

31 SNEAKY FAT BURNING HACKS

Weird and wonderful science-based fat loss tips and tricks that really work!



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MEDICAL ADVISORY

The information and workout procedures provided in this guide are very intense and should not be attempted by anyone unless a doctor has cleared you for such an intense workout.

If you have any existing health problems that would prohibit you from taking part in any of these activities, you should refrain.

As always, you should clear this and ANY program with your doctor before you begin.

INTRODUCTION

Ever wonder how French women stay so thin even while surrounded by rich & delicious foods on every corner?

Would you be surprised to discover that the secret is a simple piece of jewelry worn by most thin French women?

Or did you know that visiting a certain room in your local hospital can actually burn an extra 600 calories?

Or that a certain type of movie can actually boost your metabolism and allow you to burn fat even if you're just sitting in your favorite recliner?

In this breakthrough new research report, you'll discover a collection of bizarre fat loss tips.

Scientifically proven and tested, each one of these "hacks" can help burn calories and fat WITHOUT any additional exercise, WITHOUT additional exercise and WITHOUT counting calories or changing your diet.

These hacks are both effortless AND bizarre. Enjoy.

GET LEAN BY WATCHING MOVIES

Cue up “The Shining” and you could burn 184 calories.

That’s the result of a study designed to document the effect of horror movies on metabolic rate and energy expenditure.

Scientists recorded pulse rates and oxygen intake and found as your heart rate quickens, you burn more calories.

The top 10 calorie-burning frightening films were:

1. The Shining: 184 calories
2. Jaws: 161 calories
3. The Exorcist: 158 calories
4. Alien: 152 calories
5. Saw: 133 calories
6. A Nightmare on Elm Street: 118 calories
7. Paranormal Activity: 111 calories
8. The Blair Witch Project: 105 calories
9. The Texas Chain Saw Massacre: 107 calories
10. [Rec]: 101 calories

As an added bonus, you’ll burn even more calories if you spend the rest of the evening jumping out of bed every time you heard a floorboard squeak.

SNIFF THIS CANDY AND LOSE 30 POUNDS

Dr. Alan R. Hirsch, MD of the Smell & Taste Treatment and Research Foundation in Chicago ran a large scale study.

In a study that included results from over 3,000 people, Dr. Hirsch found that the more frequently test subjects sniffed PEPPERMINT, the less hungry they were and the more weight they lost.

The average weight loss of participants in the study was a whopping 30 pounds!



The working theory is that sniffing the food tricks the brain into thinking that you're actually eating. Hirsch also saw good results when participants sniffed an apple or a banana but peppermint had the best results.

And it's very easy to simply carry around a peppermint hard candy or a peppermint-scented object which makes this tip easy to implement.

GIVE BLOOD AND GET LEAN

The American Red Cross once reported that donating blood can actually help you burn an astonishing 600 calories!



It could take up to 2 hours of jogging to burn that same number of calories so this tip is really exceptional. Researchers believe the reason behind this tip is because your body has to work hard to manufacture new blood to replace the blood donated.

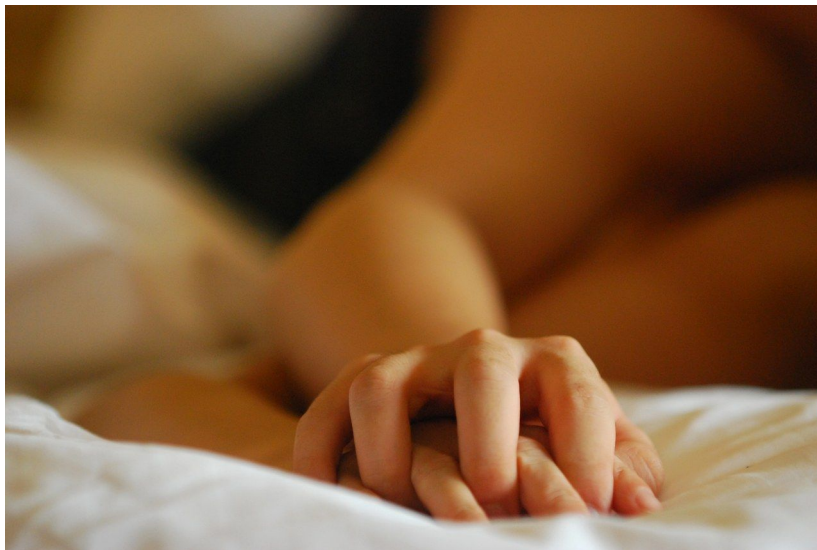
So not only can you help save a life when you're donating blood, you can also get leaner too!

GET ADVENTUROUS UNDER THE SHEETS AND BURN AN EXTRA 100 CALORIES

Let's talk about sex.

Even ordinary missionary-style sex can really ramp up your calorie burning efforts. All that heavy breathing and extra -- ahem -- “motion” calls on the body to increase caloric burning.

But to really take things to the next level, consider experimenting beyond the missionary position.



Get yourself a copy of the Kama Sutra and experiment with a variety of sexual positions.

Even attempting some of the more difficult positions can burn an extra 100 calories!

When you're ready to take things to the next level, try “The Indian Handstand,” the “Ascent To Desire” or “The Wheelbarrow.” (In order to keep this report PG-13 we'll let you do your own research on those positions.)

THE FRENCH WOMEN'S SECRET TO STAYING LEAN AND TRIM: “LE PETIT SECRET”

Lean women in France utilize this simple trick to stay effortlessly lean even while surrounded by some of the richest and most decadent food in the world.

Before dinner, slim French women will simply tie a ribbon around their tummies. As they eat, they'll feel the ribbon getting tighter and it naturally reminds them to slow down, enjoy their food more and ultimately eat less.



Select a beautiful ribbon to remind yourself of the French philosophy -- life a beautiful experience and to savor every bite.

BANISH JUNK FOOD TO YOUR TRUNK AND NATURALLY CURB SNACKING

One thing that can have a dramatic impact on your weight loss results is increasing the “friction” between you and foods that cause weight gain.

A recent study proves this out: Researcher had a group of office workers keep a bag of chocolates in their desk. Another group was also given a bag of chocolates but the chocolates were kept in the kitchen area -- meaning these participants had to get up and walk over to the kitchen to get a chocolate.

Researchers found that the office workers who had to get up and walk over to the kitchen satisfy their chocolate fix ate 75% fewer chocolates than the office workers who had chocolates right at their desk.

Here’s another tale about using “friction” to your advantage: A woman noticed that her and her husband were powerless to stop eating Pringles. She tried for years to stop buying them and stop eating them... but to no avail.

Then one day she accidentally left the Pringles in the car. When she went for a late night snack, she realized she’d had to go out in the cold and unlock the truck to retrieve the snack. It was just enough “friction” to break the habit.

WHY A COLD SHOWER CAN GIVE YOU A HOT BODY

A University of Utah study found that your metabolic rate increases when your body temperature dips.

So making yourself cold or allowing yourself to become cold can have a dramatic boost on your rate of fat burning.



There are many ways to accomplish this -- start with a cold shower.

It can be shocking at first so “warm up to it” or should I say “cool up to it” by just ending your shower with a few seconds of less than warm

water. Gradually increase the time or decrease the temperature of the water until you’re a seasoned cold shower taker.

Spoiler alert: Once you adapt you’ll actually ENJOY cold showers.

Cold baths or ice baths can also have a dramatic fat burning impact. For safety purposes, never take a cold bath or ice bath unsupervised and never stay in a cold water environment for longer than 20 minutes.

EAT YOUR LUNCH 30 MINUTES EARLIER

This may seem odd but eating lunch 30 minutes earlier in the day can actually decrease the amount of food you eat at lunch without even trying.

In a recent study, those who ate lunch earlier lost 25% more weight than those who took a later lunch -- even though both groups of people in this study had access to the same foods.



As anecdotal evidence, I once had a co-worker who insisted on taking his lunch break at 11am. We all made fun of him at the time, calling him “grandpa” and such. (He was older than all of us.)

But now I realize he was on to something. And as you might have guessed, he was in incredibly great shape even though at the time he was almost 50. (Update: Today he’s almost 60, still in great shape, and still eating lunch early.)

WATCH YOURSELF EAT AND YOU'LL SEE YOURSELF GET SLIMMER

Watch what you eat and you'll lose weight without even trying. I mean literally -- watch yourself eat.



One study found that when subjects ate in front of a mirror, they automatically consumed a third less calories.

USE SMALL PLATES... BUT BIG FORKS

In one study, people who used smaller dinner plates naturally ate less food. This makes sense when you think about it: Many of us were raised to “clean your plate!” and finish all the food on your plate whether you’re full or not.



Another study found that using bigger forks also helped people eat less. Researchers theorize bigger forks equals more food per bite and tricks the brain into thinking you’ve eaten more than you have.

CLOSE YOUR KITCHEN FOR 12 HOURS

After your last meal of the day, “close your kitchen” for 12 hours.



This means if you finish your dinner at 7pm, don't eat any other food until 7am the next day.

By giving your body a 12 hour reprieve from food, you'll optimize your hormone levels, stabilize insulin and increase fat burning.

Best of all, this tip works even if you don't make any other dietary changes.

SHOOT YOUR FOOD

Counting calories works... but it's monotonous and difficult to maintain.

So do this instead...



“Shoot” or take a picture of your food. Studies have shown that those who took a picture of their food before eating automatically ate less.

GET THE BLUES

The color blue can help you eat less.

That's the result of multiple studies showing that the color blue actually results in fewer calories consumed.



The worst colors for trying to control calories? Red & Yellow. Keep your eyes peeled and you'll notice that most restaurants -- especially fast food restaurants -- use red and yellow color schemes and "blue themed" restaurants are few and far between.

STAND UP

I know a guy who lost 20 pounds of fat and even got abs by making one simple change to his daily routine: Standing up.



He got a standing desk for his computer and stood all day long. When he got home, he would often play video games for 2-3 hours a day. He still does... only now he stands. Turns out standing burns more calories than sitting so he was able to get his ideal physique just by ditching the chair!

LIGHTS DOWN, MUSIC UP

Dim the lights and turn the music up.

Not only will this create a more romantic atmosphere for your meals, it automatically encourages you to savor your food more and eat less.



LIGHT A VANILLA-SCENTED CANDLE AFTER YOUR MEAL

Light a vanilla-scented candle after your meal and you'll find yourself more likely to skip dessert.

That was the findings from a recent study.



SLIM LIKE AN EGYPTIAN

Here's a simple trick that ancient Egyptians used to get slim:

Tie a string, a cord or a beautiful chain around your waist. It should snug, but not tight enough to cut off your circulation. Wear it under your clothes and keep it on all day. (You can take it off at night.)



You'll find you quickly lose weight and your midsection will get smaller. Tighten up the chain or cord so it's once again snug. Repeat until you hit your desired weight.

WEIGH YOURSELF EVERYDAY TO GET AND STAY TRIM

Famed business consultant Peter Drucker had a saying: “That which gets measured, gets managed.” Or in other words, if you track something you are likely to improve it.



Rich people know almost exactly how much money they have in their bank account - because they monitor it. Poor people rarely know because they are often afraid to look.

In the same fashion, slim people can usually tell you exactly how much they weigh on any given day down to the pound. Whereas those who are struggling with their weight are usually stunned when they finally step on the scale, often finding they weigh 20-30 pounds more than they thought.

So as a matter of practice, make it a point to weigh yourself every day. Even if you don't make any other changes, these daily weigh ins will help you subconsciously make better choices.

BRUSH YOUR TEETH WITH YOUR KIDS

Here's a simple tip from a blogger who lost 45 pounds just by making one simple change:

He started brushing his teeth with his kids.



His kids would go to bed at 8pm. Usually he would tuck them in, and then he would eat too much food, drink too many alcoholic drinks and basically “veg out” on the couch all night.

But instead he started brushing his teeth along with his kids at 8pm. Since nobody wants to brush their teeth twice in one night, he quickly cut out the late night snacks and booze and lost weight easily.

DITCH THE SWEAT PANTS

Most people who set out to lose weight will often plan to buy a new wardrobe IF they reach their weight loss goals. But some studies show that's a mistake. Dress better and you'll be more active and you'll make better food choices.

That's the result of latest research on fashion and food choices.



So don't wait: Dress well NOW and you'll hit your weight loss goals faster.

USE SKINNY GLASSES

If you want to get skinny... use skinny glasses.

That's the result of a recent study. The research shows that people drank more liquid when using short and fat glasses and less liquid when using tall and skinny glasses.



So if you want to be thin, drink out of thin glasses.

SLEEP IN A PITCH SLEEP IN A PITCH BLACK ROOM

Researchers found that if you sleep in a pitch black room, you'll burn more fat and lose more weight compared to those that slept in a room that allowed light in.



The mechanism seems to be that artificial lights can screw with your hormones and therefore cause you to overeat during the day.

So shut off the lights and get lean!

EAT BY A WINDOW AND GET TRIM

Researchers from Cornell University found that when people eat near a window, they naturally consume fewer calories which can lead to profound weight loss.



So whether you're at home or in a restaurant, "a seat by the window, please!"

MAKE A BET TO GET TRIM

There's an old story that illustrates this point: Imagine you were sound asleep at 3 am in the morning. Suddenly your neighbor is pounding at your door. "Get up" he says. "They are giving away free mailboxes down at the store!"

You'd probably tell him to piss off and go back to sleep. But imagine the exact same situation: 3 am, neighbor is knocking at your door. "Get up" he says. "Somebody is trying to steal your mailbox."

Suddenly, you are interested right? This is because "fear of loss" is sometimes stronger than our desire to gain. We can capitalize on this.

Certain companies allow you to "bet" on your weight loss. You place a bet on yourself losing a certain amount of weight in a certain time period and if you fail... you lose money. But if you win, you get your original investment back plus extra!

So it's like you're getting paid to lose weight!

DRINK WINE

A gram of alcohol contains 7 calories -- more than a gram of protein or a gram of carbohydrates and almost as much as a gram of fat. (fat contains 9 calories per gram.

That's a lot.

Yet studies show those who enjoy 1-2 glasses of wine in the evening actually gained less weight over the years compared to non-drinkers.



The working theory is those that enjoy a glass of wine tend to eat less food overall. So if having a single glass of wine with dinner allows you to make smarter food and calorie choices over.... Bottoms up!

EAT SPICY FOODS

There is a reason you hear about “pie eating contests” and not “chili eating contests.” Sweet or bland food is easy to overeat.

But ultra spicy foods force you to eat slower, chew more often and naturally prevent overeating.



To test this, researchers put ½ a teaspoon of cayenne pepper in split pea soup. Those who had the “spicy” soup automatically. So if you want to get and stay lean, spice it up!

SIT AT THE END OF THE TABLE

Did you know that when eating a restaurant, sitting in a certain seat can actually help you eat less overall and lose weight.

It sounds simple but it works.

Here's the secret:



Sit at the end.

The bread, the chips and the appetizers tend to end up in the middle of the table. So the middle seats end up snacking more while the end seats have less temptation.

CLIP YOUR NOSE AND LOSE WEIGHT?

Admittedly, this one is odd. It's your sense of smell combined with your sense of taste that helps you enjoy food. So if you block your sense of smell, your food won't taste as food and you're less likely to overeat.



You might look a little strange, but as a short-term experiment for meals that you're eating at home alone, this oddball technique might be worth a try.

ORDER AN APPETIZER

Research found that those who ordered SOUP as an appetizer at restaurants actually ended up eating fewer calories overall than those who skipped the appetizer.



Your best choice: A broth-based soup with 100-150 calories and NOT cream-based soup (many of which have 500 calories or more.)

DRINK WARM WATER

Research found that drinking a glass of water before a meal can actually help you lose weight.

No surprise there -- filling up on water helps you eat fewer calories overall. However, the surprise was that drinking warm water seems to have more appetite-blunting effects than cold or cool water.



Just think - something as simple as having a glass of warm water could be the key to getting a lean & fit physique. Try it!

EAT PICKLES

Pickles just might be the closest thing to a magic weight loss food. In a recent survey from people who lost over 100 pounds, pickles topped the list as the snack that helped these dieters lose weight.



Pickles have almost zero calories. Plus they are high in salt. When you eat pickles and drink water, the salt and the water combined make you feel full.

So you'll end up feeling full without eating hardly any calories -- which is a proven recipe for rapid weight loss. So snack on pickles and see how easy it can be to reach your weight loss goals!

CONCLUSION: YOU HAVE PERMISSION TO BE A LITTLE WEIRD

There you have it.

The following tips are no doubt some of the weirdest weight loss tricks and tips ever collected. So in conclusion I just wanted to tell you this: You have permission to get weird.

Seriously. What has “trying to be normal” every gotten anybody?

Has anybody ever achieved anything great by “being normal?”



Steve Jobs of Apple Computers fame said it best in one of Apple’s commercials: “Here’s to the crazy ones. The misfits. The rebels. The troublemakers. The round pegs in the square holes.”

So there you go. You have permission to get a little weird on your journey to a fit and trim physique.