

# How Shake It Works

## Switching on Fat Burning

Your body has three main sources of energy. It can burn fat, glucose (carbohydrate), or protein. When we burn fat, we produce substances called ketones. These are produced normally, and when we measure these ketones in our urine, we know we are burning fat efficiently.

High levels of dietary carbohydrates, also known as high glycaemic load foods (e.g. sugars and starchy foods such as bread, rice, pasta and potatoes), work with the hormone insulin to 'switch off' fat burning and increase fat gain.

It becomes virtually impossible to lose fat if you have raised insulin levels.

When your body's blood sugar and insulin levels are low enough you will switch to a higher level of fat burning. This is the secret to Shake It. To burn fat you need to restrict high glycaemic load foods to a level where your body will produce less of the hormone insulin thereby increase the rate of fat burning. Eating less food is not the answer; you need to specifically reduce the high glycaemic index, carbohydrate-rich foods in order to 'switch on' fat burning.

## What are your goals?

**“Obesity’s health consequences range from increased risk of premature death to serious chronic conditions that reduce the overall quality of life.”**  
– The World Health Organization

Many people want to lose body fat simply so they look good, however, having a high percentage of body fat is known to be one of the most serious causes of ill health. Elevated fat mass also increases the frequency of muscular aches and pains and reduces energy production causing fatigue.

In Australia and New Zealand, the prevalence of obesity is skyrocketing with almost 55% of men and women currently overweight or obese. It is concerning to know that 20 to 25% of children are also obese or overweight. Excess body fat is undoubtedly one of the biggest health threats facing both us and our children's lives. The good news is that losing even a small amount of body fat (as little as 10%) can reduce your chances of developing numerous diseases.

Some good reasons to lose body fat are:



**Looking good means feeling great.** Excess body fat can affect your self-esteem. Meeting a challenge, improving your health and looking better can improve your sense of accomplishment, self-esteem and health in countless ways. You can do it!



**Improved energy levels.** Overweight and obese people have much less energy than people who have a healthy body weight. More energy means more vitality.



**Reduced risk of developing many chronic diseases.** Being overweight dramatically increases your risk of developing a number of chronic diseases. Losing weight and keeping it off improves your long term health!



**Healthy ageing.** Obesity is related to unhealthy, premature ageing. Consider fat loss a type of 'life insurance'.



**You can empower yourself.** Losing body fat is an incredibly powerful experience. You are actualising something that only you have the power to do and only you will truly experience the personal reward.

Think about what your personal goals are for losing weight. Do you have the same goals as this list? Do you have more? Or different goals? Write down your goals and refer to them regularly to keep you motivated.

**"When everything seems like an uphill struggle,  
just think of the view from the top" - Anon.**