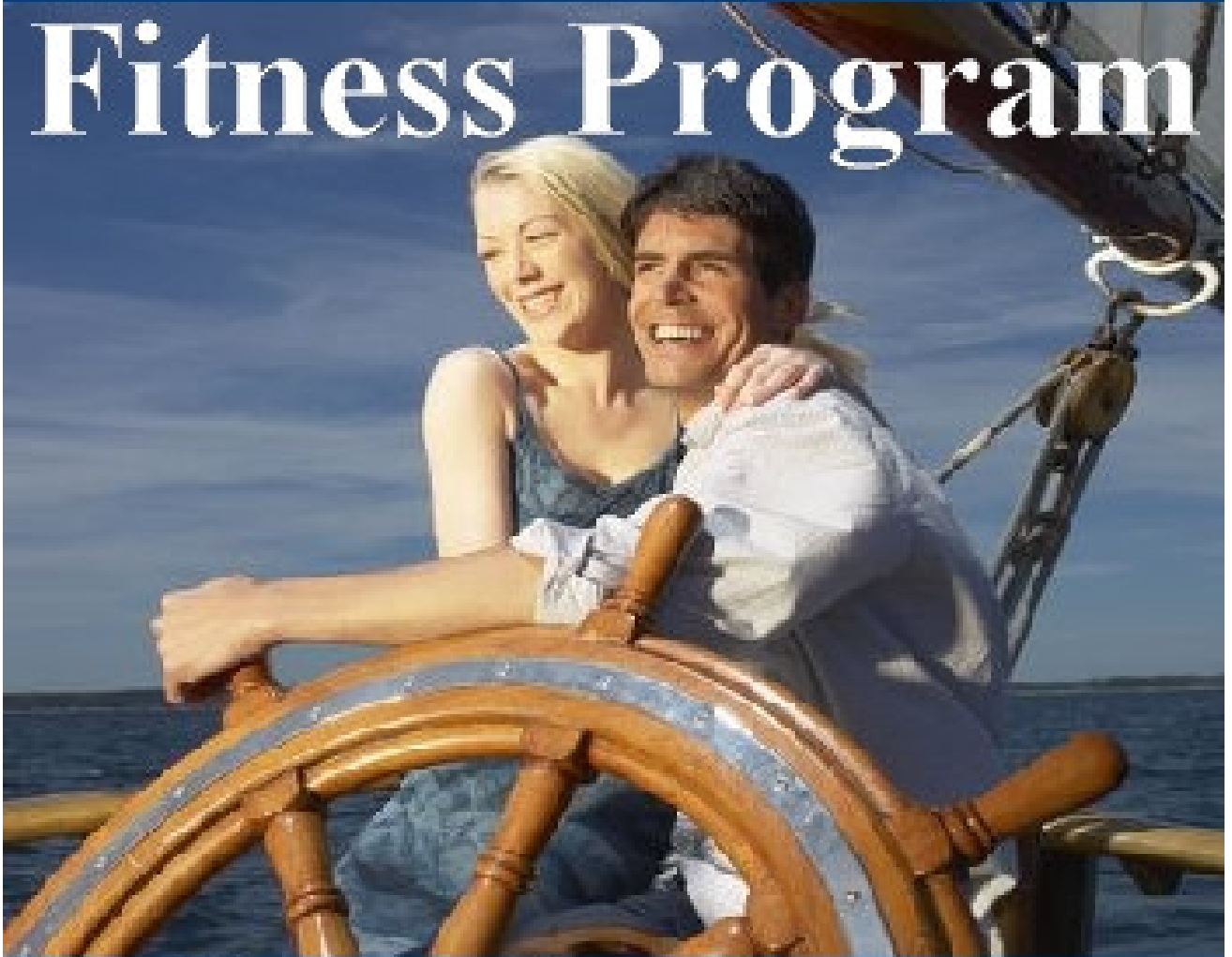


Anti-Aging Fitness Program



Change Your Body to
Sleek, Sexy and Energetic

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Get Rid of Your Weight Scale

Are you ready for the big news?

Do you dream about losing weight, being healthier and sexier but have never achieved that before?

Now it's your turn. I'll show you a way to look and feel great in any age. This is an opportunity to make a tremendous change in your life. I will give you the tools and the knowledge to overcome any kind of obstacles you have met before. There is only one way for you to succeed where most people fail. You must take ownership of the Anti-Aging Fitness lifestyle. And that isn't very difficult because it all just makes sense....

It gets more and more difficult to look and feel great when you reach middle age. Your energy production drops. Your metabolic rate slows down. Your fat storage accelerates.

What's the first thing that comes to your mind when you think about how to stop this vicious fat storing? Diet...right?

Wrong!

Diets won't do any good for you. No matter what diet you start, 95% of all diets are doomed to fail. With such very low rate of success, why start a diet? Even if you succeed in losing weight permanently, you will be smaller in size but you won't be in good shape. Haven't you seen "successful" dieters that look awful after they lose weight?

Dieters that have lost weight shrank in size but haven't improved their "body composition". Body composition is the ratio between "body fat" and "lean body mass".

Body fat is obviously the amount of total fat in your body. Lean body mass is your body weight without the body fat. Isn't that simple? This is the only way you should measure your shape. Don't mess with Body Mass Index (BMI), Weight to Height, and don't even watch your weight. You should manage your fat percentage. That's it!

Your muscles are the main variable in your lean body mass. The rest of your organs hopefully don't change :-). Therefore lean body mass is a good estimate for your lean muscle mass. That's the theory.

Now, what does it mean for you?

On a typical weight-loss diet, you will lose about 65% fat and 35% lean mass. When you go off the diet, which most people do because it's so unsatisfying, you gain the weight back.

But listen carefully. You don't revert to your original body composition. You gain back 80% fat but and only 20% lean mass. Evidently, every diet makes you fatter because it worsens your body composition. It increases your fat and decreases your muscles.

Does that remind you something? Isn't muscle loss and fat gain is one of the indicators of aging? Sure they are! Therefore, diets speed up your muscle loss and hence speed up your aging. Anti-aging literally offsets the aging process. How do you achieve that?

You guessed it right. Muscle gain and fat loss. That's exactly the opposite of the aging process (muscle loss and fat gain).

Here, women usually tend to object. They want to lose fat without gaining muscle. They don't want to get “bulky”. That's a mistake.

When women gain muscle they don't get “bulky” because they have different hormone combinations than men. Muscle gain gives women a great shape like actresses and models. Celebrities get their great figures at the gym. Ask Madonna and Angelina Jolie. They don't lose fat at "Weight Watchers" meetings where people come to “vent” about how impossible it is to lose weight.

Amazingly, muscle gain causes women to be more feminine and men more virile. This is the beauty of our body's nature. This is how the "[Anti-Aging Fitness Program](#)" will reverse your age.

Work your body composition!

No more dieting!

Gain muscle and lose fat.

[The Benefits of the Most Powerful Force...](#)

Your mind power is the single most important, most powerful prerequisite to achieve any change you want in your life.

This life changing practice was applied by the most successful people in the world. It can help you transform to a great looking person. It also can help you to change every other aspect of your life.

Let's look at how the human mind works. Scientists have proven that your mind has 2 parts: the conscious mind and the subconscious mind - the part that is aware and the part that is unaware.

The powerful part of the mind is the subconscious. You may not be aware of it, but it's recording everything that it "sees and hears".

The most amazing thing is that the subconscious mind has no filter on it. It lets in anything and everything. It is the basis for your beliefs. The thoughts, impressions, and sights you're exposed to, are implanted into your subconscious mind. Anything that goes into your subconscious mind often enough tends to become a belief.

The mysterious fact is that beliefs that have originated in your subconscious mind tend to convert themselves into your reality. You grow to be what you believe you are.

If you believe that you look young, sexy, sleek, and healthy, you will be like that.

If you believe that you're fat and unsuccessful, you will be like that as well.

Study after study proves this concept. Napoleon Hill dedicated half of his life to prove this formula for wealth creation and he published it in his best seller book "Think and Grow Rich" (in the top ten best sellers for more than 50 years...). The same principles are used to "Think and Grow Fit".

What does all that mean to you?

You can change your reality by "programming" your subconscious mind. It sounds overwhelming, but it is the most simple and the most effective process you will have ever done for yourself. Here are some of the steps you can take to "reprogram" your subconscious mind:

Set up your goals

Define clearly what you want to achieve without limiting yourself to your current reality. Goal setting is a very precise and specific process. You translate your wishes to

measurable objectives. If you want to have a great body, for instance, set your "body composition" target. Let's say you want to achieve 15% body fat. This is your target.

Read your goals loudly twice a day

By reading your goals you actually "burn" them into your subconscious mind. Since your subconscious mind doesn't distinguish between reality and imagination, it will accept your goals as your subconscious truth.

Visualize your success

If you want to win an attractive athletic body, find a photo of the person you want to look like, and add it to your goals. Look at it and imagine yourself with the same body.

You may laugh of these 3 techniques but too many people became drop-dead gorgeous, successful professionals, rich business people or self-made millionaires, following these techniques. Try them in any aspect of your life. The results will blow you away.

These 3 techniques are samples of the 12 power-mind-motivators the [Anti-Aging Fitness Program](#) "Change Your Body and Be Admired".

Most people fail to change themselves because they follow fad diets, gurus, or popular trends, without engaging the most powerful force in the world to help them: The power of their mind.

Don't repeat their mistakes. Learn how to successfully convert your dreams to your reality.

A Fast Track Formula to Get In Your Best Shape Ever

The formula to get into your best shape ever is hidden behind health scams and misinformation. The more health foods we find on the supermarket shelves, the more obesity spreads? Have you ever stopped to ask why?

The truth is we're educated to eat a low fat diet to stay healthy. So, most "health" foods contain very low fat or no fat at all. But on the other hand "health" products are packed with sugar. Take for example fat-free fruit yogurt, energy bars, granola bars, "light" cereal, and more. Even fitness products such as protein bars are loaded with sugar.

Most "light" or "fat-free" products make you fat and sick because the products usually contain lots of sugar or even worse, High Fructose Corn Syrup. You can hardly find processed foods that don't contain High-Fructose Corn Syrup.

Your blood sugar jumps to the sky immediately after eating foods that contains sugar or high-fructose corn syrup. Your pancreas exhausts itself secreting insulin in "emergency" mode trying to lower back your blood sugar to a normal level. In this "panic" mode your pancreas secretes more that your body actually needs...just in case.

All this sugar is converted to fat in your body. But that's not all. The drop of blood sugar after this process causes you to crave more of it. You're not just hungry but you're hungry for foods that elevate your blood sugar again.

The over secretion of insulin also makes you very tired as well. Many people feel tired after lunch and think it's because they eat meat.

Wrong!

You don't feel tired because you eat meat. The simple sugars and carbs in your food steal your energy. What a vicious cycle. Isn't it?

To play this game you should first balance your blood sugar. How do you do that? Substitute all sugar and high fructose corn syrup products with Xylitol or artificial sweeteners. Replace simple carbs with complex carbs.

For example, make your cheese cake with Xylitol or Splenda instead of sugar, eat sweet potato instead of potato, have brown rice instead of white rice, have whole grain bread instead of white bread.

Try it for a while and you won't believe the results. Isn't that easy? The first week is the most difficult. An addictive mechanism will cause you to crave for sugar or other simple carbohydrates. But applying the techniques provided in Anti-Aging Fitness Program guarantees your success.

Anti-Aging Fitness eating program could have been sold as a stand alone program. It beats any diet you've ever heard of. No hypes. No gimmicks. It's the whole truth that nobody dares to tell you.

There are 4 components to Anti-Aging Fitness eating lifestyle. These 4 components will transform your body into a fat burning machine

How Much to Eat?

You need an abundance of food to manipulate your homeostasis mechanism. Eat as much as you want of the right foods. There are some restrictions of high Glycemic Index (GI) foods. You have plenty of delicious foods that are unlimited.

How Many Times to Eat?

3 meals a day guarantees fat storage. Evidently, if you want to lose fat faster you should eat 6-meals a day to avoid unstable blood sugar levels and prolonged periods of amino-acid deficiency.

The blood sugar "rollercoaster" makes you feel tired between meals, and more prone to body fat storage.

Six meals provide stable blood sugar levels and a constant supply of amino acids and energy to your body. Low and stable blood sugar levels reduce the risk of diabetes. You feel much more vibrant and alert. Over secretion of insulin by the pancreas causes dizziness and tiredness after high-carb meals.

What to eat?

Unlearn what you have learned about all-protein and no/low-carbohydrate diets. Low carb diet creates a condition called ketosis which affects your urinary frequency and risks your heart health.

The low-carb hype makes you lethargic. You don't have energy because you block your source of fuel. Your body needs enough carbs to have lot of energy. You won't become fat if you eat the right carbs.

The full version of the Anti-Aging Fitness program contains 3 lists of food:

1. White - fat burning foods you can eat as much as you want and burn fat 24/7
2. Grey - medium GI foods that you control their quantity
3. Black - high GI foods that you eliminate off your menu

How to Eat?

Every meal contains a specific combination of protein and carbs. Protein synthesis requires energy. Eating protein and carbs together converts carbs to energy rather than to fat.

Don't count calories. Don't weigh your food (yes, there are people that weigh their food!). Don't count quantities. Don't measure portion sizes. Eat when you're hungry.

Your mind sends an abundance signal to your body that shuts-down the fat-storage mechanism. Enjoy your food, have fun, and let the right mix of the right foods do the job for you.

Win the Free Radicals War

Many people avoid supplements. They don't see the immediate results they expect. Supplements can make a difference in your health if you know what to take and you don't just follow fad supplement trends, the commercials or the advice of the health shop sales person.

You don't need to spend fortune on powerful supplements. Here are the fundamentals of powerful supplementation. These fundamentals have two functions: fighting free radicals and boosting energy.

How Can You Neutralize Free Radicals?

The effective way to fight free radicals is to significantly increase antioxidants in your body. Your body produces antioxidants naturally or gets it from food like fruit and vegetables.

Antioxidants are a form of enzymes that attack free radicals by attaching to the unpaired electrons and neutralizing them.

There are 2 kinds of antioxidants:

1. The type that patrol the body, blocking the formation of free radicals.
2. The type that disarms the already existing free radicals before they bind with healthy molecules.

Studies show that fruit and vegetables are not as rich in antioxidants as they were few decades ago. It's impossible to get the recommended level without supplementing with a multi-vitamin, vitamin C, and vitamin E.

How Do You Boost Energy Production in Your Cells

You can increase your cell's energy if you supplement your food with energizers. Energizers are a select group of vitamins and minerals that increase the energy production in your cells. The midlife energy slump that is part of the aging process is very much a result of the wearing down of the body's energy system. The net effect is that as we age, our bodies are being called upon to do the same amount of work with less and less energy. The supplements I call The Energizers achieve their effect by restoring the body's energy system and enhancing the body's ability to either produce or utilize energy.

The energizers not only restore flagging pep and endurance but also play a larger role. The Energizers strengthen every system in your body, including your immune system, your cardiovascular system and your nervous system. The Energizers also work together to rev up metabolism. As a result, you'll lose fat, gain lean body mass and achieve a trimmer, sleeker body. Operating in Tandem with my Age Loss cuisine and exercise routine, The Energizers will have a dramatic impact on how you look and feel.

Supplements leverage exactly what you set for them: aggressively fight free-radicals and elevate energy production. For this, you can use inexpensive, over the counter, main stream supplements.

Anti-Aging Fitness provides proprietary 4 Shield protection envelopes:

1. Basic Shield – multi-vitamin and 2 major antioxidants
2. Enhanced Shield – Basic Shield + advanced antioxidants for enhanced protection
3. Super Shield – Enhanced Shield + energizers and co-enzymes
4. Ultimate Shield – Super Shield + insulin management and minerals

Here is the basic shield and you can get the other 3 important shields at [Anti-Aging Fitness](#).

The basic shield consists of 3 components:

1. **High potency multi-vitamin.** This is different from the outmoded A-Z multi-vitamins of the past. High-potency multivitamins contain higher doses of essential vitamins and minerals than are called for the RDAs.
2. **Vitamin C** - the recommended dosage is 2,000 mg (1,000 in the morning and 1,000 in the evening). The recommended dose is 2,500 mg but you consume 500 mg from other sources.
3. **Vitamin E** – 400 IU in the morning and 400 IU in the evening.

These 3 regimens, taken together twice a day (half dose) morning and evening, form a powerful combination. There are other tricks you need to know. Some examples include how to take antioxidants and energizers so that they will perform effectively and which supplements are water soluble and which are oil soluble why it is crucial to know that.

How to Get in Your Best Shape Ever

You've probably heard many times how important exercise is. That's right! But exercise means different things to different people. The most recommended exercise you will find in medical resources is...walking.

How many people changed their bodies and got fit just by walking? The truth is that...it's a lot of bull...

If you want to reverse your age, look great and feel great, you need to do more than just walk. A good exercise program consists of 2 elements:

1. Resistance Training (or "weight training")
2. Cardio Training (or "aerobics").

Don't repeat the mistakes of 95% of the people...

You have learned that cardio is the activity you must spend most of your time at to get fit ("burn your calories"). Recent major discoveries in the fitness science have changed this outdated belief. Weight training has become the major age fighter.

"Anti-Aging Fitness" puts the first priority on weight training and the second priority on cardio training. The ratio is about 80% for weight training and 20% for cardio training.

Weight Training

Here are some age symptoms that weight training offsets and reverses:

Muscle Loss:

Muscle loss is the most noticeable aging symptom. Muscle loss makes you weaker and doomed to injuries and unattractive posture. As a result of muscle loss, your metabolic rate declines because muscles are the biggest fat burner. Therefore you start to accumulate body fat, which increases your risk of heart disease, diabetes, stroke, and more.

You can offset this vicious cycle that starts with muscle loss if you...rebuild your muscles back. The only effective way to gain muscle is weight training. That's true for men and for women. Diets don't support muscle gain. Slimming pills and fat burners don't build your muscles either. Even cardio activities such as jogging, biking, and walking don't build your muscle.

When you gain muscle you speed up your metabolic rate. You burn more fat, get a dream body which makes you look much younger than your age.

Bone Loss:

The less noticeable symptom of aging is a loss of bone density. Unfortunately, by the time you are diagnosed with bone mass loss, it can be too late because you've already developed osteoporosis. The common medical advice you usually get is to supplement with calcium and vitamin D. Your doctor also will probably recommend you to exercise (not more than walking or...dancing). Usually you get this advice from fat doctors that are doomed to develop degenerative diseases even more than you are.

Supplementation doesn't solve bone mass loss! Bone mass loss relates to hormonal imbalances and women are at much greater risk than men especially if they're post-

menopausal. The most effective cure is the least revealed one. Weight training will restore your bone mass and dramatically reduce your osteoporosis risk. Don't wait to start when you're already sick. Start now!

Hormone Decline:

The third symptom of aging is the decline in your hormone levels. Your hormones are decreasing at a "free-fall" pace when you are over 40. Your sexual hormones are at their peak when you're 20 and they decline every year after. Men's testosterone declines after puberty but its rate of decline is faster over 40. Women's estrogen levels drop down pre-menopause (sometimes known as "perimenopause").

The unrevealed secret that only a few athletes and bodybuilders know is that weight training increases the secretion of hormones. That's why men and women who exercise with weights look younger than their age.

Weight training is what makes you look really great. Women are usually concerned weight training will make them look "bulky". They perceive weight training as a "men's activity". No more. It's cut clear that women can change their physique dramatically without increasing testosterone ⁽¹⁾. The reasons are still unknown but it has been proved in many studies ⁽²⁾.

If you want to change your body and your life you need to find your way to the gym. The benefits are enormous. You will look 5, 10, even 15 years younger than your age. Your energy, stamina and vigor will skyrocket. Weight training increases your endorphins and pheromones which stimulate you all day long even when you wake up one hour earlier and skip coffee.

Not all weight training programs are designed equally. To get the hormonal secretion effect that makes you many years younger, you need to follow a specific technique that is revealed in [Anti-Aging Fitness](#).

Many of the exercises that you remember from your childhood or adolescence are obsolete. Take sit-ups for example. Sit-ups are the less effective exercise for abs because your hips take some of the motion and because of the risk of low back injury.

Cardio Training

Most people exercise because they want to "burn calories". This is based on the theory that if you burn more calories than you consume, you will probably lose weight. That's right...partially.

Studies show that there are other factors much more effective than calorie balance like managing blood sugar levels, raising metabolic rates, working with your body type and changing your body composition.

It's not just calorie consumption. Not all calories are built equally. 1000 calories of sugar aren't equal to 1000 calories of vegetables. The sugar peaks your blood sugar level while the same amount of calories consumed as vegetables won't affect your blood sugar at all.

The same thing is true with calorie burning. One hour on the treadmill burns roughly 800 calories. You need many hours to burn all the food you eat if you're following the calorie balance theory. But gaining 20% more muscle will burn the same calories even without doing any cardio at all. This is how powerful weight training is. You gain muscle, speed up your metabolic rate and get a rush of hormones that make you look and feel much younger than your age.

Should you engage in cardio at all? Cardio's main goal is to improve your....cardio condition. That means improving the strength and efficiency of your heart and lungs while improving your vigor, energy, stamina, and endurance.

Cardio training shouldn't target only calorie burning. Millions jog slowly because they have been told that long duration/low intensity cardio training is the best way to burn fat. It's definitely not the most effective way.

What's wrong with long duration/low intensity cardio training for fitness purposes?

- It's time consuming. It's difficult to commit regularly to such demanding activity.
- Long duration cardio causes you to lose muscle rather than gaining muscle. You achieve the opposite result. You slow down your metabolic rate and you accelerate your aging.
- Long duration cardio is based on calorie balance of "input" and "output". You need an hour to burn around 800 calories. You need to jog for hours to burn significant amounts of calories.
- You stop burning fat when you stop your activity.
- Your cardiovascular capability doesn't improve because the heart rate is low.
- Your lung capacity doesn't improve because you don't train in the anaerobic zone.
- It's b-o-r-i-n-g!

The right cardio is short duration high intensity training. The optimum time is 20 minutes and no more. The intensity of the training should be up to 85% of your maximum heart rate. The first few minutes are below 85% for warm up and the last 1-2 minutes can be even 90% of your maximum heart rate (heart rate over 85% also boosts your free-radical production. Don't stay there for too long!).

You can learn more about using heart rate monitor, high intensity cardio training and effective interval training, in the comprehensive "[Anti-Aging Fitness Program](#)".

Short Duration High Intensity cardio training is the most effective fitness routine:

- It takes a short time and you don't do it more than 2-3 times a week.
- It builds muscle. Just look how sprint runners are built compared to marathon runners.
- It improves your cardiovascular and lung capability
- It burns your fat long hours after you're off because the anaerobic features (like weight training).
- It's easy to stick to, because it's short and interesting
- It has a positive mind motivator benefit. Finishing a training session is very rewarding.

With that comes the end of the short version of the "Anti-Aging Fitness Program". We have covered 6 topics:

1. The way to look great doesn't go through diet or weight loss but through **body composition** change.
2. Start your route to success with powerful **mind motivators** to put you on track and connect your mind and body for maximum results in the shortest time possible.
3. Nourish your body with high protein, low Glycemic Index carbs and zero sugar or high fructose corn syrup 6 times a day. Eating as much as you want of the right foods will change you body like magic.
4. Supplements will spice up your life. Antioxidants fight free radicals and energizers boost your cellular energy production.
5. Get Fit for life: Achieve your desired body with weight training and short duration high intensity cardio.

Find more about the revolutionary [Anti-Aging Fitness Program](http://www.fitnessantiaging.com) at www.fitnessantiaging.com

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