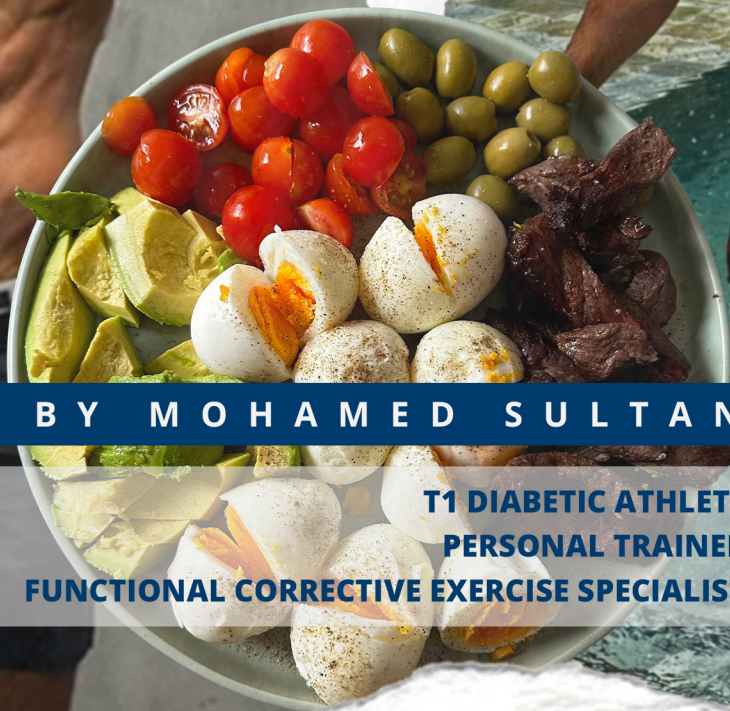


FAT LOSS AND TONING FORMULA

Type your text



BY MOHAMED SULTAN

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PERSONAL TRAINER
FUNCTIONAL CORRECTIVE EXERCISE SPECIALIST

My name is Mohamed Sultan, and I've dedicated over a decade to the fitness industry, starting my journey **in 2009** as a personal trainer.

In 2014, I faced a life-changing moment when I was diagnosed with Type 1 diabetes. Rather than letting it deter me, I embraced it as a challenge and became an advocate for health and fitness within the diabetic community. I also wanted to show others that with commitment and consistency it is possible to be healthy and fit.

In 2020-2021, I proudly earned the title of the fittest diabetic athlete in the Arab world, a testament to my commitment and perseverance in overcoming obstacles.



With a passion for continuous learning and growth, I've obtained nine certifications in health, fitness, and biomechanics. My approach is grounded in both scientific knowledge and personal experience, gained through years of experimentation with various nutrition and training methods as both a personal trainer and diabetic athlete.

My journey with diabetes has profoundly influenced my perspective on nutrition and wellness. It sparked a transformative period where I delved into exploring different dietary approaches, aiming to optimize both my athletic performance and overall health.

In order to lose fat and be healthy it is important to understand how our body works and responds to different foods and exercises. In this ebook I wanted to share with you valuable information that I have learned over the years that helped me and my clients lose fat, tone and live a balanced, healthy life.



I want to encourage and empower you to take control of your health and fitness journey, regardless of any challenges you might face.

Coach Sultan

THE FORMULA

In today's world, there's so much advice about losing fat and getting fit.

But a lot of it can be confusing and even misleading. Fitness gurus might tell you that you need fancy supplements or complicated plans to reach your goals.

Here's the simple truth: You don't need to spend a ton of money or follow complicated rules to get in shape.

All it takes is three basic things:

-  Eat proper food at a specific time
-  Move your body
-  Be consistent



Understanding Insulin and Its Role in Fat Loss

Before we talk about the formula to fat loss in detail, you need to understand the role of insulin in your body. (Trust me, I know a thing or two about insulin ;)

Insulin is a hormone produced by the pancreas that plays a key role in regulating blood sugar levels and metabolism. But its influence extends far beyond just managing blood sugar – it also has a significant impact on fat storage and fat loss.

Here's how it works: When you eat carbohydrates, your body breaks them down into glucose, which enters the bloodstream. In response, the pancreas releases insulin to help transport glucose from the bloodstream into cells, where it can be used for energy or stored for later use. This process is essential for maintaining stable blood sugar levels and providing energy to the body.

However, when insulin levels are chronically elevated – often due to a diet high in refined carbohydrates and sugars – it can lead to problems. One of the main issues is insulin resistance, where cells become less responsive to the effects of insulin. This can result in higher blood sugar levels, increased fat storage, and difficulty losing weight (ADA, 2020).

So, what does this mean for fat loss? Well, insulin plays a crucial role in determining whether your body is in a state of fat storage or fat burning. When insulin levels are high, your body is in "storage mode," meaning it's more likely to store excess calories as fat. On the other hand, when insulin levels are low, your body is in "burning mode," making it easier to tap into stored fat for energy. The good news is that you can help control your insulin levels through diet and lifestyle choices. The key to keeping your insulin levels low is to consume low amount of carbs.

Timing of your meals: Intermittent Fasting for Fat Loss

I am sure you have heard about Intermittent fasting (IF) but what exactly is intermittent fasting, and how can it help you achieve your fat loss goals?

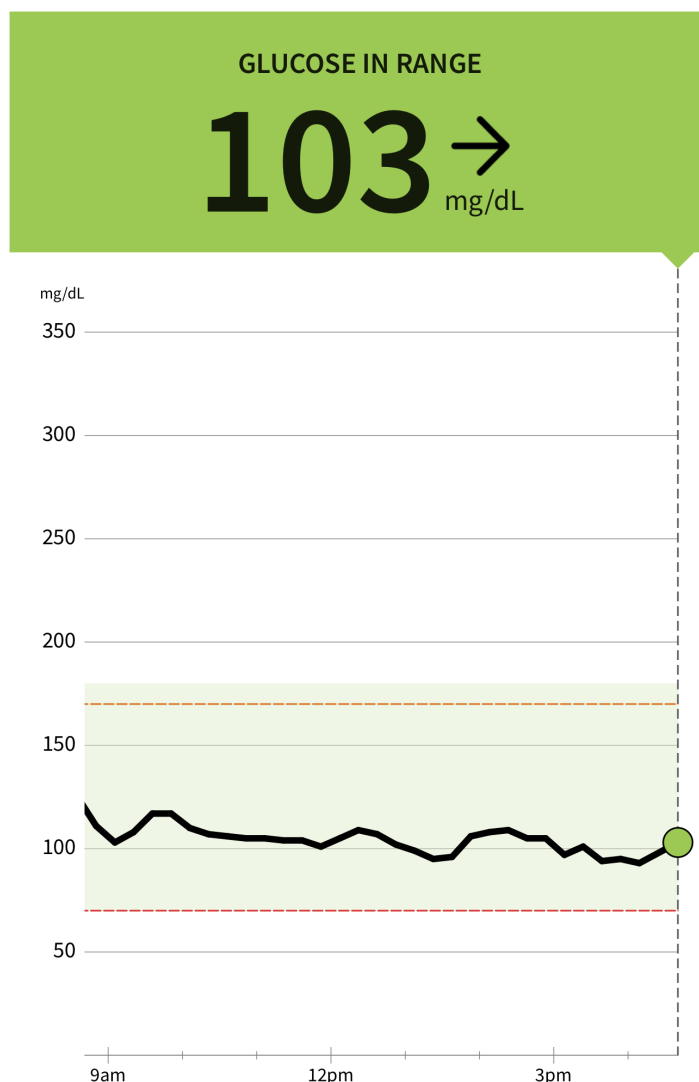
Intermittent fasting involves cycling between periods of eating and fasting, with the aim of extending the period of time your body spends in a fasted state. There are several different methods of intermittent fasting, including the 16/8 method, where you fast for 16 hours and eat during an 8-hour window, 20:4 etc

So, how does intermittent fasting promote fat loss? One of the key mechanisms is through shifting the body's metabolic state from one of glucose burning to fat burning. During fasting periods, insulin levels drop, and the body begins to use stored fat for fuel, leading to fat loss over time.

Additionally, intermittent fasting has been shown to increase levels of hormones like norepinephrine and growth hormone, which can further enhance fat burning and metabolic rate.

But the benefits of intermittent fasting extend beyond just fat loss. Research suggests that intermittent fasting may also improve insulin sensitivity, reduce inflammation, and support cardiovascular health.

Additionally, many people report increased mental clarity, focus, and energy levels while fasting, which can further enhance productivity and overall well-being.



I have noticed significant improvement in my physique since I have started intermittent fasting.

I typically have my first meal at 2pm and my last meal by 10pm. This allows me to be in fasted state for 16hours each day. My blood sugar levels are stable and I feel amazing.

Okay Coach, you have my attention... What should I eat to lose fat and maintain my results?

My nutritional philosophy evolved over the years. I have tried variety of approaches until I found that high protein and high-fat diet offers a superior path to achieving your fat loss goals.

Let's talk about protein. Protein is the building block of muscle, and maintaining lean muscle mass is essential for fat loss. Not only does protein help repair and rebuild muscles after exercise, but it also boosts metabolism, reduces appetite, and promotes feelings of fullness and satiety. By prioritizing protein-rich foods like lean meats, poultry, fish, eggs, and dairy, you can support muscle growth and preservation while keeping hunger at bay.

Now, let's talk about fats. Contrary to popular belief, dietary fats are not the enemy – in fact, they're an essential part of a healthy diet. Fats provide a concentrated source of energy, support hormone production, and aid in the absorption of fat-soluble vitamins like A, D, E, and K. Additionally, including healthy fats in your diet – such as avocados, nuts, seeds, olive oil, and fatty fish – can help promote feelings of satisfaction and prevent overeating.

But what about carbs? While carbohydrates are an important source of energy, particularly for high-intensity exercise, they can also lead to fluctuations in blood sugar levels and cravings for more carbs. By reducing your reliance on carbs and focusing on protein and fats instead, you can stabilize blood sugar, regulate appetite, and promote a steady flow of energy throughout the day.

In my experience, adopting a high protein and high-fat diet not only supports fat loss but also enhances overall health and well-being.

By nourishing your body with nutrient-dense foods and prioritizing protein and fats, you can optimize your metabolism, improve body composition, and achieve sustainable results.

My life became very simple since I have started focusing on eating mainly protein and fats.

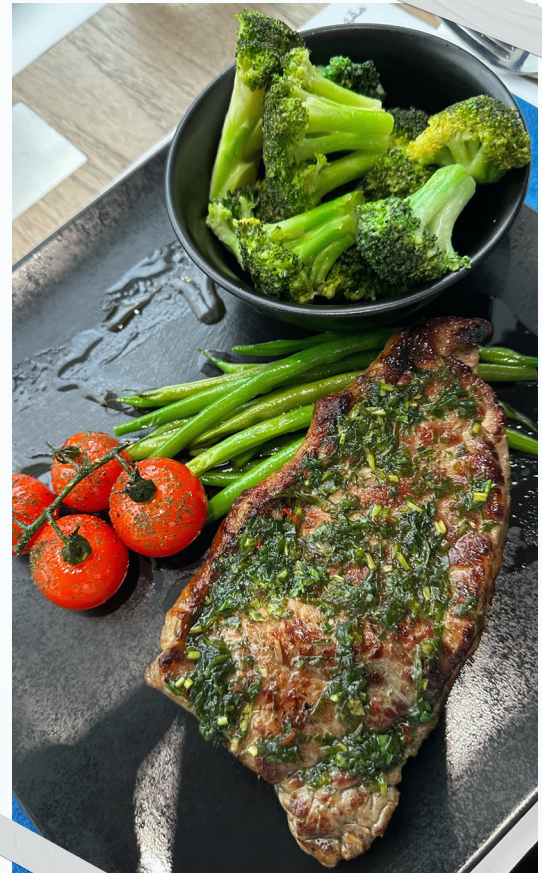
So what do I eat on daily basis?

First Meal: Walnuts, macadamia nuts, almonds.

Second meal: 5-6 boiled or scrambled eggs, 1 avocado and cheese

Third meal: Steak or Chicken or Fish with veggies (broccoli, salad etc)

Of course, it's essential to emphasize that individual needs and preferences vary, therefore it is essential to listen to your body and make choices that align with your goals and lifestyle.



What about eggs and cholesterol?

Eggs may not be that bad for your heart after all. Most recent studies reported a reduced risk or no association between egg consumption and cardiovascular risk factors (Carter et al., 2023).

What about supplements?

No, I do not consume any protein powders or other “fitness “supplements”. Keep it simple.

My core supplements include: Vitamin D, B12, multivitamins, Magnesium and omega-3 fatty acids.

Vitamin D has numerous bodily functions, including bone health, immune function, and mood regulation. Research suggests that vitamin D can also suppress cancer cell growth and reduce inflammation (Harvard School of Public Health, 2023).

Similarly, vitamin B12 plays a vital role in metabolism, energy production, and neurological function.

Multivitamins offer a convenient way to ensure you're getting all the essential vitamins and minerals your body needs to function optimally.

Omega-3 fatty acids, found primarily in fatty fish like salmon, trout, and mackerel, are renowned for their anti-inflammatory properties and cardiovascular benefits. Research suggests that omega-3 supplementation may help reduce body fat, improve insulin sensitivity, and support metabolic health.



Finally, magnesium supplementation offers a myriad of benefits that can directly impact fat loss and support overall health. By optimizing energy metabolism, promoting muscle function and recovery, regulating blood sugar levels, reducing inflammation, and promoting relaxation, magnesium plays a crucial role in achieving and maintaining a healthy weight.

As you can see achieving fat loss is not complicated or expensive. By following simple formula of nutrition, exercise, and consistency, you can unlock the key to a healthier, happier you. So, ignore the noise, cut through the confusion, and take control of your journey toward a better you.

What about calorie counting?

While monitoring calorie intake can be a helpful tool for weight management, it's crucial to not to become overly fixated on numbers. Here's why.

First and foremost, not all calories are created equal. While it's true that consuming excess calories can lead to weight gain, the source of those calories matters just as much. Although fats contain higher amount of calories compared to carbohydrates, they are most efficient source of energy.

Please do not focus on counting calories that you consume, rather focus on the quality of foods that you are eating such as unprocessed sources of protein and fats.

You will not be hungry on this lifestyle. Remember we want to create something that is sustainable.



Okay, how should I work out to lose fat and tone?

While high-intensity workouts are known for their calorie-burning potential, there's a compelling case to be made for the benefits of moderate-intensity exercise in achieving sustainable fat loss.

Moderate-intensity exercise approach allows for longer duration workouts with less strain on the body. By keeping your heart rate at a moderate level – typically around 65-70% of your maximum heart rate – you can sustain physical activity for an extended period, increasing the overall calorie expenditure and promoting fat loss.



Moreover, moderate-intensity exercise has been shown to tap into fat stores for energy, making it an effective strategy for burning fat and improving body composition.

My routine includes combination of moderate-intensity weight lifting and steady pace cardio (for example 30-40min incline walk).

In conclusion, moderate-intensity exercise offers a sustainable and effective approach to fat loss, allowing you to work out longer, burn more calories, and tap into fat stores for energy.

Putting it all together.

This is it, this is the formula for fat loss.

- 🕒 Incorporate Intermittent Fasting (delay eating your first meal/fast for 14-16hrs each day)
- 🥗 Eat foods from protein and fat sources.
- 🏃 Engage in moderate-intensity .
- 🔄 Be consistent.

As you begin your journey towards lasting fat loss, I encourage you to embrace the process, celebrate your progress, and be kind to yourself along the way. Remember that every small step forward, every healthy choice you make, brings you closer to your goals. Stay patient, and stay consistent.

I would love to hear from you, feel free to message me or tag me on Instagram @msultan_11 as you progress through the program. I also offer online group and 1:1 programs if you would like to work with me personally.



TIPS

- *Boiled eggs will make you feel fuller for longer vs scrambled eggs.
- *Drink at least 2-3 L of water a day.
- *Unsweetened Coffee/Tea is okay
- *If you are hungry you can repeat meal #2 or #3
- *If you go off this plan- do not worry, just get back to it as soon as you can.
- *Aim for at least 8hours of sleep each night
- *Share this lifestyle with your friends and family so that they can support you in your journey.



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