

# 4 Powerful Techniques to Lose Fat Fast (And Sustainably)



By Adam Evans | [Lifehack](#)

In the following article, I will be covering several topics that 'cutting fat' encompasses. For example, I will present exercise as a modality, as I have done in the past, namely due to the fact that it has substantial research and evidence to back its clear results.

What you should not look for in this article is a 'magic pill' or shortcut that will fast-track you to losing weight and cutting fat. Why? Because if such a pill even did exist, due to the fact that no lifestyle change has been made, there is a high likelihood that any fat-loss will return quickly.

I'm going to quickly share an embarrassing story with you that'll hopefully put some things into perspective..

The reason why I consider myself an expert in weight loss is because I've been progressing my own body composition for

several years now.

Initially, I began the journey in 2012 – being about 40lbs/18kg overweight and looking for ways to cut fat quickly. I tried all sorts of fad weight-loss modalities that claimed amazing results but simply didn't work. Sadly enough, I briefly researched surgical (liposuction) to remove fat fast, but thankfully didn't entertain that notion for long as I knew it came from unrealistic laziness.

Now when I examine the whole concept of [liposuction](#), it has many flaws, namely that anyone undergoing such a procedure has not made sufficient life changes to actually sustain themselves after the operation. The body also undergoes trauma during the operation. Additionally, the body itself has not "worked" for its new composition, and therefore has a high likelihood of reverting back to the previous state.

The takeaway here is that, if you want to lose weight, you will need to do the work. But you'll enjoy it more and more as you progress – trust me!

After having lost the 40lbs/18kg of extra weight through exercise and how, when, and what I ate, my body fat percentage dropped to 7% – where I then began working my way back up in weight but as muscle.

Over the last 2 years, I have been focusing on developing 20lbs/9kg of lean muscle mass – which I estimate will be achieved by 2022 of course through further exercise and dietary habits.

I'm writing the below suggestions after having initially gone through the process of losing weight quite effectively.

These steps to losing weight are quite simple:

# 1. Have a Proper Attitude

Your attitude is one of the most important aspects of the entire weight loss process, and deserves first placement on this list! It encompasses your mental fortitude to create a plan and strategy and set things in motion in a way that the result is inevitable.

How do you determine which result is ideal for you? Look within your thoughts and see what it is you feel you cannot accomplish and then challenge that – envision yourself as the epitome of that which you seek. That which you can conceptualize you can achieve!

Do you want to align to that healthier, stronger, happier version of yourself? It's already there! This is the attitude – let's go.

# 2. Exercise with a Strategy

Some people reading the heading of 'exercise' may immediately want to scroll past and continue reading to the next recommendations, however, those people would be missing out on the true potential exercise has in store for not just losing weight but fortifying your mental **attitude**.

The best way exercise can support your weight loss efforts is by utilizing [Intermittent Fasting](#) or Time Restricted Eating (which we'll get into under the heading **eating**) in conjunction with workouts. The exercise strategy should be in the direction of cardiovascular workouts before and after weight lifting training.

A general example of a 60-minute session could look like this:

- [Warm-up cardio workout](#) 10-15 min  
Exercises: quick pace walk, jog, run, bike, elliptical, stairs, etc.

- [HIIT \(High-Intensity Interval Training\)](#) where not only do you burn more calories, but the effect of all that intense exertion kicks your body's repair cycle into hyperdrive. Meaning you burn more fat and calories within 24 hours after a HIIT workout compared to a steady-pace run.  
Exercises: sprints, speed bike, sped elliptical, running stairs/hill sprints, plyometrics, burpees, etc.
- [Weight lifting training](#) 30-45 min  
Exercises: squats, deadlifts, bent-over rows, dumbbell press, bench press, leg press, cable work, etc.
- [Cool-down cardio workout](#) 10-15 min  
Exercises: slow pace walk, light jog, casual bike, elliptical, etc.

Exercising this way will focus the bulk of your efforts towards weight loss and cutting fat – and if you've been fasting during exercise, you'll reap awesome fat loss benefits!

The exact exercises you should focus on, in my opinion, are getting your big movers (muscles) firing because those will support maximal fat burning.

Examples of training that hit the larger muscle groups are mentioned above (squats, deadlifts, leg press, etc.) and generally fall under moderate-to-heavy (40-80%+ of one's maximum) weight lifting.

I cover various training programs and modalities on my YouTube channel – Adam Evans and invite you to subscribe or have a watch. Otherwise, feel free to browse my [other Lifehack articles!](#)

### **3. Eat the Right Food at the Right**

# Time

When you **exercise** (run, bike, lift weights, swim, etc.), while in a 'fasted state,' your body will seek-out stored fat deposits to use for energy, rather than utilizing any sort of food or drink you have consumed. The post-absorptive state lasts until 8 to 12 hours after your last meal, which is when you begin to enter the fasted state. It typically takes 12 hours after your last meal to fully enter the fasted state, however, I suggest 14 hours after exercising and during your fasting time (while in a fasted state).

In most cases, the body fat which will burn off quicker will be around the belly, mid-section, as much of people's stored fat tends to be in that region. When applying fasting and exercising, your body goes deep into belly fat deposits – areas that normally may be inaccessible while you are consuming food with or without exercise.

The point of fasting is to open the doorway to burning fat that has been hanging around for years and you have struggled to get rid of it – also known as 'stubborn fat'.

When it comes to your actual meal time ('eating window' in fasting terminology), I highly suggest consuming foods that are easily digestible for you and hit all of your macro-nutrient ('macros'), as well as some of your micro-nutrient ('micros'), targets.

What I mean by this is that you will need to consume adequate protein, carbohydrates, and fats in order to support proper muscle growth and development as well as weight loss.

Beyond hitting your macros, it's important to get your micros as well – much of which would be covered with a daily multivitamin and other supplementation which I have mentioned in earlier articles such as the [best weight loss supplements](#).

Keeping your daily caloric intake below maintenance is also critical to losing weight, and keep in mind when you exercise, you are burning more calories so you will need to eat more to ensure you aren't flat out starving yourself – that's not what this is about! Your goal should be to maintain approximately a 10% caloric deficit; if your daily maintenance with no exercise is 2,000 calories, you would consume approximately 1,800 calories within an eating window (after fasting).

If you are exercising, then let's say you have brought the daily maintenance from 2,000 calories to 3,000 calories because you have burned 1,000 calories while exercising, well simply apply 10% of 3,000 calories to arrive at a deficit of -300 which would position your target at 2,700 calories for the day. Eating this way ensures your body is supporting its recovery and fuelling itself for the next day of fasting and exercise.

[READ THE REST OF THIS ARTICLE...](#)