

‘Look Good, Feel Great!’

Transform your body in 10 easy steps!

Stephen J. Smith

SOMA TECHNICS

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To my family:
Colin, Glenda & Kristy

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About the Author

Stephen Smith is part-owner of Body Concepts, a company that manufactures supplements as well as imports various other supplement ranges from the US and Canada. Body Concepts also publishes a health and lifestyle magazine called Focus On. Stephen conducts seminars at gyms, recreation centres and Weight Watchers groups around Western Australia. He lectured for the Australian Institute of Fitness (AIF) for many years and has presented at fitness industry conventions (FILEX) in Sydney. He has also presented for various Western Australian corporations. Stephen has also written articles for a variety of magazines including Men's Health, Muscle and Fitness, Australian Musclemag International and Focus On.

Stephen has been involved in the fitness industry for over 15 years as a personal trainer and lifestyle consultant. He has helped many people achieve their physical goals, and some of them have competed successfully in bodybuilding and fitness competitions – winning state and national titles. He has also won several state bodybuilding titles himself.

The vast majority of his clients, however, have been people who simply wanted to lose fat and tone up their bodies. Working with a variety of people has given him insight into the specific needs of individuals and how to successfully incorporate ***Fat-loss Principles*** into their lifestyles.

Whilst working as a personal trainer, Stephen realised that the vast majority of people were confused and misinformed about the most effective ways to lose body fat. Accordingly, after completing a science degree from the University of Western Australia, he began researching and writing on the topic of fat loss. His goal being to inform people about the most effective methods to lose body fat and to dispel the myths associated with it. This book is the result of that effort.

Preface

If you are reading this book I will assume that you are motivated to do whatever it takes to achieve a fantastic looking body or to regain the body you had during your younger years. This book will show you, step-by-step, exactly what to do to achieve the body you want – quickly, safely and permanently. Whether you want to achieve the leanness of a bodybuilder or fitness competitor or whether you simply want to lose a few kilos of body fat, this book will show you how.

‘Look Good, Feel Great!’ is a compilation of what I consider to be the best information currently available on fat loss. It contains simple yet effective principles that anyone can incorporate into their lifestyle to achieve rapid and permanent fat loss. I am not trying to turn people into ‘health fanatics’ or ‘gym junkies’, but to simply guide them step-by-step along their own path to a leaner, healthier and more functional body.

‘Look Good, Feel Great!’, gives you an easy 10-step ‘recipe’ for losing fat. The benefit of this ‘recipe’ over many other fat-loss ‘recipes’ is that you can choose the ingredients you want to use. You don’t need to use all the ingredients to create your ‘masterpiece’, only the ones that suit you and your lifestyle. The more you use, however, the faster your ‘masterpiece’ will be created. The ingredients are the ***Fat-loss Principles***, featured throughout this book. These are fundamental responses that the human body makes to certain conditions or stimuli and they are universal laws that will work for everyone.

It isn’t easy to get a fantastic body, but on the other hand, it really isn’t that difficult either! All it takes is the knowledge or the ‘how to’, strong motivation or the ‘why to’ and finally the commitment or the ‘follow through’. My goals with this book are to provide you with the ‘how to’, help you create the ‘why to’ and then assist you with the ‘follow through’. If you are willing to do what is necessary, you will achieve the body you’ve always wanted, and, more importantly, you will be able to maintain it.

Maintenance of the physical changes to your body requires permanent lifestyle changes as well. You can't expect to make temporary changes in your lifestyle, achieve the desired results, and then go back to old habits without your body also changing back. Any lifestyle changes made must be sustainable. Permanent habits need to be formed that will keep your body in top physical condition for the rest of your life! Making the principles in this book your own personal habits will give you a fantastic looking body and set you on the path to a life full of energy, health and happiness. My intention is that you simply follow the ***10-step Fat-loss Action Plan*** to help you achieve your goal. I can assure you that if you use this proven strategy you will definitely make some major positive changes in your body including losing as much body fat as you like! As we all know, 'knowledge is power' and ***'Look Good, Feel Great!'*** will empower you to make dramatic, life-altering physical changes.

There are hundreds of different approaches to fat loss. Some are effective in helping you get the results you want, but unfortunately some are not. Every day people around the world waste their money trying to find the holy grail of fat loss; the technique, pill, potion, powder or diet that will remove a few layers of fat from their body quickly, painlessly and with little effort. As you will learn, fat loss is a gradual, deliberate process, not something that happens instantaneously. However, if you are willing to follow the principles outlined, you are sure to see a dramatic change in your body in a relatively short period of time. People who have used most of the principles outlined in this book have noticed 'real' changes in their body in a matter days, not weeks or months.

The information I present here is an accumulation of knowledge from years of research and experimentation in the area of physical enhancement. I don't claim to have all the answers, but I'm sure I can provide you with a better understanding of how your body works and how you can apply the information to get the physical changes you desire. I obtained this information from my own formal studies at University, from practical experience working in the fitness industry as a personal trainer, nutritionist and lifestyle counsellor, from lecturing to people on personal training and health enhancement, from competing in bodybuilding competitions myself, from preparing

others for bodybuilding and fitness competitions, from interviewing many national and international fitness and bodybuilding competitors about their contest preparation and also from extensive reading of related texts, articles and reputable journals. From all of these sources I have taken what I consider to be the best information for achieving maximum fat loss whilst staying in optimal health at the same time. Most of the principles presented have been validated by scientific research, however there are some principles that at this stage remain opinion only.

To see the physical changes you desire in your body, only slight lifestyle adjustments are required. The ***Fat-loss Principles*** are the suggested lifestyle adjustments that need to be incorporated into your life so that physical changes will occur. Remember, if you maintain the habits you currently have, your body will stay the same. If you want to change your physical appearance, then you must first change your habits.

There are four main areas that we will need to cover to help you achieve your goal in as short a time as possible. They are: nutrition, supplementation, cardiorespiratory (aerobic) exercise and resistance (weight) training. Each of these broad areas contain principles that may be used to aid fat loss and help you get the body you want.

As I mentioned before, for changes to occur in your body, you must make some permanent changes to your lifestyle, but the changes you make are totally up to you.

I sincerely hope you find this book interesting and useful in helping you achieve your own physical goals.

Wishing you all the best in health, fitness and lifestyle.

Stephen J. Smith

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