

# [PDF] This Is Why You're Fat (And How To Get Thin Forever): Eat More, Cheat More, Lose More--and Keep The Weight Off

Jackie Warner - pdf download free book

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#### Books Details:

Title: This Is Why You're Fat (And H  
Author: Jackie Warner  
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#### Description:

"Being fat isn't your fault; staying fat is." That's what Jackie Warner, America's favorite no-nonsense

celebrity fitness trainer tells her own clients, and that's why no one delivers better results than Jackie does. Now for the first time, Jackie shares her revolutionary program, showing readers the best ways to drop pounds and inches fast, without grueling workouts or deprivation, and keep them off for good! Her two-tiered approach provides a complete nutritional makeover and a failure-proof condensed workout routine PLUS all the emotional support and encouragement you need to get to the finish line and beyond. With Jackie's core principles, you'll discover once and for all which behaviors are making you fat, and which can finally make you thin forever-and some may surprise you:

1. **ADD TO LOSE:** In Jackie's 2-week jump start, no food is off-limits. You'll actually add food to your diet in order to lose weight.
1. **CHEATING IS ALLOWED:** Eat clean for 5 days, and then indulge in whatever you want over the weekend!
1. **FAT IS NOT THE ENEMY:** Fat doesn't make you fat; sugar does! Nothing you eat should contain over 9 grams of sugar.
1. **SKIP THE CRUNCHES:** They just build muscle under the fat. Discover the fastest way to burn calories, tone muscle, and spark your metabolism for rapid fat loss.
1. **LESS (EXERCISE) IS MORE:** Workouts shouldn't take over your day-give Jackie 20-minutes and you'll see results.

Find out today why **THIS IS WHY YOUR FAT (AND HOW TO GET THIN FOREVER)** is your first and last stop on the way to the new fit and healthy you!

**Amazon Exclusive: Read Jackie Warner's Ten Tips for Getting in Shape, from Her Book *This Is Why You're Fat***

1. It's not how long, it's how strong. Incorporate 20 minutes of high intensity cardio each day. Walk fast on a treadmill for 2 minutes at a 15 incline then sprint for 2 minutes on flat ramp. Cool down for 1 minute and repeat this cycle 3 more times until you reach your 20 minute goal.
2. Women, make sure to include weight training at least 3-4 days a week. If you add 3-5 pounds of muscle to your body, you will burn 250-500 extra calories per day which equals 3-5 pounds of fat loss per week
3. Visualize the muscles you are working on-this is called the mind muscle connection and it will actually increase tone.
4. Your body hits a plateau with cardio and resistance training in one month so change your weight,

reps and exercises accordingly

5. The fastest way to get the body you want is through my power circuit training. Combine 3 upper body exercises and 3 lower body exercises together to make one big set. Do not rest in between and alternate quickly from upper to lower for maximum fat burn.

6. The only muscle groups that really burn fat are the primary muscles like the chest, back, quads, glute and hamstrings. Focus hard on those!

7. You have to eat within an hour of working out to make sure you're not eating into the muscle for energy. Make sure that you combine proteins and carbs like a blended protein shake with fruit and peanut butter or a piece of fruit with a low-fat string cheese.

8. Don't just set a weight goal, set a physical goal too like running a 3k or training for a charity marathon. Human beings are competitive and you will spark that inner competition by trying to reach a difficult physical goal.

9. A little thing like changing your music playlist every week can go a long way. The more your mind is stimulated during your workouts, the better your results will be.

10. Instead of focusing on being fat, you've got to focus on being fit. If you think healthy, it eventually becomes reality to you. I always push my clients to focus on how strong they're getting, how well they're sleeping, and how happy they're feeling by exercising.

--This text refers to an out of print or unavailable edition of this title.

**About the Author** Jackie Warner is a fitness expert, gym owner, television star and entrepreneur. For more on Jackie, please visit [www.jackiewarner.com](http://www.jackiewarner.com).

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