

MULO MOTIVATION

Optimize yourself



RULES TO

Burning

FAT



BY: DARRYL MULO

TABLE OF CONTENTS

MULO'S RULES TO BURNING FAT

2.....	TABLE OF CONTENTS
3.....	ELIMINATING CALORIE DRINKS
4.....	WHOLE GRAIN INSTEAD OF WHOLE WHEAT
5.....	FIT MORE FIBRE INTO YOUR LIFESTYLE
6.....	EAT VEGETABLES EACH MEAL
7.....	REPLACE DEEP FRIED FOODS W/ GRILLED FOODS
8.....	REPLACE VEGETABLE OIL W/ OLIVE OR COCONUT OIL
9.....	ONLY SNACK ON HIGHER FAT INSTEAD OF HIGHER CARBS UNLESS IT'S FRUITS
10.....	FAST DIGESTING CARBS BEFORE AND AFTER
11.....	ONLY HEALTHY FATS IN THE EVENING
12.....	ADD PROTEIN TO DIET
13.....	MAKE SURE TO GET ENOUGH SLEEP
14.....	LESS STRESS FOR FAT LOSS
15.....	KNOW YOUR BODY TYPE
16.....	HIGH INTENSITY INTERVAL VS. STEADY STATE CARDIO
17.....	LIFT MODERATE TO HEAVY. DON'T BE AFRAID TO MUSCLE. YES LADIES
18.....	TAKE YOUR MULTIVITAMIN, FISH OILS & APPLE CIDER VINEGAR
19.....	EAT MORE ON TRAINING DAYS EAT LESS ON RESTING DAYS
20.....	CONCLUSION & WAYS TO REACH ME



ELIMINATE DRINKING CALORIES



Drinking calories is extremely easy to overdo because depending on the drink you don't feel full which makes indulging more likely. These calories are things such as soft drinks, alcohol, juices, etc. These are easy to overindulge. Trying the same thing with water isn't likely because you'll get too full to continue.



For example: In a glass of orange juice they can have anywhere from 5-8 oranges. Let me ask you a question. Would it be easy to eat 5-8 oranges? No of course not, but drinking it however is a different story

This is exactly why drinking calories can add up much quicker. My recommendation is to keep it to a minimum if you're tracking or to only consume water.



WHOLE GRAIN INSTEAD OF WHOLE WHEAT

WHOLE WHEAT MEANS THE BREAD IS MADE FROM THE ENTIRE WHEAT KERNEL. THAT GRAIN MAY BE WHEAT OR IT COULD BE ANOTHER GRAIN LIKE SPELT, OATS, OR BARLEY. THE BREAD MIGHT EVEN BE MADE USING A MIXTURE OF DIFFERENT WHOLE GRAINS.

IN TERMS OF MAKING A SELECTION SELECTING WHOLE GRAINS. YOU RECEIVE MORE OUT OF WHOLE GRAIN, IN TERMS OF MICRONUTRIENTS AND LONG-TERM DIGESTIVE HEALTH. THE SUGARS ADDED TO WHOLE WHEAT TAKES THE BODY MORE EFFORT TO A BREAKDOWN WHICH IS A START FOR FUTURE DIGESTION PROBLEMS

ADDITIONALLY, THE GLYCOGEN SPIKE WITH WHOLE GRAIN VS WHOLE WHEAT IS DIFFERENT. EVEN THOUGH WHOLE WHEAT IS ADVERTISED AS A SLOW DIGESTING CARB IT IS INSTEAD EXTREMELY FAST ALMOST LIKE A CHOCOLATE BAR.



FIT MORE FIBRE

BENEFITS OF FIBRE

- NORMALIZES BOWEL MOVEMENT
- HELPS MAINTAIN BOWEL HEALTH
- LOWERS CHOLESTEROL LEVELS
- HELPS CONTROL BLOOD SUGAR LEVELS
- HELPS IN ACHIEVING WEIGHT LOSS.



Eat Vegetables with each meal

MOST VEGETABLES ARE NATURALLY LOW IN FAT AND CALORIES. NONE HAVE CHOLESTEROL. (SAUCES OR SEASONINGS MAY ADD FAT, CALORIES, AND/OR CHOLESTEROL.) VEGETABLES ARE IMPORTANT SOURCES OF MANY NUTRIENTS, INCLUDING POTASSIUM, DIETARY FIBER, FOLATE (FOLIC ACID), VITAMIN A, AND VITAMIN C. DIETS RICH IN POTASSIUM MAY HELP TO MAINTAIN HEALTHY BLOOD PRESSURE. VEGETABLE SOURCES OF POTASSIUM INCLUDE SWEET POTATOES, WHITE POTATOES, WHITE BEANS, TOMATO PRODUCTS (PASTE, SAUCE, AND JUICE), BEET GREENS, SOYBEANS, LIMA BEANS, SPINACH, LENTILS, AND KIDNEY BEANS.

DIETARY FIBER FROM VEGETABLES, AS PART OF AN OVERALL HEALTHY DIET, HELPS REDUCE BLOOD CHOLESTEROL LEVELS AND MAY LOWER THE RISK OF HEART DISEASE. FIBER IS IMPORTANT FOR PROPER BOWEL FUNCTION. IT HELPS REDUCE CONSTIPATION AND DIVERTICULOSIS. FIBER-CONTAINING FOODS SUCH AS VEGETABLES HELP PROVIDE A FEELING OF FULLNESS WITH FEWER CALORIES.

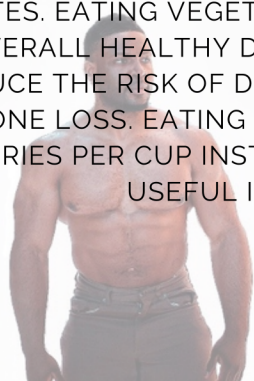
FOLATE (FOLIC ACID) HELPS THE BODY FORM RED BLOOD CELLS. WOMEN OF CHILDBEARING AGE WHO MAY BECOME PREGNANT SHOULD CONSUME ADEQUATE FOLATE FROM FOODS AND IN ADDITION 400 MCG OF SYNTHETIC FOLIC ACID FROM FORTIFIED FOODS OR SUPPLEMENTS. THIS REDUCES THE RISK OF NEURAL TUBE DEFECTS, SPINA BIFIDA, AND ANENCEPHALY DURING FETAL DEVELOPMENT.

- VITAMIN A KEEPS EYES AND SKIN HEALTHY AND HELPS TO PROTECT AGAINST INFECTIONS.
- VITAMIN C HELPS HEAL CUTS AND WOUNDS AND KEEPS TEETH AND GUMS HEALTHY. VITAMIN C AIDS IN IRON ABSORPTION.
-

HEALTH BENEFITS

EATING A DIET RICH IN VEGETABLES AND FRUITS AS PART OF AN OVERALL HEALTHY DIET MAY REDUCE THE RISK FOR HEART DISEASE, INCLUDING HEART ATTACK AND STROKE. EATING A DIET RICH IN SOME VEGETABLES AND FRUITS AS PART OF AN OVERALL HEALTHY DIET MAY PROTECT AGAINST CERTAIN TYPES OF CANCERS.

DIETS RICH IN FOODS CONTAINING FIBER, SUCH AS SOME VEGETABLES AND FRUITS, MAY REDUCE THE RISK OF HEART DISEASE, OBESITY, AND TYPE II DIABETES. EATING VEGETABLES AND FRUITS RICH IN POTASSIUM AS PART OF AN OVERALL HEALTHY DIET MAY LOWER BLOOD PRESSURE, AND MAY ALSO REDUCE THE RISK OF DEVELOPING KIDNEY STONES, AND HELP TO DECREASE BONE LOSS. EATING FOODS SUCH AS VEGETABLES THAT ARE LOWER IN CALORIES PER CUP INSTEAD OF SOME OTHER HIGHER-CALORIE FOOD MAY BE USEFUL IN HELPING TO LOWER CALORIE INTAKE.



Replace Fried To Grilled / Baked

WHEN DEEP-FRIED FOODS ARE CONSUMED, IT INCREASES THE BLOOD CHOLESTEROL LEVEL. HIGH CHOLESTEROL LEVELS POSE GREATER RISKS TO HEALTH. ARTERIES GET CLOGGED OVER TIME. THIS PREVENTS THE SMOOTH FLOW OF BLOOD AND INCREASES BLOOD PRESSURE. HIGH CHOLESTEROL LEVELS ALSO INCREASE THE RISK OF STROKE, CARDIOVASCULAR DISEASE, AND TYPE 2 DIABETES.

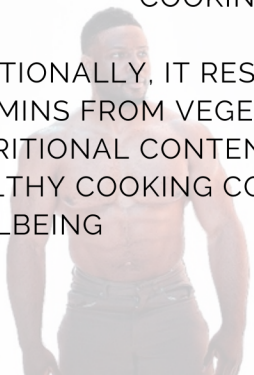
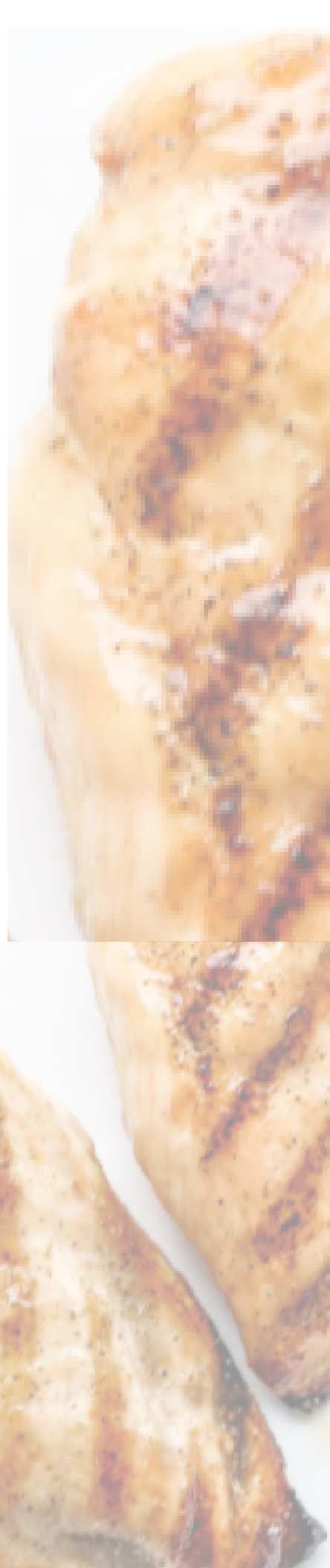
HIGHER CALORIE INTAKE FROM FRIED FOODS RESULTS IN WEIGHT GAIN. IT BECOMES MORE DIFFICULT TO MANAGE A HEALTHY WEIGHT PROGRAM WHEN FRIED FOODS ARE EATEN REGULARLY IN THE DIET. OTHER FOODS, SUCH AS VEGETABLES, LOSE MUCH OF THEIR MOISTURE AND EASILY PERISHABLE VITAMINS WHEN FRIED. THIS IS BECAUSE OF THE EXTREMELY HIGH TEMPERATURES OF THE HEATED OIL. ALTHOUGH FRIED FOOD MAY BE TASTY WITH A GREAT TEXTURE, IT IS HARDER TO DIGEST THAN GRILLED FOODS.

THIS IS BECAUSE OF THE HIGH AMOUNT OF FAT ABSORBED BY THE FOOD AS IT COOKS. FOODS WITH A HIGH-FAT CONTENT EXERT MORE PRESSURE ON THE DIGESTIVE SYSTEM AND ORGANS. THIS CONTRIBUTES TO DISORDERS OF THE DIGESTIVE TRACT. IT ALSO EXACERBATES CONDITIONS SUCH AS ULCERS AND GALLSTONES. A HEALTHIER COOKING ALTERNATIVE TO FRYING IS GRILLING.

GRILLED MEATS HAVE A REDUCED FAT CONTENT. THIS IS BECAUSE THE FAT DRIPS OFF AS THE FOOD COOKS. IT RESULTS IN HEALTHIER MEALS AND MAKES IT EASIER TO MANAGE A LOW-FAT DIET. GRILLED FOODS ALSO HAVE LOWER CALORIE CONTENT THAN FRIED FOODS. THIS HELPS IN WEIGHT MANAGEMENT AND KEEPING FIT. REDUCED FAT INTAKE HELPS TO LOWER BAD CHOLESTEROL LEVELS IN THE BLOOD. HEALTHY CHOLESTEROL LEVELS IMPROVE CARDIOVASCULAR HEALTH.

VARIOUS HEALTH CONDITIONS SUCH AS OBESITY, STROKE, HEART DISEASE, HIGH BLOOD PRESSURE, AND TYPE 2 DIABETES BECOME A RISK WITH FRIED FOODS EATEN REGULARLY. WHEN YOU GRILL YOUR FOOD, IT HELPS TO REDUCE THE RISK OF SUCH DISEASES. IT ALSO ENSURES THAT YOU GET MORE VALUE OUT OF YOUR FOOD DUE TO THE SHORTER COOKING TIME INVOLVED WHEN YOU GRILL.

ADDITIONALLY, IT RESULTS IN MINIMAL LOSS OF MOISTURE AND VITAMINS FROM VEGETABLES. THIS ENSURES THAT AS MUCH OF THE NUTRITIONAL CONTENT IS RETAINED IN THE FOOD WHEN COOKED. HEALTHY COOKING CONTRIBUTES TO GOOD HEALTH AND OVERALL WELLBEING





6. REPLACE VEGETABLE WITH OLIVE OR COCONUT OIL

MONOUNSATURATED FAT VS. POLYUNSATURATED FAT

WHAT'S THE DIFFERENCE BETWEEN MONOUNSATURATED FAT AND POLYUNSATURATED FAT?

THEY BOTH HAVE DISTINCT HEALTH BENEFITS SUCH AS REDUCING CHOLESTEROL LEVELS WHICH DECREASES THE RISK OF CORONARY ARTERY DISEASE AND STROKE.

MONOUNSATURATED FATS ARE ALSO HIGH IN VITAMIN E. MONOUNSATURATED FATS ARE FOUND IN OLIVE, PEANUT, CANOLA OILS, AVOCADOS, NUTS, AND SEEDS. OUR BODIES NEED OMEGA-3S, OMEGA-6S, AND OMEGA-9S, WHICH ARE FOUND IN POLYUNSATURATED FATTY ACIDS AND CONTRIBUTE TO BRAIN FUNCTION. OMEGA-3 REDUCES INFLAMMATION AND LOWERS YOUR RISK OF HEART DISEASE. POLYUNSATURATED FATS ARE IN VEGETABLE OILS LIKE SAFFLOWER, CORN, SUNFLOWER, SOY, COTTONSEED, NUTS, AND SEEDS.

MONOUNSATURATED FATS ARE BETTER FOR YOU THAN POLYUNSATURATED FATS. YOU STILL MUST HAVE THE APPROPRIATE DIET (HIGH IN ANTIOXIDANT NUTRIENTS) TO REAP THE BENEFITS.

SATURATED FATS

FROM A CHEMICAL STANDPOINT, SATURATED FATS ARE SIMPLY FAT MOLECULES THAT HAVE NO DOUBLE BONDS BETWEEN CARBON MOLECULES BECAUSE THEY ARE SATURATED WITH HYDROGEN MOLECULES. SATURATED FATS ARE TYPICALLY SOLID AT ROOM TEMPERATURE.

VEGETABLE OILS CONTAIN MORE SATURATED FATS THAN COCONUT OIL & OLIVE OIL. THIS IS WHY THEY ARE THE BETTER OPTION.

*EATING FOODS THAT CONTAIN SATURATED FATS RAISES THE LEVEL OF CHOLESTEROL IN YOUR BLOOD. HIGH LEVELS OF LDL CHOLESTEROL IN YOUR BLOOD INCREASE YOUR RISK OF HEART DISEASE AND STROKE.



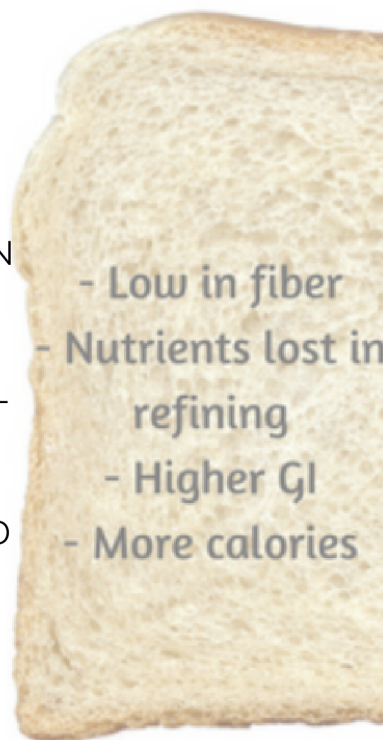
SNACK ON HIGHER FAT INSTEAD OF HIGH CARB

THE DISADVANTAGE OF SNACKING ON WHITE CARBS IS IT INCREASES HUNGER WHICH LEADS TO EATING MORE TO THE POINT OF OVEREATING. THERE'S MORE SUGAR TO THOSE EMPTY CALORIES WHICH MEANS THE MACRONUTRIENT AND MICRONUTRIENT CONTENT LACKS QUALITY. SOME EXAMPLES OF THESE WHITE CARBS ARE WHITE BREAD, CAKES, CHIPS, FRENCH FRIES, CRACKERS, ARTIFICIAL SUGARS, ETC.

MY RECOMMENDATION IS TO SNACK ON HEALTHY FATS OR FRUIT BECAUSE IT HAS QUALITY MACRONUTRIENTS AND MICRONUTRIENTS. FRUITS NOURISH THE BODY IN MULTIPLE WAYS WHEN IT COMES TO ENERGY, DIGESTION, AND IMMUNITY. THE ENERGY FROM THESE HIGHER-QUALITY FOODS WILL BE USED IMMEDIATELY AND PROVIDES YOUR BODY WITH FIBER AND OTHER ESSENTIAL NUTRIENTS NEEDED FOR OVERALL HEALTH.

HEALTHY FATS OPTIONS SUCH AS AVOCADOS, MIXED NUTS, ALMONDS, NUTS, AND CASHEWS ARE HIGHER IN CALORIES BUT PROVIDE GREATER SATIETY, ESSENTIAL OMEGA'S FOR YOUR BRAIN AND YOUR DIGESTIVE SYSTEM

WHITE



- Low in fiber
- Nutrients lost in refining
- Higher GI
- More calories

BROWN



- High in fiber
- More nutrients
- Lower GI
- Less calories



FAST DIGESTING CARBS BEFORE OR AFTER WORKOUTS AND EARLY IN THE DAY

A DISADVANTAGE OF SNACKING ON WHITE CARBS IS IT INCREASES HUNGER WHICH LEADS TO EATING MORE TO THE POINT OF OVEREATING. THERE'S MORE SUGAR TO THOSE EMPTY CALORIES MEANING THE MACRONUTRIENT AND MICRONUTRIENT CONTENT LACKS QUALITY.

SOME EXAMPLES OF THESE WHITE CARBS ARE WHITE FAST-DIGESTING CARBS (SIMPLE CARBS)

THEY ARE ALSO SIMPLE CARBS THAT ARE DIGESTED EASILY, BROKEN DOWN INTO SUGAR, AND PROVIDE YOU ENERGY FOR QUICK ACCESS. THEY CONSIST OF MONOSACCHARIDES AND DISACCHARIDES, THESE ARE THE SMALLEST UNITS OF SUGAR, WHICH ARE PRESENT IN FRUITS, DAIRY, REFINED GRAINS, AND THEIR PRODUCTS.

THESE ARE SUPER BENEFICIAL FOR HIGH-INTENSITY WORKOUTS, ESPECIALLY BEFORE THOSE WORKOUT SESSIONS. WHILE PERFORMING A HIGH-INTENSITY EXERCISE, THE GLYCOGEN STORES IN YOUR MUSCLES AND LIVER ARE USED UP FOR ENERGY. IF THESE GLYCOGEN STORES ARE NOT REPLENISHED BY FAST DIGESTING CARBS SOON AFTER A HIGH-INTENSITY WORKOUT, YOUR FUTURE EXERCISE SESSIONS WILL SUFFER.

A QUICK RISE IN THE LEVEL OF BLOOD SUGAR IS IMPORTANT FOR REPLENISHING GLYCOGEN IN THE LIVER AND MUSCLES WITHIN 2 HOURS OF HIGH-INTENSITY EXERCISE. YOUR BODY FUNCTIONS LIKE A CAR, THESE KINDS OF FAST-DIGESTING CARBS ACT LIKE GAS.

THINK ABOUT WHEN YOU NEED GAS

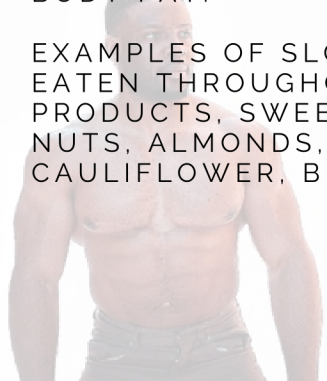
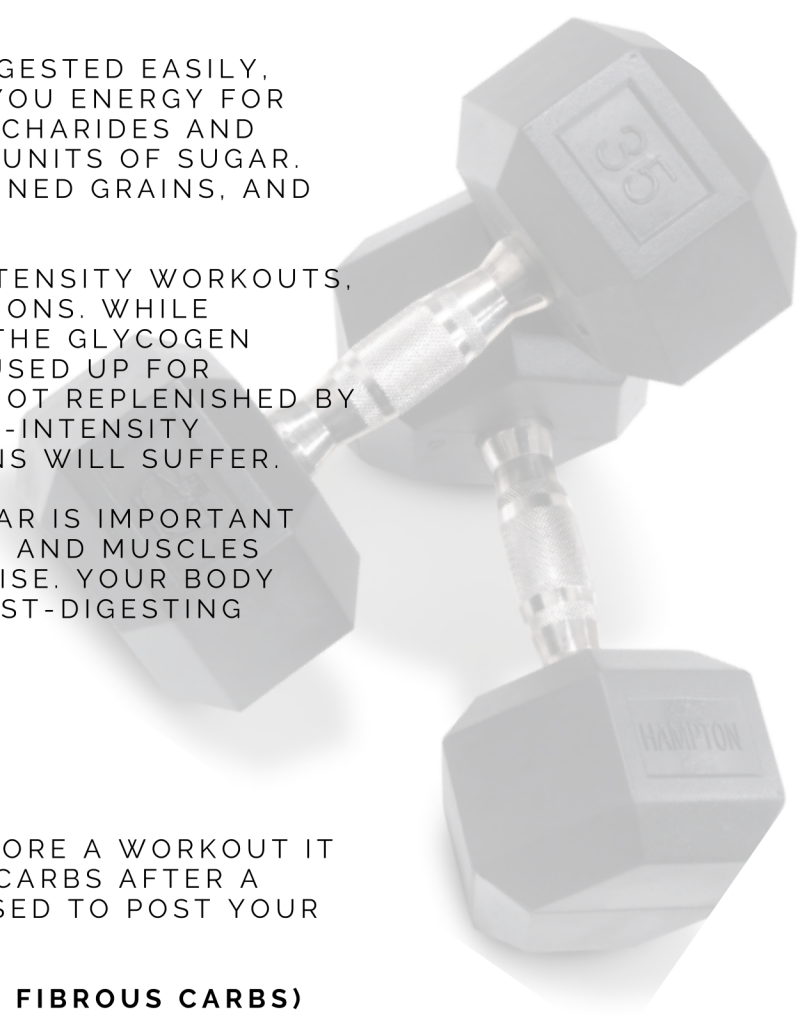
- AT THE END OF A LONG DRIVE?
- BEFORE A LONG DRIVE?

WHEN YOU EAT FAST-DIGESTING CARBS BEFORE A WORKOUT IT IS FOR ENERGY AND WHEN YOU EAT THESE CARBS AFTER A WORKOUT IT WILL REPLENISH WHAT YOU USED TO POST YOUR WORKOUT.

SLOW DIGESTING CARBS (STARCHY CARBS & FIBROUS CARBS)

THEY ARE COMPLEX CARBOHYDRATES THAT TAKE LONGER TO BE ABSORBED, AND THE BREAKDOWN OF GLUCOSE IS SLOWER, AS WELL. THE LONGER IT WILL TAKE FOR GLUCOSE TO ENTER YOUR BLOODSTREAM, THE MORE STABLE YOUR BLOOD SUGAR LEVELS WILL BE. IF THE BODY IS FLOODED WITH TONS OF GLUCOSE AT THE SAME TIME, THAT EXTRA IS STORED AS GLYCOGEN AND BODY FAT.

EXAMPLES OF SLOW DIGESTING CARB FOODS THAT CAN BE EATEN THROUGHOUT THE DAY INCLUDE WHOLE WHEAT PRODUCTS, SWEET POTATOES, BROWN RICE, LEAFY GREENS, NUTS, ALMONDS, STEEL-CUT OATMEAL, BLACK BEANS, SPINACH, CAULIFLOWER, BROCCOLI, ETC...



ONLY HEALTHY FATS IN THE EVENING... YES

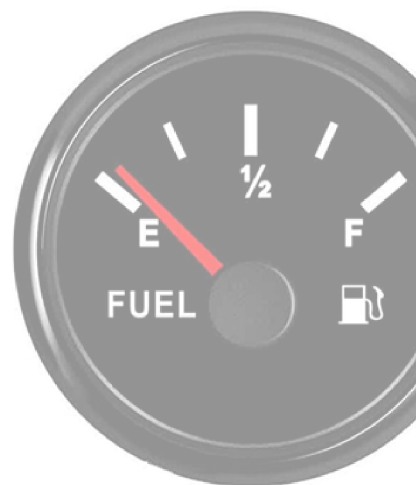
EVEN THOUGH IT'S CALORIES IN VS. CALORIES OUT. IT WILL ALWAYS BE MY RECOMMENDATION TO KEEP YOUR CARB CONSUMPTION EARLIER IN YOUR DAY. UNLESS YOU TRAINED AT NIGHT. USUALLY ACTIVITY LEVELS ARE LOWER AT NIGHT THEREFORE NOT MUCH ENERGY IS NEEDED. MOST OF OUR ENERGY COMES FROM CARB SOURCES

SINCE YOUR ACTIVITY IS LOWER IT WILL AFFECT HOW YOU EAT FOR OPTIMUM RESULTS. YOUR BODY IS LIKE A VEHICLE. IF YOU PUT GAS IN A VEHICLE ALREADY FULL OF GAS IT WILL CREATE A SPILL. THIS SPILL IN OUR BODIES IS THE "FAT" WE WILL STORE.

MY BIGGEST RECOMMENDATION IS TO KEEP CARBOHYDRATES TO THE MINIMUM OR NONE AT THE NIGHT. CARBS ARE TO BE LOWER WHILE FATS ARE HIGHER IN CONSUMPTION WHICH WILL HELP YOU STAY FULL AND HELP GET ANY EXTRA CALORIES NOT CONSUMED EARLIER THAT DAY.

IF YOU ARE TRAINING EARLY IN THE MORNING SLOW DIGESTING CARBS ARE ALLOWED BUT IF NOT I RECOMMEND KEEPING FATS HIGHER AND CARBS LOWER DUE TO ACCOMMODATE YOUR GLYCOGEN STORES.

THIS RULE CHANGES IF YOU TRAINED IN THE EVENING AND IF YOU TRAIN EARLY IN THE MORNING. YOUR BODY NEEDS CARBS BEFORE AND AFTER YOUR WORKOUTS. TO HAVE MORE CARBS AT NIGHT YOU WILL HAVE TO TIME YOUR WORKOUTS TO ACCOMMODATE THAT OTHERWISE, THESE SMALLS MISTAKES CAN RUIN YOUR PROGRESS



ADD PROTEIN

TWO OTHER MACRONUTRIENTS ARE CARBS AND FAT. MOST PEOPLE DON'T GET ENOUGH PROTEIN IN THEIR DIET SO MOST OF THEIR CALORIES COME FROM CARBOHYDRATES AND FATS. EVEN IF SOME MAY EAT LESS THAN THEIR MAINTENANCE CALORIES WHAT HAPPENS IS IF CARBOHYDRATES AND FATS AREN'T SOMEWHAT BALANCED ONE OF THEM WILL STORE FAT.

FOR EXAMPLE, IF YOU HAVE A HIGH-CARB DIET YOU CAN'T HAVE A HIGH-FAT DIET OR HIGH FAT AND HIGH CARB. THE RATIO MUST BE HIGH CARB/ LOW FAT OR A HIGH FAT/ LOW HIGH CARB.

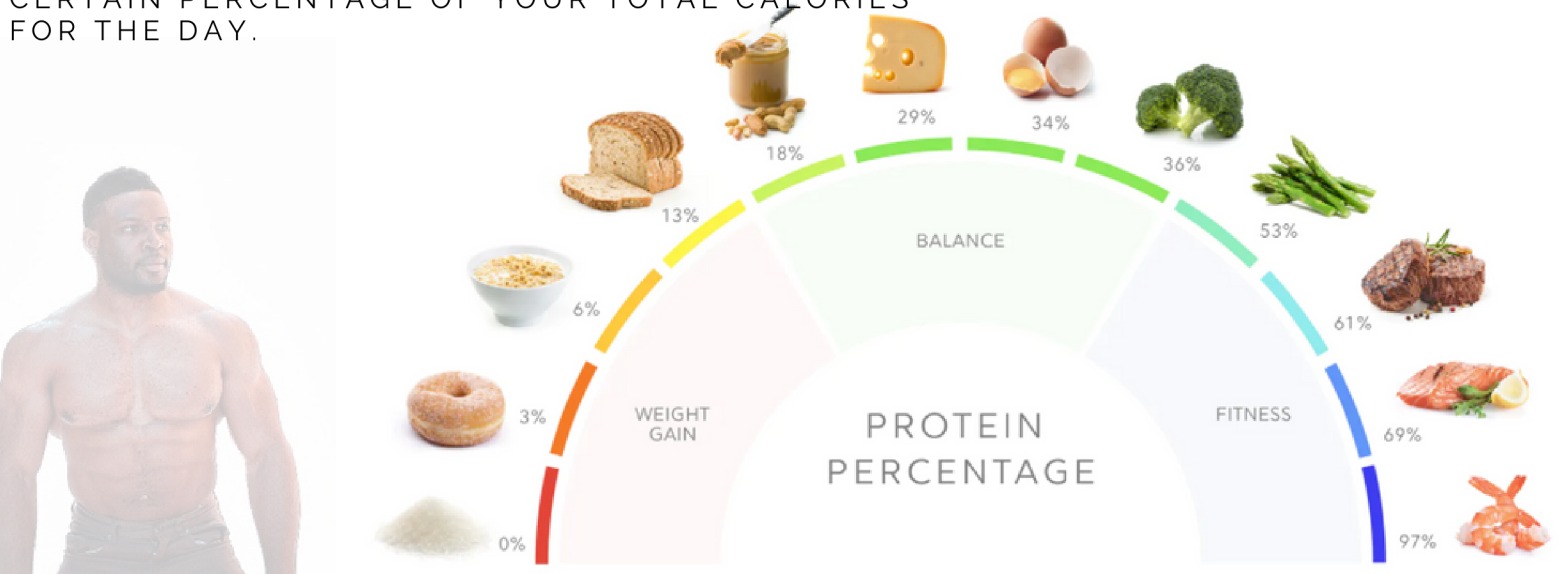
HOW DOES PROTEIN HELP?

PROTEIN HELPS REDUCE THE RISK OF CHRONIC DISEASES, SUPPORTS LEAN MUSCLE DEVELOPMENT, AND STRONG BODIES, AND BOOSTS YOUR METABOLISM WHICH TRANSLATES INTO FAT LOSS.

ADDITIONALLY, PROTEIN HELPS YOU FEEL MORE SATISFIED WHICH STOPS ANY POTENTIAL OF OVEREATING. PROTEIN HAS A SIMILAR EFFECT AS HEALTHY FATS WHEN IT COMES TO SATIETY WHICH IS IMPORTANT FOR PORTION CONTROL. PROTEIN BALANCE THE MACRONUTRIENT EQUILIBRIUM. MACRONUTRIENT EQUILIBRIUM CONSISTS OF CARBS, FAT, AND PROTEIN WHICH HAS TO TOTAL 100% OF THE THREE MACRONUTRIENTS. THAT PERCENTAGE OF EACH MACRONUTRIENT IS BASED ON YOUR BODY TYPE.

FOR EXAMPLE

WHEN WE SEE SOME CONSIDERED SKINNY FAT PERSON HOLDING ON TO TOO MUCH FAT IN CERTAIN AREAS MOST LIKELY THEY DON'T HAVE A BALANCED DIET OF CARBS, FATS, AND PROTEIN. REMEMBER ALL 3 TOGETHER HAVE TO TOTAL 100%, EACH MACRONUTRIENT BASED ON YOUR BODY TYPE IS A CERTAIN PERCENTAGE OF YOUR TOTAL CALORIES FOR THE DAY.



MAKE SURE TO GET ENOUGH SLEEP

WHY IT'S IMPORTANT

QUALITY OF SLEEP DIRECTLY AFFECTS YOUR MENTAL AND PHYSICAL HEALTH AND THE QUALITY OF YOUR WAKING LIFE, YOUR PRODUCTIVITY, EMOTIONAL BALANCE, BRAIN AND HEART HEALTH, IMMUNE SYSTEM, CREATIVITY, VITALITY, AND EVEN YOUR WEIGHT.

HOWEVER, WHILE YOU'RE AT REST YOUR BRAIN STAYS BUSY. YES, BIOLOGICAL MAINTENANCE KEEPS THE BODY RUNNING, WHICH PREPARES YOU FOR THE DAY AHEAD. WITHOUT ENOUGH HOURS OF REST, YOU WON'T BE ABLE TO WORK, LEARN, COMMUNICATE, CREATE ADDITIONAL MORE, ETC....

COMMONS MYTHS BELOW

- GETTING 1 HOUR LESS OF SLEEP WON'T AFFECT ME
- - YOUR BODY WILL ADJUST AS YOU GO
- EXTRA SLEEP AT NIGHT CAN CURE YOUR FROM DAYTIME TIREDNESS
- MAKING UP YOUR SLEEP FROM THE WEEK ON WEEKENDS
- AN AVERAGE PERSON NEEDS 6-9 HOURS OF SLEEP A NIGHT AND THIS IS AN ADULT. SO DAYTIME NAPS CAN ALSO HELP FILL IN THE GAPS.

memory issues

During sleep, your brain forms connections that help you process and remember new information. A lack of sleep can negatively impact both short- and long-term memory.

trouble with thinking and concentration

Your concentration, creativity, and problem-solving skills aren't up to par when you don't get enough rest.

mood changes

Sleep deprivation can make you moody, emotional, and quick-tempered. Chronic sleep deprivation can affect your mood and lead to anxiety or depression, which may escalate.

accidents

Being drowsy during the day can increase your risk for car accidents and injuries from other causes.

weakened immunity

Too little sleep weakens your immune system's defenses against viruses like those that cause the common cold and flu. You're more likely to get sick when you're exposed to these germs.

high blood pressure

If you sleep less than five hours a night, your risk for high blood pressure increases.

risk for diabetes

A lack of sleep affects your body's release of insulin, a blood sugar-lowering hormone. People who don't get enough sleep have higher blood sugar levels and an increased risk for type 2 diabetes.

weight gain

With sleep deprivation, the chemicals that signal to your brain that you are full are off balance. As a result, you're more likely to overindulge even when you've had enough to eat.

low sex drive

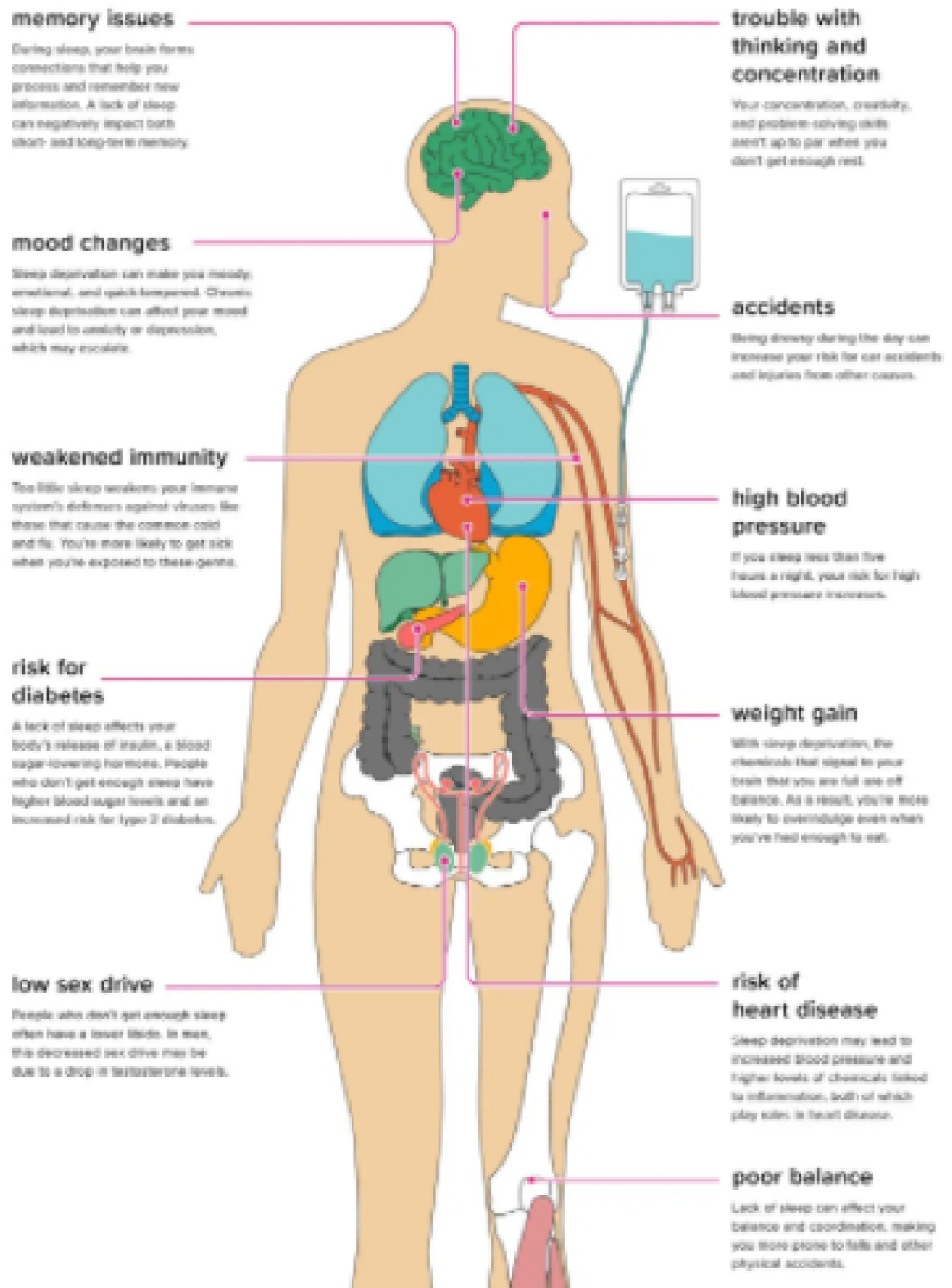
People who don't get enough sleep often have a lower libido. In men, this decreased sex drive may be due to a drop in testosterone levels.

risk of heart disease

Sleep deprivation may lead to increased blood pressure and higher levels of chemicals linked to inflammation, both of which play roles in heart disease.

poor balance

Lack of sleep can affect your balance and coordination, making you more prone to falls and other physical accidents.



LESS STRESS FOR FAT LOSS

STRESS HAS A LOT OF NEGATIVE EFFECTS MENTALLY AND PHYSICALLY THAT CAN LEAD TO NO OR SLOW PROGRESSION IN MANY AREAS FOR EXAMPLE SLEEP.

IN ADDITION, SLEEP DEPRIVATION LEADS TO INCREASES IN SUGAR CRAVINGS. WHEN WE EAT SUGAR, IN THE SHORT TERM WE FEEL GOOD (DOPAMINE RELEASE) AND WE GET A BURST OF ENERGY. HOWEVER, INCREASED SUGAR INTAKE FOR SUSTAINED PERIODS CAN LEAD TO DIGESTIVE DISORDERS AND CAN AFFECT MENTAL HEALTH BY DECREASING MOOD, MOTIVATION, WILLINGNESS TO STAY ACTIVE, AND WILLPOWER

SLEEP DIRECTLY EFFECTS STRESS THE MOST. SEE BELOW SIGNS YOU ARE SLEEP DEPRIVED.

SYMPTOMS OF LACK OF SLEEP

THE PRIMARY SIGNS AND SYMPTOMS OF SLEEP DEPRIVATION INCLUDE EXCESSIVE DAYTIME SLEEPINESS AND DAYTIME IMPAIRMENT SUCH AS REDUCED CONCENTRATION, SLOWER THINKING, AND MOOD CHANGES. FEELING EXTREMELY TIRED DURING THE DAY IS ONE OF THE HALLMARK SIGNS OF SLEEP DEPRIVATION. PEOPLE WITH EXCESSIVE DAYTIME SLEEPINESS MAY FEEL DROWSY AND HAVE A HARD TIME STAYING AWAKE EVEN WHEN THEY NEED TO. IN SOME CASES, THIS RESULTS IN MICROSLEEP IN WHICH A PERSON DOZES OFF FOR A MATTER OF SECONDS.

INSUFFICIENT SLEEP CAN DIRECTLY AFFECT HOW A PERSON FEELS DURING THEIR WAKING HOURS. EXAMPLES OF THESE SYMPTOMS INCLUDE:

- **SLOWED THINKING**
- **REDUCED ATTENTION SPAN**
- **WORSENERD MEMORY**
- **POOR OR RISKY DECISION-MAKING**
- **LACK OF ENERGY**
- **MOOD CHANGES INCLUDING FEELINGS OF STRESS, ANXIETY, OR IRRITABILITY**

A PERSON'S SYMPTOMS CAN DEPEND ON THE EXTENT OF THEIR SLEEP DEPRIVATION AND WHETHER IT IS ACUTE OR CHRONIC. RESEARCH ALSO SUGGESTS THAT SOME INDIVIDUALS ARE MORE LIKELY TO EXPERIENCE SYMPTOMS AFTER A LACK OF SLEEP AND THAT THIS MAY BE TIED TO A PERSON'S GENETICS. STIMULANTS LIKE CAFFEINE CAN ALSO MASK THE SYMPTOMS OF SLEEP DEPRIVATION, SO IT'S IMPORTANT TO NOTE HOW YOU FEEL ON AND OFF THESE SUBSTANCES.

KNOW YOUR BODY

MESOMORPH

MESOMORPH HAS A MIDDLE-OF-THE-ROAD BUILD THAT TAKES THE BEST OF BOTH WORLDS. THEY TEND TO HAVE WIDE SHOULDERS, A NARROW WAIST, RELATIVELY THIN JOINTS, AND ROUND MUSCLE BELLIES. IN SHORT, IF YOU'RE A MESOMORPH, YOU HAVE A NATURAL TENDENCY TO BE FIT AND RELATIVELY MUSCULAR.

40 % CARBS, 30% FAT 30% PROTEIN

ENDOMORPH

THE ENDOMORPH TENDS TO GAIN WEIGHT AND KEEP IT ON. THEIR BUILD IS A LITTLE WIDER THAN AN ECTOMORPH OR MESOMORPH, WITH A THICK RIBCAGE, WIDE HIPS, AND SHORTER LIMBS. THEY MAY HAVE MORE MUSCLE THAN EITHER OF THE OTHER BODY TYPES, BUT THEY OFTEN STRUGGLE TO GAIN IT WITHOUT SIGNIFICANT AMOUNTS OF ACCOMPANYING BODY FAT.

25% CARBS, 40% FAT, 35% PROTEIN

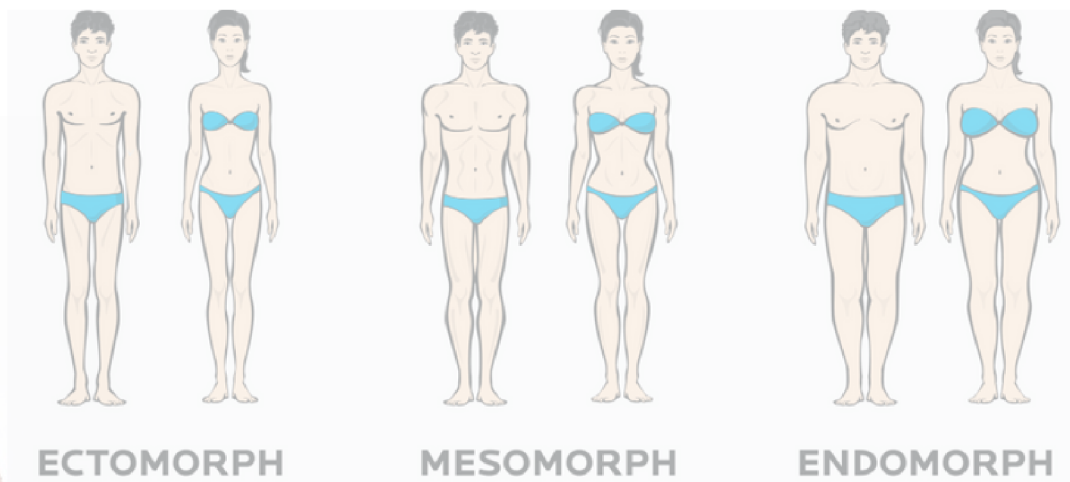
SINCE THEY CONTAIN MORE BODY FAT, IT'S OPTIMAL TO HAVE A LOWER CARB DIET FOR THESE KINDS OF BODY TYPES.

ECTOMORPH

AN ECTOMORPH TENDS TO BE THIN AND STRUGGLES TO GAIN WEIGHT AS EITHER BODY FAT OR MUSCLE. THEY CAN EAT PILES OF FOOD AND STAY LOOKING THE SAME, EVEN WHEN GAINING MUSCULAR WEIGHT IS THEIR BIGGEST GOAL. PEOPLE WHO BATTLE TO GAIN MUSCLE ARE OFTEN KNOWN AS "HARD GAINERS."

ECTOMORPHS TEND TO HAVE A LEAN BUILD, LONG LIMBS, AND SMALL MUSCLE BELLIES. EVEN IF AN ECTOMORPH MANAGES TO PUT ON WEIGHT, THEY MAY STILL LOOK SKINNIER THAN THEY ARE, PARTICULARLY IN THE CALVES AND FOREARMS.

HIGHER THAN 40% CARBS, 25%-35% PROTEIN, FAT IS THE REST



HIGH INTENSITY INTERVAL CARDIO VS. STEADY STATE CARDIO

BENEFITS OF CARDIO

- DECREASED RESTING HEART RATE
- DECREASED RESTING BLOOD PRESSURE.
- INCREASED MUSCULAR ENDURANCE
- IMPROVED CIRCULATION THROUGHOUT YOUR BODY.
- DECREASED PERCENTAGE OF BODY FAT.
- DECREASED STRESS LEVELS.

MORE ENERGY TO COMPLETE YOUR DAILY ACTIVITIES WITH VIGOR.

HII CARDIO IS BASICALLY SHORT QUICK BURSTS THAT REQUIRE A LOT OF ENERGY FROM EVERY MUSCLE IN THE BODY IN A SHORT TIME. STEADY STATE CARDIO LONG DURATION OF CARDIO THAT REQUIRES MUSCLE ENDURANCE AND STAMINA TO MAINTAIN OVER A COURSE OF TIME.

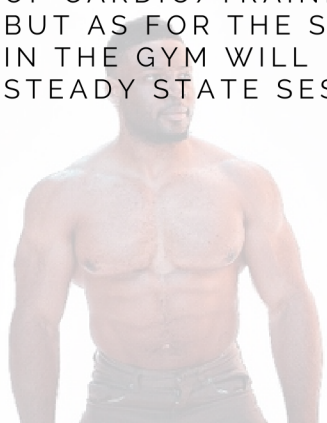
AS YOU SEE ABOVE THE SPRINTER VS. THE CROSS COUNTRY RUNNER BELOW. WHICH LOOK WOULD YOU PREFER? IT ALSO DEPENDS ON YOUR GOALS BUT MOST OF US WANT TO LOOK LIKE A SPRINTER. THE REASON SPRIINTERS LOOK LIKE THAT IS THAT THEY DO HIIT OR HII CARDIO WHICH PROMOTES "FAT BURNING".

SINCE IT'S SO EXPLOSIVE AND QUICK THEY ALSO BUILD MUSCLE IN MULTIPLE AREAS AS RESULT BUT AS FOR THE CROSS COUNTRY RUNNER, THEY DO MORE STEADY STATE CARDIO WHICH ALSO BURNS FAT BUT ALSO BURNS MUSCLE. IF IT'S NOT YOUR GOAL TO BE A CROSS COUNTRY RUNNER IT'S NOT A HEALTHY LOOK BECAUSE YOU NEED SOME FAT AND MUSCLE TO COVER AND PROTECT YOUR JOINTS AND BONES

SOMEONE MUSCULAR IS LESS LIKELY TO BE HURT FROM A FALL THAN A SKINNIER PERSON BECAUSE OF THE PROTECTION FROM THE MUSCLE/WEIGHT.

MORE ABOUT THE CARDIO HIIT OR HII CARDIO MAY SEEM TO DO MUCH ACCORDING TO THE NUMBERS OF CALORIES BURNED ON THE TREADMILL BUT ONCE YOU'RE DONE THE TRAINING THE CALORIE BURNING CONTINUES.

IT INCREASES YOUR METABOLISM FOR THE DAY BECAUSE IT TAKES SO MUCH ENERGY TO DO HIGH-INTENSITY KINDS OF CARDIO/TRAINING AND YES EVEN AFTER YOU'RE DONE. BUT AS FOR THE STEADY STATE, ALL THE WORK YOU DO IN THE GYM WILL REMAIN IN THE GYM UNTIL THE NEXT STEADY STATE SESSION OR SESSIONS



LIFT MODERATE TO HEAVY. DON'T BE AFRAID TO BUILD MUSCLE, YES LADIES

THE MORE MUSCLE YOU HAVE ON YOUR BODY THE LESS FAT YOU HAVE MAKING IT EASIER TO BURN FAT.

WHY? BECAUSE YOUR METABOLISM HAS GOTTEN BETTER BECAUSE OF YOUR MUSCLES. IT TAKES A LOT OF ENERGY TO MAINTAIN YOUR MUSCLES.

SO THE BODY BURNS EXTRA CALORIES AND IN ORDER TO BURN FAT, YOU HAVE TO BURN MORE CALORIES THAN YOU CONSUME. THIS WILL PUT YOU IN A CALORIE DEFICIT (DEPENDING ON YOUR EATING HABITS). AS YOU CAN SEE IN THE PICTURE ABOVE THE WOMAN ON THE RIGHT DOESN'T LOOK MANLY BUT THE WOMAN ON THE LEFT MOST LIKELY HAS USED CHEMICAL ENHANCEMENT DRUGS TO ACHIEVE THAT LOOK.

AS A LIFTER THE FIRST YEAR YOU'LL MAKE THE MOST GAINS AND AS YOU GO ON IT SLOWS DOWN DRAMATICALLY WHICH IS WHY THE WOMAN ON THE LEFT HAD TO MAKE ADJUSTMENTS FOR THE GAINS TO KEEP GOING. THE ONLY WAY TO BUILD MUSCLE IS TO EAT MORE AND BREAK DOWN THE MUSCLE IN THE GYM AND THE BEST WAY TO DO THAT IS WEIGHT LIFTING.

MODERATE TO HEAVIER FOR 5-12 REPS WHICH IS IN THE MEDIUM OF STRENGTH/STRENGTH/HYPERTROPHY. A GREAT PLACE TO START IS WITH COMPOUND LIFTS LIKE A BENCH, SQUAT, AND DEADLIFT IN ADDITION TO AN OVERHEAD PRESS AS THE BASICS TO GET STARTED. THESE EXERCISES WORK MULTIPLE MUSCLE GROUPS AND THE MORE MUSCLE GROUPS YOU HIT THE MORE CALORIES YOU BURN BECAUSE YOU NEED MORE ENERGY IN ORDER TO PERFORM THEM.

SO HOW COME MOST POWERLIFTERS ARE FAT?

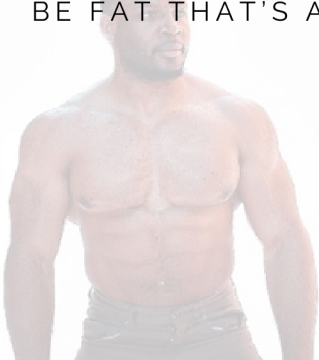
GREAT QUESTION, BECAUSE THEIR DIET ISN'T GOOD, BECAUSE THEIR GOAL IS TO MOVE AS MUCH WEIGHT AS POSSIBLE SO WITH MORE MASS COMES BETTER LEVERAGE, BECAUSE OF THEIR BODY TYPES BUT MOST OF THE TIME WITH A GREAT DIET YOU WON'T BE FAT THAT'S A FACT.



HOW YOU THINK YOU'LL LOOK



REALITY



SUPPLEMENTATION IS KEY

APPLE CIDER VINEGAR BENEFITS

- REGULATES BLOOD SUGAR LEVELS
- ENHANCES WEIGHT LOSS
- IMPROVES SKIN HEALTH
- LOWERS CHOLESTEROL
- FIGHTS FUNGUS



MULTIVITAMINS BENEFITS

- ENERGY INCREASED
- BETTER MOOD
- REDUCED STRESS
- PROMOTES BETTER MEMORY
- MAINTAIN MUSCLE STRENGTH



FISH OIL BENEFITS

- ARTHRITIS
- CANCER
- CARDIOVASCULAR DISEASE
- SKIN AND HAIR
- IMMUNE SYSTEM



I ADVISE YOU TO DO YOUR OWN RESEARCH AS WELL FOR EACH OF THE THREE PRODUCTS. THEY ALL HAVE SO MANY BENEFITS, IN ADDITION, IT'S ALSO CREATED TO BE AWARE OF WHAT IT COULD REALLY DO FOR YOU.



EAT MORE ON TRAIN DAYS AND EAT LESS ON RESTING DAYS "ESPECIALLY CARBS"

SEE RULE 8 AND 9. THE THINGS I STATED IN THOSE RULES WILL APPLY TO THIS AS WELL.

CONGRATULATIONS FOR FINISHING THE RULES TO BURNING FAT E-BOOK. THE INFORMATION IS ONLY POWERFUL IF YOU APPLY IT. **I'M AN ONLINE COACH , WHO HELPED OVER 100 MEN / WOMEN APPLY THAT INFO TO LOSE 15-30LBS IN 3 MONTHS.** IF YOU'D LIKE MORE INFORMATION, SEE WAYS TO REACH ME BELOW

CONNECT WITH MULO

APPLY FOR A 10 MINUTE ASSESSMENT

WWW.DMULOFITNESS.COM

EMAIL: DMULOFITNESS@GMAIL.COM

STUDENT TRANSFORMATIONS

WWW.DMULOFITNESS.COM

MULO MOTIVATION ON ALL PLATFORMS



LIKE ALWAYS GET BETTER EVERY
"OPTIMIZE YOURSELF" 😊

