

UPDATE UNLEASHED

Workout Unleashed Free Monthly Newsletter # Issue 1

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Advantages of Resistance Training

Resistance training or weight training, is vital if you want to achieve a strong, lean, athletic physique. This type of training helps to maintain or increase your lean muscle tissue, which in turn helps to ensure your metabolic rate is kept high. If you can increase your metabolic rate there is more chance you can keep your body fat in check.

Remember, as we get older maintaining lean muscle is extra important... Lift Hard, Stay Hard!

Tips for Reducing Body Fat

1) Know what you are eating - Use a food tracking app like MyFitnessPal to know what is going into your mouth on a daily basis.

2) Ensure your calories in, are less than your calories out (CICO) - create a calorie deficit of around 250 to 500 calories a day to get an approximate weight loss of 250 grams to 500 grams per week.

3) Be Consistent - It is absolutely no use being on target one day and not the next. You need to create a consistent pattern of tracking and calorie deficit over time to yield great results.

4) Get enough protein - Most of us don't get enough protein into our diets! As an active individual you should be aiming to get anywhere from between 1.6 grams of protein per kg of bodyweight and 2.6 grams of protein per kg of bodyweight per day.

"No one ever got lean by eating a salad one day, or fat, by eating a burger one day!

Be consistent with your good eating habits, stay the course and you will get lean over time!..."

-Dave Margison

Your Feedback is Important

To keep bringing you up-to-date and relevant content, Workout Unleashed needs your feedback. Let us know what you want to hear about, and what topics you would like to see written about.

Email dave@workoutunleashed.com to offer your feedback. Thanks in advance, Dave Margison.



Want Fat Loss? Resistance Training is King!