



3

Lies That People Tell You To Lose Fat



Introduction

Here are 3 lies that people tell you to lose fat and because of them, you have no results. When you seek advice from people to lose fat, you have a lot of information.

Often, you will discover that these recommendations are contradictory. So, you go on the internet and this is the same thing amplified by 10000. There is also another thing, the science in the past wasn't accurate like today and there were some errors.

These errors have become lies with the time and there are three most common that people still use as advice. The result of these myths is overtraining and fat gain.



First Lie

Lie 1: Training after 10pm



Have physical activity is important for well-being. This world creates a lot of stress and it's difficult to have a good night of sleep. There is a new type of gym open 24-hours. It sounds good because, after a long day, it's always possible to train anytime.

First Lie

The body has a day-to-day rhythm and creates different types of hormones at different time. At night, when the sun sets, you are tired and you want to sleep. The body produces hormones to make us go to bed. Did you notice? It's the same thing for every human in each continent.

The problem is when you do your workout after the sun is down, your body makes daytime hormones. It means it's more difficult to sleep and also lose fat.

There is a crucial hormone for wake cycles and sleep, it's cortisol. In the morning, your body creates a high rate to respond to the sunlight and make your body operational for the day.



First Lie

During the day, this rate decreases. In the evening, you produce melatonin, a night hormone. Melatonin, at night, prepares you to sleep to be in rest mode.

Train late disturbs your cortisol and your melatonin. It can take several hours to bring back these hormones to a normal level. The result is that it's difficult to sleep during your first hours of sleep, which is why you don't have a good night.

After a training session, you can go to sleep because you are tired, but your hormones will not let you have a deep sleep. A real deep sleep to recover and also burn fat. Sleep is essential to losing fat, this is why use the right hormone at the right time will give you nice results.



First Lie

Is better in the morning or evening ?

Some people say is better to train in the morning and others say it's better in the evening. There is an interesting study. This research shows that when you train in the morning, you active better your metabolism. On the other hand, when you have a session in the evening, you use more body energy. [Click here to read the study.](#)



Second Lie

Lie 2: Cardio before training



There are different types of warm-up before weight training. The most popular is cardio with bike, elliptical or treadmill.

Usually you do it for five to ten minutes, but sometimes people do it longer. This is not good because you can lose more muscle than you lose fat. Your goal is to build muscle to burn fat. Gain muscle mass increases your metabolism and it's a help to burn fat.

Second Lie

The best vision is to gain muscle with strength training. Be obsessed with fat loss can lead to doing things in an extreme way. Sometimes people eat a very low amount of calories, do too much cardio and during the day, they feel dizzy. This is not good, it's not healthy.

When you do cardio before a workout, you empty your glycogen stores too quick. Glycogen is an efficient and quick energy uses during a training session. It means when you start to lift weights after long cardio, your glycogen stores are half empty. You don't have enough energy to create new muscle.



Second Lie

The tip is to do your cardio after your training or do your strength training and your cardio on a different day.

There is an alternative to do a nice warm-up before lift weights. Do bodyweight exercises for five and ten minutes. There is also a great method to warm a distinct muscle. Do one or two sets with lightweights before the heavyweights.



Third Lie

Lie 3: Carbs before training



The body functions in this way with food: "last-in, first-out". Imagine you eat a banana before a physical activity. Your body will use the energy from the banana before your body fat. As you see, the body will use an external source of energy (bananas) instead of an internal source of energy (body fat).

Third Lie

The body converts the food in glucose (the first body source of fuel) and spread in the blood. Then the insulin gives energy to the muscle and the brain. If the insulin is in excess, it will go in the fat stores.

Many people think to eat a lot of food before a workout session is good. The myth is when the body has a lot of stamina to do intensive training, it will burn more fat. Unfortunately, the body will use the last-in food as energy.



Third Lie

In another hand, eat a little food before an exercises program, the body will use more internal energy. The first source of fuel for the body is glycogen and it can store 2,000 calories of glycogen anytime. When the body will use all the glycogen stores, it will use body fat because it needs energy.

In the case where your goal is to lose fat and you aren't an athlete, it's better to eat low carb, high protein, and healthy fat snack. This type of meal before a workout program can boost your progress.



Conclusion

You may be trying to lose fat for years and you don't see results. Don't worry, you are not alone. Me too, I did one of these myths (cardio before training).

I wrote this book to help you to reexamine your plan and make changes to have great results. I wish you to transform your body to be a better version of yourself.





**"Whoever
learns
teaches"**



**Thanks for
reading**

