

## Rob's Rant

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Hello Everyone,

So I'm back from me grand vacation from Las Vegas. I have to say the city is impressive, there was so much to do and so much to see It will definitely be on my list for a must go back trip.

But now I'm back, and it's time to get to business. I wanted to start off this week blowing off a little steam about a great deal of things that are brought to my attention almost on a regular basis. I warn you, this may not be politically correct, it may not be very nice, but it's the truth as I see it.

OK a lot of people ask me about "Herbal Magic, Dr. Bernstein, Atkins etc." don't ask me about this, it's stupid, these are just another metabolism demolishing diet gimmick that gets you on supplements because the diet deprives you too many calories. Now I know a lot of you want to reply with this " Well I lost weight on it so it works!"

Of course you lost weight on it, but how much of that weight was fat and how much of that weight was water and muscle? "Oh look at me I'm so happy because I lost weight and now I'm skinny fat!" That's right you're skinny fat! You lost a lot of weight very fast, the only thing is, it wasn't just bad body fat you lost - you also lost muscle tissue, glycogen stores, water, and healthy fat. You know what this means for you mr & mrs. skinny fat? this means your likely to cripple your metabolism, be more vulnerable to diabetes, heart attacks and high levels of LDL (the bad cholesterol). Listen here people QUICK FIXES DON'T WORK!! You've heard it a million times, Trainers, Doctors, and many smart people will tell you and tell you and tell you what works and why it works and show you 1,000 years of fact to prove it works and still some people don't want to listen to the fact that your lifestyle, eating and moving habits are to blame for the body you have today. That can be taken as a good thing or a bad thing, go look in the mirror right now and tell yourself if you like what you see. If not, stop looking for the quick fix and get with the lifestyle changes.

Now Most of my readers live in Canada, and I have to say after coming back from Vegas we are fortunate-fortunate that our menus actually have healthy choices or smaller portions. While in Vegas I couldn't find a steak that was smaller than 20oz. 20 freaking ounces do you know how much steak that is? And that was the SMALLEST. I also noticed the plate sizes were a tad larger than here, those poor Americans don't have a chance unless they consciously divide their plate into - What I'm eating tonight - What I'm eating tomorrow - What I'm eating the day after that.

At least we only should be dividing our dinner plates into - What I'm eating tonight - What I'm eating tomorrow.

It's a fact if all my clients who wanted to lose weight were put into a jail cell where I fed them quality protein, fibrous carbs, water, and a small helping of healthy starch each day they would all lose body fat. Discipline, is a skill that must be practiced in order to get better and I can certainly help with techniques for that, determination is something that comes from within, and since my clients come to see me and tell me they are 10 out of 10 serious then they must have that determination right?

"Oh my god I'm 5lbs heavier on the scale today compared to yesterday!" OK you can stop whining now, there are a ton of factors why you're 5lbs heavier. Did you think that the scale tells you how fat you are? Well it doesn't! You could be 5lbs heavier because you're bloated due to too much water or it's that time of the month for you lady readers. It could be because you weighed yourself at different times of the day, once where you had digested your food and once when you haven't digested your food. I once weight myself before and after eating a pound of Hot Wings and I was 2.5lbs heavier. Guess what folks it's nearly impossible to gain 5lbs of pure mass in a single day. You would have to eat probably around 20,000 calories to even come close. Most people would probably throw up or die if they tried that without working your way up that first, Who wants to give it a try? Anybody? Any takers? No? I didn't think so.

"Oh I can't do that" No, I better stop" for those readers out there who think this kind of talk will get you results, think again, the only way to get results from your workouts is to challenge yourself and have an "I can do" attitude. Give it a try and I can guarantee that you'll see some results on way or another and The best part is, changing your I can't to I can is a big confidence booster so SUCK IT UP BUTTERCUP, that's right let's see those drops of sweat drip off your nose, I don't care if you stink right now, showers have been a great invention for quite some time now.

Ok so I my rant went a little long, I actually have to stop myself now before this becomes a book. I'll have to add in part deux another time.

The bottom line is this,

Don't waste your time on gimmicky diets and tricks that promise fast results because they don't work!  
Don't waste your hard efforts in the gym by gorging your appetite - gain some discipline damnit!  
Don't be a wuss - grow your confidence change your attitude and for cripse sake enjoy it when you're sweating.

That's all for now

Stay Fit

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