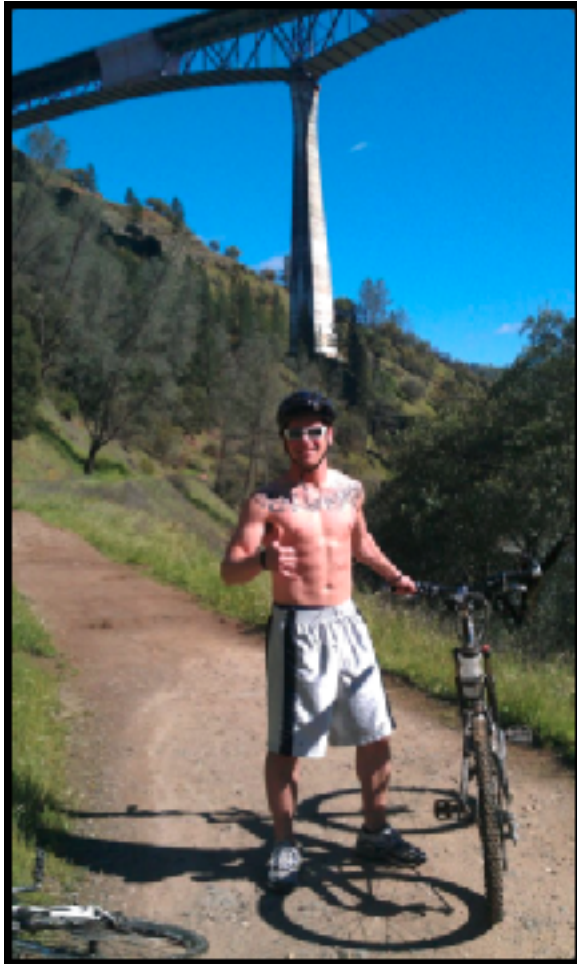




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**This just in...**

**There are no weight-loss secrets...you're just unhealthy.**

*“The ONLY 3 Strategies You Need To Achieve Your Weight Loss Goals”*

By David Aston —  
Adventure Health Specialist  
Founder: Adventure Hacks, Inc.

There are 2 success concepts above all else, I hope you take away from this report, and they are...

**Eat clean — train dirty &**

**If it doesn't challenge you it doesn't change you...**

Eating the right combination of superfoods, like fresh produce, variety of spices, and lean protein, will give your body the energy it needs, protect you from chronic diseases, and may even shrink your waist.

And giving your fitness routines the time and dedication needed will also help speed your fitness results.

Doing the same workout or eating the same meal might be convenient, but for the results you want, it is good to spice up your regimen and try different fitness activities, like what's provided in this report.

Welcome to the Adventure Hacks, Inc. manual on fitness (and weight loss). I'm stoked you're taking this opportunity to learn the straight forward truth about permanent life-long weight management.

Read this, apply the knowledge and benefit from it...

And if you have any questions about the strategies in this manual the best way to contact me is on [Facebook](#).

As a "health and fitness guy" there's one question I get asked more frequently than any other.

**“What should I do to lose 15 pounds fast and keep it off?”**

People always anxiously waiting to hear the “magic” answer...

... How do I answer such a loaded question, especially when the person across from me is waiting to hear about some magic pill that burns fat while they sleep?...

I've been tempted to keep a chain saw prop in my office and ask them which leg they want to lose.

There's a difference between weight loss and fat loss and a leg should weigh about 15 pounds but that's a story for another day.

In truth, there is neither a magic pill nor a quick fix but there is a way to permanently lose that unsightly fat.

So read on and you'll discover how to quickly and permanently lose any unwanted fat, while improving cardiovascular endurance and enhancing lean muscle.

These strategies for success are those upon which I have based my highly successful fat loss programs on with my personal training clients.

By adopting these strategies you'll take the first step onto a road that leads to a fit, healthy body. Take a moment to reflect on the following quote...

***“Success is a journey, not a destination”***

We can substitute the word ‘success’ with the word ‘fitness.’

Learning to make the right choices in your diet and workouts will become a never ending lifestyle.

The day you step off of this road is the day your weight will increase and your health will decline.

This path will pay off every day for the rest of your life.

As you enjoy a lowered body fat, high energy levels and your ideal body weight you'll feel your confidence *and* health greatly increase.

Start to build the habits that increase your enjoyment and quality of life today!

I'm confident that you can make this a part of your life a truly enjoy the body and fitness you deserve...



## The Game Plan

There are three aspects to achieving and maintaining a healthy, fit body:

**NUTRITION** - What you eat, when you eat it, and how much you eat.

### **WEIGHT or RESISTANCE TRAINING**

Using weights or anything that gives your muscles something to work against.

### **CARDIO or INTERVAL TRAINING**

Not the boring, slow and steady variety... More on this in a bit.

Next, we need to touch on what's brings these aspects together....

### **ACCOUNTABILITY & MOTIVATION**

This is the gel combining the three strategies.

The number one reason most people fail in achieving their weight loss and fitness goals is because they fail to make it a lifestyle.

This is where accountability and motivation are most useful.

Whether you try it yourself, or work with a professional trainer, you must apply the most up to date nutrition, weight training and Interval training information available to you.



***To get an Edge*** and accelerate your path to Success I invite you to hire a trainer who cannot only educate you, but who can also provide fuel in the form of motivation and success in the form of accountability.



At my private gym, I constantly monitor performance of private members with body-fat analysis and this helps my clients stay on track and achieve the results they desire.

When you work with a fitness trainer you can be 100% confident your weight loss and fitness program is specifically created to give you maximum results in minimum time.

The following three strategies, which are based on the above topics, will give you all the information you need to effectively reach your fitness goals.

"... when I first met David (a friend of my son) I was an overweight, unhealthy working mother of three. I tried training in the gym on my own, mainly spinning and running, but I soon became discouraged as I didn't lose any weight. He took me by the hand and revamped my weight training and did a complete review of my diet - I soon saw great changes. I am now 25lbs lighter and two sizes smaller. Shopping for a new clothes has been a great pleasure. I now feel healthier, full of energy and able to cope with my busy lifestyle."

~Alice Kelley



## Strategy 1 - Nutrition

Nutrition is a huge part of your health and appearance. I believe as much as 80% of your weight loss and fitness results are based on what you eat. This means that you could workout all day long, but if you're eating junk, your body will show it.

And to all the meatheads who say just train hard you'll look good... I say you're unhealthy and will **SERIOUSLY** regret the decision to attempt and out-train your crap diet within the decade.

The word "nutrition" alone can make people cringe – as they guiltily think of the 12 inch pizza they just ate. My objective is to get you to ditch the junk food and to teach you how to eat a healthy diet that encourages your body to burn fat rather than store it.

This is not rocket science. In general, people know about nutrition. When you ask someone which is better, an apple or a doughnut, they will say an apple. But if the situation was in a shop they may not choose the apple.



A healthy diet needs to be well rounded with the proper amount of macronutrients, vitamins and minerals needed for your body and the demands you place upon it.

Your body is unique and a RDA-recommended daily allowance for the average person is not generally a good guide-line as everybody is unique... not to mention I never wanted to be average, I want to be the best.



*“In general, people know about nutrition. When you ask someone which is better, an apple or a doughnut, they will say an apple.”*  
~David Aston

## **Regularity, Quality, Quantity... Adventure Hacks, Inc Nutrition Plan**

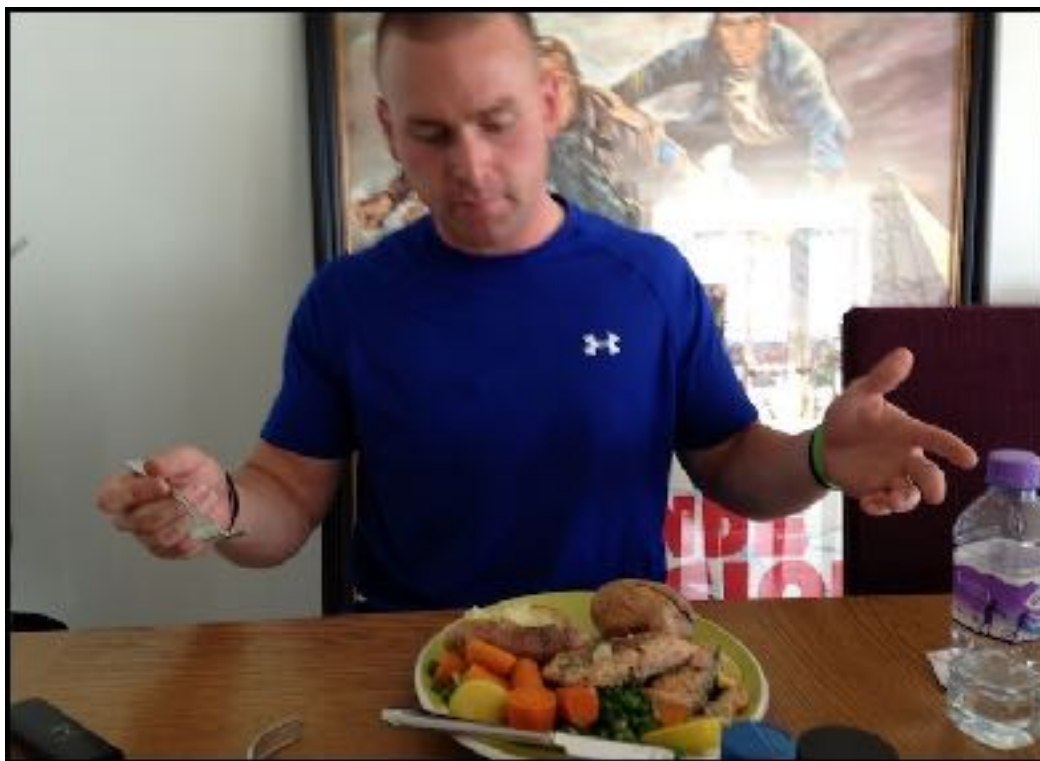
At AdventureHacks.com we follow a unique approach to nutrition. All our private members are asked to complete a detailed food diary and lifestyle journal.

This enables us to examine the three key areas of a healthy nutrition plan that maximize results and hit the bulls-eye for our clients goals!

**Regularity** - Are you eating often enough?

**Quality** - Are you eating the right foods?

**Quantity** - Are you eating too much or not enough food?



## Regularity

The first thing you need to know about nutrition is this fact:

Eating small meals every 3 hours will increase your metabolism and reduce fat storage. This is a proven fact that bodybuilders, models, athletes and lean people in general abide by — and you might consider.

Eating right when you wake up is vital to breaking the fast your body enters every night. That is why it's called a break-fast — to break the fast.

The body has been starving at night and when you wake up it's important to light the flames of metabolism.

When you leave gaps of over 3 hours, your body shuts down your metabolism and acts as if it needs to store food.



This is a great function to have if a famine breaks out and you don't see food for weeks — because if there's a famine you're going to want your body to work "efficiently" by storing fat, and using it slowly.

However, you don't want your body to store fat and burn it slowly now, right? Since there's no food shortage or famine at the moment, and there likely won't be any time soon (knocks on wood), then it is pretty annoying when your body starts storing fat.

So, in order to communicate with your body that it's healthy, well fed, and not in need of extra fat storage you need to reprogram your metabolism.

Here's how to go about it:

Start your day off with a healthy meal and continue to eat small meals every 3 hours or so.

Or have 3 main meals with 3 smaller "snack" meals between.

### Strategy 1 continued...

When I had my first consultation with personal training clients, I outlined two simple rules for them to follow:

- If it wasn't around 10,000 years ago, the chances are your liver won't like it so don't eat it.
- If it didn't run, swim, fly or isn't green don't eat it.

The next time you sit down for a meal, ask yourself these two simple questions — It will go along way, to trimming your waistline.

Processed foods are designed to increase someone's wallet size, not to increase your health. You need to take control of your health and eat a diet that's clean and fresh.

You'll never eat anything by accident so make a conscious decision to control what you put in your mouth.

### Quality

What should you eat? Here I'm just going to give you some general guidelines. Loren Cordain the author of the Paleo Diet states that the DNA of man has changed only 0.02% in the last 10,000 years.

This means that we haven't evolved to digest many of the common foods that are eaten today and should stick to the diet of our ancestors.

When we eat too many refined carbohydrates such as white breads, pastas and cakes our blood sugar rises quickly. The body releases insulin to bring the blood sugar levels back down.

When blood sugar levels drop, the urge to eat processed carbohydrates intensifies and we repeat the cycle. Even if the calorie intake was the same as a diet of proteins, fats and vegetables, your body is more likely to store a percentage of the carbs as fat.

*“Eating calories in excess of your body requirements will lead to fat storage” ~Everybody*

### **Quantity**

The amount you eat depends greatly on a number of factors such as age, gender, muscle mass and how active you are to name but a few. But eating calories in excess of your body requirements will lead to fat storage.

As you'll discover, weight and resistance training boosts your metabolism and in turn means you can and likely will eat more calories. Each individual is unique and it's important to analyze your food diary and make changes according to your individual needs.

### **Quick Summary...**

#### **Regularity**

Always eat breakfast. Eat every 2-3 hours.

#### **Quality**

Eat unprocessed whole foods.

### **Quantity**

Eat 6 small meals rather than 3 large ones. Otherwise, eat one large meal early, and one not quite as large in the evening.

“I used to be like you, looking at these advertisements for some book and wondering would a health book make a difference. I trained 5 times per week, running, spinning and a “Mens Health” style weights program but I wasn’t getting the results my efforts deserved — and I was always tired. Since I completed David’s book and training program I’ve gained 26 lbs of solid muscle and reduced my bodyfat% from 22% to 12%”

~Steve Patterson

### **Strategy 2 – Weight or Resistance Training**

Resistance training is anything that gives resistance against your muscles. The most traditional resistance training is dumbbells or barbells, but it can take on many other forms as well.

Cable machines and pulley systems are like re-directed free weights and they can also offer great resistance.

Using your own body weight is another way to give your muscles resistance but the more experienced and stronger you get you will need additional resistance.





Today you have many options when it comes to resistance training — but they all have one thing in common...they'll change your life!

### *Why should I lift weights?*

Weight lifting... isn't that kind of a macho guy thing any more?

I mean, last I checked my most successful clients haven't been registered for any upcoming body building shows.

“But I don't want to look muscular and bulky.”

I frequently receive this reaction from women when I encourage them to lift weights! The critical thing here is that in order to be fit and toned you **MUST** lift weights! Or at the very least do some form of resistance training.



Do not give me that horrified look!

Resistance training cannot only change your entire body, self-confidence and self-esteem, but more importantly, resistance training could possibly be the best thing you'll ever do to keep your body looking and feeling 10 years younger.

And women cannot get big and bulky like men without steroids. It's genetically impossible.

### **Metabolism**

Resistance training is the one thing we do that elevates our metabolism for hours after a workout.

Jogging and static style workouts are not effective for fat loss because your body's metabolism is only raised for the time you're training and as soon as the sweat dries, it returns to normal.

On the other hand, research shows that resistance training and interval training can raise your metabolism for at least 48 hours after exercise.

When you weight train you break down muscle fibers, which takes energy to rebuild. When these muscle fibers have been rebuilt they're tighter, more toned, firmer and burn more energy aka calories.

These new muscles now take more energy to maintain. Hence: a higher metabolism all day long. Simple, yet so effective!

Facts:

- 1 lb of muscle burns about 50 calories a day
- 1lb of fat burns 4 calories a day

*“1lb muscle burns 12.5 times more calories daily than 1lb Fat”*



### **Toned and Sculpted**

Resistance training is responsible for the beautiful sculpted and toned look that many athletes sport.

As mentioned in the metabolism section, resistance training breaks down muscle fibers so they can rebuild stronger.

These strengthened fibers are more dense than the weaker ones they're replacing — resulting in a firmer, tighter feel.



Since we know muscles consume more energy than fat, it is safe to assume that when you increase muscle you decrease fat.

This is of course assuming your caloric intake does not increase and your cardiovascular activities do not decrease.

Due to this decrease in fat, the shape of your muscles will start to be unveiled by the shedding of extra fat tissue concealing them.

Now that's body sculpting!

### **Longevity**

Tufts University conducted a study on longevity. They found that the two determining factors are your ability to maintain your muscle mass and your strength.

When you can put on muscle it's a sign you have a healthy immune system as you cannot gain muscle when your body is unhealthy. Not only that, your ability to maintain strength is a sign that your nervous system is still alive.

### **Healthy Bone Density**

Did you know millions of people are diagnosed with Osteoporosis every month? Doctors say resistance training is one of the best activities you can do to strengthen your bones and repel Osteoporosis.

When your muscles are resisting against the weight you're pushing or pulling, your bones are also being tugged on by your tendons and ligaments. This tugging results in your bones building themselves stronger to compensate for your muscles being stronger.

If your muscles were stronger than your ligaments and tendons then they would snap right off your bones. Your body was

designed in such a way that it learns from applied stimulus and adapts to the stress to perform better.

### **Other Benefits to Resistance Training**

1. Increased Strength
2. Improved Coordination
3. Raised Self Esteem & Renewed Confidence
4. Feel Good Endorphins



In order to design an effective resistance training program all my clients undergo structural balance tests.

This test identifies client strength and weakness which enables me to target these areas so my clients may achieve their goals quickly, while remaining injury free.

"Thanks to David's programs and book, I've enjoyed losing a steady 1-2 pounds per week with no deprivation or hunger. My Body Fat has gone from 28% to 15% in just 3 months. I know that I'll always stick to this program because, unlike other diets I've tried, I enjoy what I'm eating and really enjoy my new healthy lifestyle. It's not an 'all or nothing' proposition and I get to have my cheat meals. The advice is easy to follow and an interesting, informative education as well. It's very easy to put his theories into practice. I found the perfect lifestyle coach and a great personal trainer, it was a winning combination. I thoroughly recommend his programs if you are serious about changing your life for the better."

~Stephanie Kennedy

*“When you can put on muscle it’s a sign you have a healthy immune system as you cannot gain muscle when your body is unhealthy” ~David Aston*

### Strategy 3 – Cardiovascular or Interval Training

When was the last time you got winded walking up a flight of stairs? Not the greatest feeling was it? When you’re wheezing and your sides ache, you know without a doubt that you’re out of shape!

When you train your cardiovascular system you’ll begin to find that you don’t lose your breath as easily under strenuous activity.

Your heart becomes conditioned to pump faster on demand without sending you into a wheezing fit.



Your heart is the most important muscle in your body, and if you want to fully enjoy the new body you’re about to create, then wouldn’t you want a healthy heart to go along with it?

When someone embarks on a new fitness program they rarely think of the benefits their exercise will give them. Heart attack, stroke, hypertension, and diabetes are just a few of the diseases that you’d be defending yourself against with cardiovascular training.

By losing excess weight and conditioning your body, you arm yourself against these and many other ailments.

## **So how do we, at Adventure Hacks, Inc. condition the cardiovascular system?**

As a former strength coach and personal trainer for more than a decade I see people continue to train using outdated methods of continuous aerobic work that fail to deliver results.

Maybe you're one of those people who perform 30 to 60 minutes of continuous aerobic work using the bike or stepper. Or maybe you jog three to five times per week and have been doing so for several years without seeing any real change in the way your body looks, despite all your hard work.

What's sad about this is that you feel like you're doing everything necessary to get the results you're looking for... You're resigned to the fact this is how it's going to be and there isn't anything that can be done to correct your deficiencies...

Your number one goal is to lose weight and get thinner.

World-renowned UFC strength coach Kevin Kearns, whom I've followed for many years, has identified several reasons why aerobic training is counter-productive to fat loss:

“People will adapt to continuous aerobic workouts after eight weeks, so anything more is a waste of time.” ~Kevin Kearns



Aerobic training worsens power locally and systemically — in other words, it can make you weaker and slower. E.g. the more aerobic work you do the lower your bench press will be.

Aerobic training increases stress in the cells of your body which leads to undesirable changes in your metabolism due to hormones like cortisol that get released. Aerobic training increases oxidative stress which can accelerate aging.

Aerobic training reduces your ability to handle stress and can make you fatter. When one does too much continuous aerobic exercise the adrenal glands are upset. This can subsequently lead to tiredness, insomnia and the inability to lose weight, even after extensive efforts.

Aerobic training lowers testosterone, the hormone that builds muscle to burn calories and fat, and increasing cortisol, the stress hormone that will eat your fat burning muscle.

So you are left with three options Continue to do the same type of training that has consistently failed to deliver results, or: You can change training methods.

The final option is to spend more time on the trails, hills and mountains. The consistent change in terrain causes an effect similar to HIIT rather than the traditional aerobic response...

If sanity is to prevail the only choice is to change. So the next question is — what do you do if you want to lose fat?

### Strategy 3 continued...

Continuous aerobic exercise resembles the work done by a small car similar to a Honda Civic.



A Honda Civic engine is small — 1 liter, it doesn't go very fast, its fuel efficient — learns to go distances without burning

much fuel — and it's not so great to look at.

But if your goal is fat loss, you should do weight training and interval sprints that resemble the work of a Mustang Terminator Cobra.

A Cobra has a bigger engine (more muscle mass), burns plenty of fuel because of its bigger, supercharged motor, and is envied by many!

So if you want to burn fat, your sprinting should resemble repetitions of high speed, high intensity, followed by periods of rest or low activity.

It's this type of training that research has shown to increase resting metabolic rate for up to 48 hours post exercise. Sprinters whose body-fat resembles that of body-builders @2-6% BF follow this type of training while marathon runners doing slow continuous aerobic work have a body fat of around 12-14%

“Since working with David and his programs I've lost 17% of my body-fat i.e. 35lbs in body-fat and gained 18lbs of solid muscle and I have more energy and feel better than I ever did living my old lifestyle.”

~Paul Hickey

## Conclusion

Right now, at this very moment, you have a decision to make.

You can either take action and take the first step to achieve the body that you deserve...

Or you can do nothing, and fall into the trap of procrastination. Please, take action now while it's still fresh on your mind.



Well, the secrets to lasting weight loss have been revealed. There are no pills to take, machines to buy or breathing techniques to learn. By now I hope you're convinced resistance training along with interval training and a personalized nutrition plan are going to be worth your time.

You can get **health benefits** from **very small** amounts of exercise. Even walking to work or class, or raking leaves in your yard can have reap rewards.

But you get **even greater** health benefits from larger amounts of exercise. Training for basic health and training for maximum fat loss are not the same thing.

To achieve maximum changes in body composition, you need a much higher frequency, duration and intensity.

You can get a "training effect" (muscle growth, fat loss and increased strength) in as little as two, thirty-minute workouts per week — true — but to become super lean and extremely muscular — forget it!

If that were the case, all champion bodybuilders and athletes would be doing it. Here's what it all boils down to:

“The rewards you take out will always be in direct proportion to the work you put in.”

Health by choice, not by chance,

-David Aston

P.S. Definitely check out the Muscle Goldmine and take your fitness and lean muscle mass to the next level.





“The day I bought David’s book was the day my life changed. Now I’m on my way to being fit, healthy & happy. Left behind is high cholesterol, blood pressure, no energy and 30 pounds of unwanted fat. I feel and look great. One small step can lead to some big changes... and it all starts with that first step. I cannot thank David and his team enough for the positive impact they have had on my life and would say to anybody take that first step, you have nothing to lose and everything to gain!”

~Paula Johnston