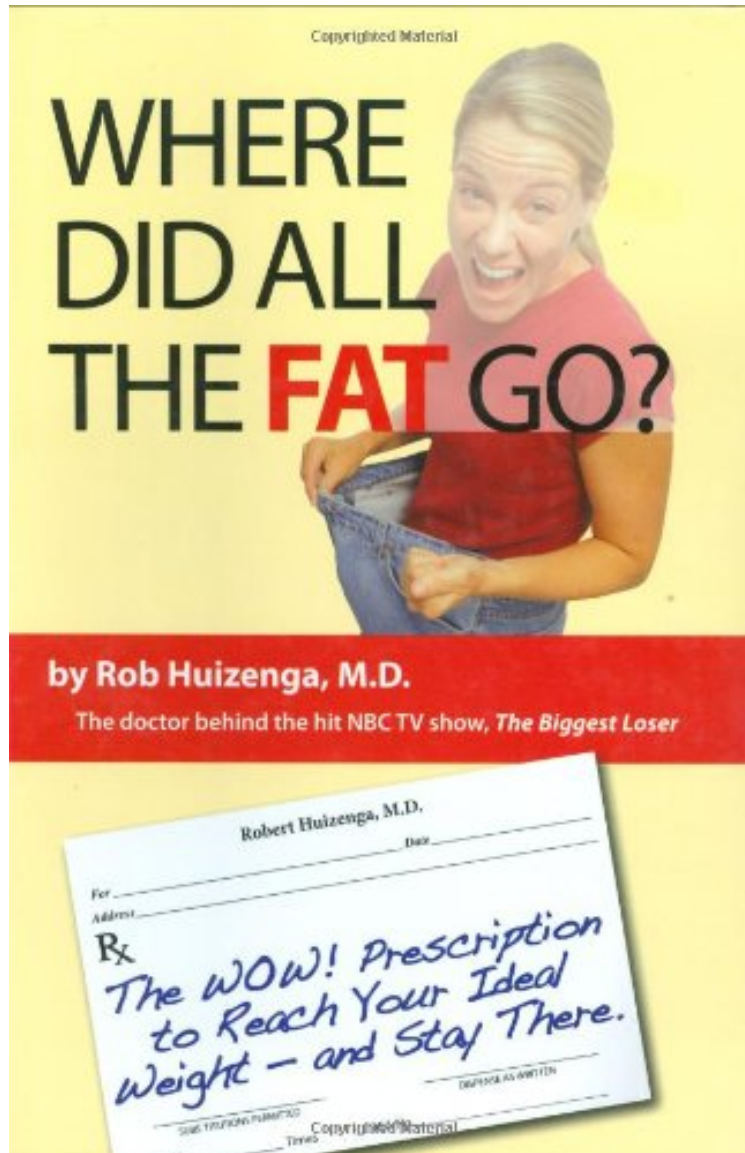


Where Did All the Fat Go?: The WOW! Prescription to Reach Your Ideal Weight- And Stay There

MD Robert Huizenga

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MD Robert Huizenga : Where Did All the Fat Go?: The WOW! Prescription to Reach Your Ideal Weight- And Stay There before purchasing it in order to gage whether or not it would be worth my time, and all praised Where Did All the Fat Go?: The WOW! Prescription to Reach Your Ideal Weight- And Stay There:

23 of 23 people found the following review helpful. If you dedicate yourself to this program, it will work.By K. Paul

Baker This book could change your life if you let it. To a certain degree, it reminds me of those P90x or Insanity commercials. The premise being, "If you dedicate yourself to this program, it will work." The only way you can fail is by giving up. Your future is in your hands. This book is broken down into two major segments. The first half of the book is history, plan, and workouts. You first learn what you are doing and why are doing it. The second half of the book is an inspirational journal for your journey. You read the first half before you start, and the second half as you go. The plan itself is rather simple. You work out for 2 hours a day, six days a week. To be more specific, he instructs you to do jogging (walking if needed) in the morning for an hour each morning. On Monday, Wednesday, and Friday you will do weight training in the evening alongside of more cardio. On Tuesday and Thursday nights, you should get involved in a sports activity. On Saturday, you should have a family type outing, like hiking, bike riding, etc. The outing should last a minimum of 2-3 hours. On top of the heavy workout schedule, you need to eat right. Eating is a huge part of weight loss, even if you are working out 2 hours a day. He has a formula to calculate your calories, but it is about 80%-100% of your Basal Metabolic Rate (BMR). So what happens if you follow this program? I lost 7.2 pounds the first week, while being injured. As a result of my foot injury, I did a lot of upper body workouts and biking. I am getting back to full body workouts, so I should burn more calories. I plan to beat the 7.2 pounds this week. I'll update this review to let you know my progress. I started at 288 and am now 281 a week into the program. I'm willing to bet that you're thinking, "Who has 2 hours a day to workout?" Rob addresses this well. It's your health and your life. If you don't make time for getting healthy, no matter how extreme that may be, then you aren't treating the situation seriously. And it IS serious. I have a full time job like everyone else, and I was able to fit this into my schedule. It isn't always easy. I do my best to work around my schedule. This concept cannot fail unless I let it fail. I'm the only variable; the rest is science. If I fail, I caused it. Change your life while you have the chance. Don't waste your time on hype and get-slim-quick schemes. Don't buy into easy weight loss. Weight loss isn't easy. It takes hard work and dedication. Most importantly, it's a lifelong commitment to stay healthy and active. Make your commitment now. Buy the book, read it, and start on the journey with me!

0 of 0 people found the following review helpful. The Real Deal for Obese people who want to lose it...By Vero This really is WOW!!! This is a no nonsense book about what an obese person needs to do to lose the weight. I'm halfway through and plan to start this when my back injury heals (another side effect of being obese - injuries takes forever to heal :-). Dr. H gives you all the calculations you need to figure out how many calories you need for your unique lean body mass tissue that will succeed in allowing your body to drop weight. This is, of course, provided you follow the your caloric plan and exercise routine. There is no fluff here - this is all based on the formulas of success taken from the show. I've been looking for a book like this for a long time and had no idea he had written this. I can't recommend this highly enough. I will report back once I start this - I have 100 pounds of fat to lose (according to the calculations). 1 of 1 people found the following review helpful. Finally - A book that makes sense! By Indiana Hoosier I am about halfway through the book, but compared to other books I have read on weight loss and fitness, this is the crme da la crme. Dr. H had to keep weight and nutrition on the football team he was a part of, and then comes Biggest Loser and having to reverse the psychology of it all. Through initial trial and error, the "at home" contestants not only beat the odds, but most theories of what it takes per day to exercise and eat right to get fit. The "at home" contestants did just as well or better than those at the ranch. Dr. H shows how a simple home gym can give you what you need to get an effective biggest loser workout. I am looking forward to reading the final portions of the book, but so far, I feel like he is telling me in simple terms, just be like those little kids that you see so active that wears us out by watching them. We gain energy by using energy. It is pretty simple and very encouraging. I am on my way to knocking off 100 pounds. This book rocks and I really recommend it!! Thanks Dr. Huizenga!!

The controversial medical approach that shatters all previous weight loss theories. Based on new scientific research gathered by the doctor of the hit NBC television show, The Biggest Loser, The Two-A-Day Fat Loss Prescription shows how to reach your Wow dream weight - safely and effectively - and stay there, once and for all. While other weight reduction plans result in loss of muscle (which is why the weight almsot always comes back), this plan reduces 90+% of fat alone. Dr. Huizenga's exercise/diet program resulted in incredible weight loss on the show's first two seasons, but Season 3 validated his method, 36 home contestants -- without benefit of the show's live-in boot camp with exercise trainers, cameras, and monetary incentive, lost weight comparable to people on the show. Dr. Huizenga's complete step-by-step approach deals with the physical side of fat loss, and the psychological aspect as well - depression, temporary failure and other emotional problems that have hindered dieters' results since time immemorial. This start to finish program includes: * Comprehensive, week-by-week exercise guide with photos * Easy-to-follow charts and graphs * Helpful food/menu plan with recipes * Long-term motivation for lifestyle change

From the Publisher Finally, you can lose the weight you always wanted to...but not really weight, but FAT! That's what you want to get rid of. This book tells you how to do it and do it for life! From the Author "People try to lose weight to get healthy. They've got it inside out and backward -- you need to lose fat, not `weight,' and you've got to get healthy in order to lose fat." --Rob Huizenga, M.D, 2008 The Doctor behind the NBC TV show The Biggest Loser From the

Inside FlapFLAP COPY WDATFG? Obesity is a killer, accounting for over 300,000 deaths a year in the U.S alone. WHERE DID ALL THE FAT GO? is based on new scientific obesity research gathered by the doctor behind the hit NBC television show, The Biggest Loser. Although many diets work in the short term, none has proven effective over a long period. To the contrary, "dieting" often results in weight gain several months or years after the initial weight loss. This book shows you how to reach your dream weight safely and effectively - and stay there! Dr. Huizenga's exercise/diet program resulted in incredible weight loss on the TV show's first two seasons, but Season 3 demonstrated that his method was also applicable to the average person when 36 contestants, without benefit of the show's live-in boot camp were sent home to continue his program completely on their own. And they lost nearly as much fat and weight as the contestants on the show. In addition to diet and exercise, Dr. Huizenga's program deals with the psychological aspects of weight loss, including depression, temporary set-backs, emotional problems and pitfalls and barriers that have prevented permanent weight-loss in the past.