gas mileage. It may chug along and need frequent repair, and that can waste a lot of time and money. That's a fairly reasonable sketch of what happens to our bodies, too.

Through proper diet, good lifestyle habits, and healthy exercise, we can teach the body to burn fuel with greater efficiency. At its most efficient, the body uses greater amounts of oxygen to convert more of our food into usable fuel (**a bonus: the fat burns first!**). Less carbon dioxide is produced as waste, and less of our fuel ends up stored as fat (double bonus!).

Assessing your metabolism puts the information you need for healthy exercise and optimal nutrition right at your fingertips.

WHY METABOLISM MATTERS

Do you want to feel better in your own skin? Are you eager to fit into your clothes the way you once did—or in the way you've always hoped you might? Is it time to leave behind a plateau and attain the next level of athletic performance?

The bottom-line relevance of understanding your metabolism is this: Your metabolism is the most powerful tool you have for smartly and effectively training your body to achieve your health and fitness goals in the fastest way possible.

A **Best Practice Personal Training at the Valley Pool** metabolic blueprint assessment can help you chart the fastest course to success. You've heard the advice to "work smarter, not harder" time and again. With a metabolic blueprint assessment, you'll finally have a **tool** that makes that advice meaningful. A training program based on your metabolic assessment and **personalized to meet your body's precise needs** will help you spend less time working out and more time enjoying a healthier life.

HOW TO ASSESS YOUR SITUATION

When you've decided you're ready to feel better—whether by shedding pounds or by boosting your athletic performance—it's time to take action. To get started, assess your situation. Find out what your body is capable of today. By determining your starting point,

you can then chart a clear path to your goal.

Our metabolic blueprint assessment is a simple process. It involves sitting in a comfortable chair and breathing into a tube. That's it. Then we put you on our nifty Bio-Impedance Body Composition Scale. The Fitmate Analyzer and Maltron bioimpedance device put the science to work for you. You get a lot of detailed, *personalized* feedback about your caloric needs, your current level of fitness, and a sense of what you need to do next in order to move toward your health, fitness, or performance goal.

This information will help you and your fitness professional chart a speedy path to redefining your fitness. The nutrition part of the assessment will help you develop a dietary plan that you can follow for the rest of your life, and a personal daily workout plan ends the guesswork about how often and how intensely to workout. Just follow the plan, and you'll get results.

Our system goes well beyond just diagnosing and pinpointing the problems with your metabolism. It also **provides the complete nutritional solution** every single expert (including yours truly) says you need to get the fastest and best results you want (and achieve optimum health). Here's what I mean:

1. First, the Fitmate measures your metabolic '**burn rate**' – revealing your metabolic blueprint.
2. Second, the Maltron assesses **your body composition**, telling us your body fat percentage and other useful bits of information.
3. Third, the system **evaluates your eating habits** to identify deficiencies.
4. Fourth, Dietmaster pro technology instantly analyzes all this data and spits out **Registered Dietician** designed, and PhD approved dietary meal plans, grocery lists and supplement recommendations specific to your particular needs. Finally, no more guess-work about what to eat and when, in order to maximize your metabolism and transform your body in minimum time.

With the help of this analysis, and in conjunction with the exercise you're already doing (if not, we can help you with that, too), we now have the ULTIMATE body transformation system. Every base is covered, and your path forward to the body and health you want is crystal clear. Woohoo!!!

THIS IS NOT A TEST!

Really, we can't say it often enough: our metabolic blueprint assessment is not a test. There is no pass or fail standard, no studying or preparation you can do beforehand. The assessment gives you a snapshot of where you and your body are today, in terms of how your body burns fuel when it is at rest and when it is exercising.

A metabolic assessment measures several things:

- The amount of calories your body needs to function, including everything from regulating your body's hormones to thinking the thoughts that run through your mind.
- The amount of calories you need to consume each day to achieve your fitness goal, whether that's weight loss goal or greater athletic performance
- The rate at which your body absorbs oxygen, which your body requires to burn fat.

All that information comes from measuring your heart rate and from evaluating the mix of oxygen and carbon dioxide in your breath. Look at the next page for a print out of something very similar from one of the reports we provide you with.

These are Your measured daily caloric zones found from Your Metabolic Rate Test.

Your Energy Balance Results

There is one basic truth to weight loss; You need to burn more than you eat. Target Metabolic Zones tell you exactly how to do that. The following results of your test show you precisely how many calories your body actually burns, and calculates how many calories you should eat to lose or maintain your weight.



What you burn



How much you eat

Exercise
This is an estimate of the number of Calories you would burn with 30 minutes at a moderate exercise level.

Lifestyle & Activity
This is the number of calories you burn performing your daily activities...working, playing, eating, etc. Activity accounts for a significant portion of the calories you burn each day.

Resting Metabolic Rate
Today we measured your Metabolic Rate. This is the number of Calories your body burns everyday at rest.



Maintenance Zone
Once you reach your goal weight, this is how many calories your body needs to maintain your weight.

Weight Loss Zone
Comfortable weight loss comes from eating slightly less Calories than your body needs. By eating healthy foods throughout the day you should not feel hungry.

Medically Supervised Zone
Very low calorie diets should only be done under medical supervision. Supervision is required to ensure adequate nutrition, and to monitor and treat the potential slowing of metabolic rate.

Name: Jane Doe Date: 3/28/2008

Caregiver's Interpretation



How does your metabolism compare? Compared to a typical person of similar sex, age, height and weight, your metabolic rate is:

2% Above Normal



CAUTION: If you think you may not have sealed your nose or mouth around the mouthpiece, or if you exercised or ate a large meal beforehand, you may want to repeat the test (ask about correct test preparation).

*Note: NORMAL is considered to be +/- 10% the predicted value.

Target daily calories: **1456**

Next Test Date:

Exercise Goal:

Name:
Date:
Caregiver:



KORR™ | WWW.KORR.COM
- Copyright 2003, KORR Medical Technologies Inc.
Patents Pending / 9FG0094 Rev B 7/03

Reorder part number 9FG0094
or download from www.KORR.com/forms
"REEVUE" and "Target Zones" are trademarks
of Kor Medical Technologies, Inc.

CAUTION: Consult your physician before starting any weight-loss or fitness program.

This is just one of many reports we provide you with after your Metabolic Blueprint Analysis. You also get a body composition report, an evaluation of your eating habits and Registered Dietician designed and PhD approved dietary meal plans, grocery lists and supplement recommendations specific to your particular needs. Finally, no more guess-work about what to eat and when, how much to exercise, how many calories to burn, etc. in order to maximize your metabolism and transform your body in minimum time.

WHY METABOLIC BLUEPRINT ANALYSIS WORKS

The information gained from a metabolic blueprint assessment is powerful because it comes from technologies that have been proven effective for decades. The type of metabolic assessment we offer here at **Best Practice Personal Training at the Valley Pool** is used by physicians, who rely on it for the health of their patients, and by athletes, who rely on it to achieve improved performance.

With an accurate metabolic blueprint analysis like we provide, you get a clear picture of your body's complete fuel composition. That is, you know exactly when you're burning the energy-dense fat fuel as opposed to when you're burning the less-efficient carbohydrate fuel. You know the heart rate you need to work up to, and how long you should exercise at that intensity. You know you're burning fat, not just time. **No guesswork required.**

WORKOUTS THAT WORK FOR YOU

That's the benefit to having a personalized metabolic assessment: You get a training program that is based specifically on the data that is YOU. Your resting metabolic rate. Your required calories. Your calories burned. Your fuel composition. Your base heart rate. Your threshold heart rate. Your fat-burning efficiency. That's what makes the our metabolic blueprint assessment your sure path to success.

Your results determine how long you need to exercise, how intensely you need to exercise, how often and for how long. Your results reveal your fitness level right now, and they suggest what level of fitness you may achieve in the future. With your personalized metabolic blueprint assessment results in hand, your **Best Practice Personal Training at the Valley Pool** certified personal trainer will map out an exercise plan that makes the most of your time and your effort.

MEANINGFUL RESULTS

Your **Best Practice Personal Training at the Valley Pool** metabolic blueprint assessment looks inside your body to find out what's going on with your fitness efforts. In fact, it's similar to the inside look you get from x-rays or blood work at the doctor's office—although there are no tiny gowns or needles involved here! A metabolic assessment delivers results instantly. Granted, it'll take some sweat equity to see the results in your body, but you'll get personal fitness insight right away with a little guidance from your trainer.

Like a doctor interpreting lab results and writing a prescription, your trainer will help you understand the information revealed by your metabolic assessment. Your trainer will talk with you about your resting metabolic rate and your caloric needs. You'll learn about your base heart rate (known as your aerobic base) and your threshold heart rate (known as your anaerobic threshold). And based on that info, you'll discover how and when your body burns fat instead of carbs. Then, your trainer will write up a "prescriptive" workout schedule to get you where you want to be.

The result is that by unlocking the secrets to your metabolism, you will develop lean muscle and burn fat faster. (**NOTE:** Ladies, do NOT be concerned - you will develop the lean, toned, tight and small feminine muscles you want. You will not get 'bulky' or muscle-bound. Lean muscle is smaller and more compact than fat, and most definitely looks better, feels better...and burns calories faster. There are NO negative ramifications to tightening and toning your body. None!)

If mastering your metabolism is important to you, as it should be, then keep reading