

Basics for Fat Loss Exercise

Dr Michael Colgan 16 August 2013

From the forthcoming book from the Colgan Institute, Dr Colgan's Fat Loss Secrets, and from his book Quiet Mind (Sound Concepts: American Fork UT, 2013, Toll-free, 1 801 225-9520) Each strategy is supported by multiple scientific references in the books. Follow the science and you can take absolute control over your body.

- 1. Get 8 hours sleep a night. You cannot burn fat for fuel effectively if body has insufficient sleep. Use Isagenix Sleep Spray to improve sleep.**
- 2. Gain muscle to burn fat. Muscle is the engine that uses body fat for fuel. The bigger the engine, the more fuel it uses.**
- 3. Workout every day, EVERY DAY ! Make it habitual like cleaning your teeth. Each day you get the gift of a circadian cycle. Don't waste a single one.**
- 4. Circadian rhythm rules you. You are most anabolic 7-10 am, (i.e. gain more muscle and lose more fat in the am that for the same effort than later in the day) Exercising early also raises metabolic rate for hours afterwards, so you get a daily bonus too.**
- 5. Exercise on empty stomach. The energy has to be provided by your body structure, not by use of food in the gut.**
- 6. Prep. Hot 10 min shower and 10 mins primping first. Throughout shower and primp stretch lightly, Use standing stretches. (See Colgan Flexibility Program for stretches, colganinstitute.com.) Brain needs this time to switch from the serotonin-dominant sleep system to dopamine and acetylcholine systems (get-up-and-go neurotransmitters) and to make hormonal changes necessary to recruit body fat for fuel. Then straight back in the bedroom and begin.**
- 7. Breathe. Muscle growth requires large amounts of oxygen. Recruitment of body fat for fuel requires even more oxygen. But most folk breathe poorly. The more oxygen you can circulate the larger the benefit. Learn to breathe right. Learn Three-Part Breath from Chapter 10 of Quiet Mind.**
- 8. Start easy. Some days it will be a struggle, so don't set sights too high. Many fail by gritting their teeth. No panting. Panting body burns sugar rather than fat. For both fat loss and muscle gain, even five minutes exercise, EVERY DAY, under the above conditions, is far superior to three of the usual one-hour gym workouts per week, done later in the day. It takes six months to grow appreciable new muscle cells, and about a year before morning exercise becomes as habitual and easy as cleaning your teeth.**
- 9. Exercises. The great pullout of bodyweight exercises from Isanews, Spring 2013, (Toll-free,1 877 877 8111) requires no equipment and is free. Done by super fitness model, Miss Bikini Universe, Lori Harder, for ladies, and Amen Iseghohi, owner of Amen Primal Fitness, for men they provide a program that will get you going and keep you going well.**
- 10. Progress. Refine some aspect of the form and movement of your exercise EVERY DAY. (See Quiet Mind, Chapters 11 and 12) Aim for mastery. Focus on one aspect each day: breath, effort, duration, accuracy, awareness, posture, timing, rhythm, coordination, balance, relaxation, economy of motion, silence. Mastery of your body is a set of habits that slowly change your brain over a long period of repeatedly doing a task better every time. It has no limit. Your brain has power to spare to make it so.**