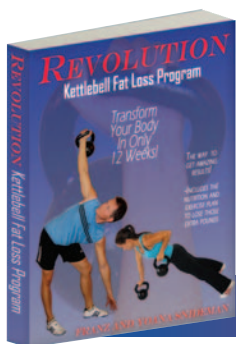


Exercising Just Fine—But Still Stuck With Ugly Blobs of Extra Body Fat? Solve That Problem NOW by Adopting These Very Simple Diet Principles Into Your Daily Life...



An excerpt from the **ten essential diet principles for successful fat loss** you'll find in the new book *Revolution Kettlebell Fat Loss Program* by Franz and Yoana Snideman, RKC

PRINCIPLE #2 **EAT PROTEIN EACH MEAL**

There are several reasons why this principle is so vitally important. First of all, when talking about the importance of eating protein, it is essential to know what effect carbohydrates have in the body.

Carbohydrates are needed to fuel the body and most importantly to supply the brain with enough glucose to keep it alert and awake. Carbohydrates also serve as the muscle's primary fuel source, needed for all daily activity, including exercises and all physical movement.

When you eat carbohydrates they are broken down into simpler forms of sugar, called glucose, and transported by the hormone insulin into muscle cells, the liver, or fat cells. That is why there is so much information and importance placed on the hormone insulin because if you can manage the release of insulin you can for the most part manage your bodyweight efficiently.

Eat too many carbohydrates and your body will release a lot of insulin. Over time you will store excess carbohydrate as body fat and you will damage what is called "insulin sensitivity." Insulin sensitivity is the ability of your muscle cells to accept sugar in the cell. In fact, to remember what role insulin plays in your body, think of insulin as a storage hormone, a vehicle per say. This vehicle, insulin, takes the sugar that has entered your blood stream and shuttles it to muscles cells all over the body (remember that glucose is also needed by your brain and your liver).

This is where carbohydrates differ from each other. The more refined and processed the carbohydrate, the quicker the carbohydrate is broken down into sugar and the quicker it enters the blood stream. In general the faster the food enters the bloodstream the bigger the release of insulin. The higher your insulin levels become the greater potential for gaining body fat.

The more you eat natural carbohydrates that contain fiber such as vegetables, whole grains and fruits, the slower the sugar will enter the blood stream and thus lesser amounts of insulin are released. The better choice for carbohydrates would obviously be natural and unprocessed (check page 58 of the book for a list of healthy carbohydrates).

This is where eating protein comes into the picture. Eating protein causes the release of another hormone

called glucagon, which has the opposite effect of insulin. If insulin stores excess energy from food as body fat, glucagon takes energy out of fat cells to be used for energy.

Eating protein at each meal helps your body burn fat because of the action of glucagon. Protein also lowers insulin levels by slowing down the rate at which digested food enters the blood stream. Because protein is chemically and physically harder to break down, the digestive process is slowed down and this causes less insulin to be released.

The bottom line is that protein helps you balance blood sugar levels!

If you want a chubby midsection then keep your insulin levels elevated all day. If you want a lean midsection, keep those insulin levels down.

PRINCIPLE #3 **ALL THE MEALS SHOULD BE BALANCED**

That means that each meal should consist of protein, carbohydrate and fat. Eating a piece of fruit or any other carbohydrate by itself would not be as effective as combining it with a protein and fat as well. The reason to combine all three macronutrients at each meal is to keep insulin levels to a minimum.

Remember what we talked about in principle two: if you want to lose weight you need to keep your insulin levels lower.

When you eat a protein, carbohydrate and fat at each meal you naturally will slow down the release of insulin and this increase your potential to shed body fat. Strive for balance at each meal and monitor how and which combinations keep your energy the highest.

PRINCIPLE #9 **LISTEN TO YOUR BODY**

If specific combinations of foods do not make you feel well, write it down and do not eat that exact combination of foods again.

Remember that your body will not lie. Listen to the signals that your body is giving you and modify as needed.

Changing your food habits takes time and your body will also require time to adapt to a new eating style.

Ultimately when you are eating well for your body type and lifestyle you will feel mentally alert and energetic after eating a healthy meal. Some people require more protein than others and will not feel energetic and vibrant until they make that modification. So rather than just blindly following this food plan, please keep in mind that you may have to make some modifications to maximize your energy levels and results.

Franz Snideman is a Strength Coach, Kettlebell Instructor, co-owner of Revolution Fitness Center and co-author of the Revolution Fat Loss Program DVD.

For the last 10 years he has trained thousands of people in private training sessions and in seminars. His philosophy is to take the best of all the top training systems and modalities, extract the absolute best from all of them, and teach people how to apply these life changing principles. He has consulted and engineered training programs for the following organizations: The Venezuelan Wrestling, Track & Field, Boxing and Weightlifting teams. Other companies include the Anthony Robbins Companies and Pepsi.

Yoana Snideman is a Physical Therapist, Kettlebell Instructor, co-owner of Revolution Fitness Center and co-author of the Revolution Fat Loss Program DVD.

She has been teaching, rehabilitating and training clients for the last 14 years.

Yoana has her own fitness segment every Thursday morning on a local San Diego morning Television Show called "Despierta San Diego", A Spanish language morning news and entertainment program.

She also is the two-time United States National Champion of the Tactical Strength Challenge. She has an amazing ability to teach movement and get people to reach levels of strength and function that they never thought were possible.

"I have seen this question many times on the dragondoor.com forum: 'How do I motivate myself to train?' I used to answer: 'I have no idea.' Now I answer: '**Revolution Kettlebell Fat Loss Program** by Franz and Yoana Snideman.' "

—Pavel Tsatsouline, author of *Enter the Kettlebell!*

It's worked—amazingly well—for hundreds of their own clients... Now let two of Dragon Door's most experienced, knowledgeable and successful RKC's show YOU how to...

"This valuable new book offers a program that is practical, sensible, and effective... While the content book deals specifically with your health and fitness goals, the simple yet profound guidance offered therein may be applied equally toward the achievement of balance in all factors of your life. The helpful reminders about positive outlook and simple life strategies that can be used everyday are worth their weight in gold. They really want you to achieve great happiness and success, and when you do, the years of time and work that has gone into the making of this book has accomplished its goal."

—Steve Cotter, Senior RKC, author of *The Encyclopedia of Kettlebell Lifting*

Over 40 different exercises, more than 7 fat burning routines and a complete nutrition guide to get in the best shape of your life!

"If you want to get in the BEST Shape of your life and have a Good Time doing it, I strongly recommend it!" **—Lee Ann Stein**

"The expertise, knowledge and dedication have been a tremendous influence in the achievement of my goals. The workouts are absolutely wonderful and challenging. The nutritional guidance and the ability to ensure that we keep on the correct nutritional plan have been of great help. I highly recommend it to anyone that wants to look and feel their best."

—Robert Galliano

"The Revolution Program changed my life! I have lost 30 lbs. and am in the best shape of my life. I look forward to the workouts and really enjoy the torture it inflicts. The Kettlebells are really great at building strength and working the whole body." **—Leo Spiegel**

"Since working with Kettlebells 7 months ago, I have lost 6% body fat and 12 pounds. I was one that would not stick with a workout program and since I have followed Franz and Yoana's programs, I haven't been bored and look forward to my workouts!" **—Amanda Cunningham**

"Revolution Fitness team developed a Kettlebell program for me three years ago. At the time I weighed 215 lbs. with 30% body fat. Within six months I weighed 190 lbs and dropped my body fat to under 20%. Since then I have been able to maintain an ideal weight to body fat ratio while also increasing my core strength through Kettlebell training. If you are looking for long lasting results, try Yoana and Franz's Kettlebell regime."

—Michael Maher

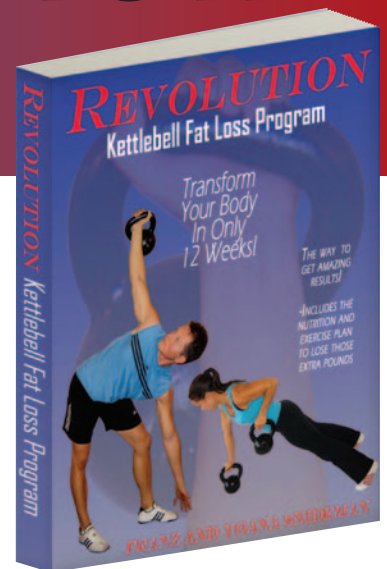
"Revolution Fitness Program has been exceptional! I have lost 30 pounds in 12 weeks! Best of all, I feel great. My overall outlook on life has improved drastically, and for the first time in years I feel healthy. The positive results have carried over to and enhanced my business and personal relationships as well!"

—Ernie MacManus

Attack Your Fat From Every Angle—And Guarantee the Physique You Crave—By Following This Proven Formula of Kettlebell, Nutrition, Lifestyle and Special Mindset Secrets...

REVOLUTION

Kettlebell Fat Loss Program



Frustrated and confused about what you really should eat and how you should really exercise if fat loss is your goal?

Franz and Yoana Snideman are a supremely athletic, supremely fit couple who not only practice what they preach but have helped hundreds upon hundreds of ordinary people achieve extraordinary results in as little as three months.

Sabotaging your fitness program with bad lifestyle choices and energy-sapping mindsets?

In this 12-week program, Franz & Yoana share with you the same secrets they have used so successfully with their clients:

Having trouble staying motivated and on track with your body-transformation goals?

Then you've come to the right place...

- Performance **nutrition for maximum fat loss** and energy
- How to eat more and weigh less
- Smart and efficient grocery shopping
- **Burn fat faster** than with any conventional exercise too!
- 12 weeks of dynamic and—most important!—**fun fat burning Kettlebell routines**
- How to set meaningful goals and stick with them
- The psychology of success when it comes to achieving the body of your dreams
- How to establish **consistent, healthy habits "forever"**
- Develop real life strength and endurance that you'll be able to use immediately
- **Improve posture and breathing**
- Improve mobility in your hips, back, upper spine, neck and shoulders
- Develop **full body strength for maximum effectiveness**
- How to use Kettlebells to injury-proof your joints and muscles
- How to **develop discipline, character and self confidence**
- How to **enjoy** the process of eating healthy and exercising

REVOLUTION Kettlebell Fat Loss Program

Transform Your Body In Only 12 Weeks!

By Franz & Yoana Snideman
Paperback 8.5 x 11 160 pages
Book # **B34** **\$39.95**

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