

ASK IFM

Here at *Inside Fitness* magazine we pride ourselves on the fact that we have assembled an incredible team of Inside Experts who regularly contribute novel and captivating editorial content to our magazine every issue. A virtual who's who list of experts in the training, fitness and nutrition industries, this team is on the front line of all the newest developments in the various fields, and takes pride in bringing those developments to the forefront for your reading pleasure via the medium that we all love - *Inside Fitness* magazine!

Keying in on that, we are further tapping into our Inside Expert talent pool by asking one critical training or nutrition related question each issue, and then have a select group of our experts weigh in with their answers.

This issue, we ask our experts ... "What are the three most important points to keep in mind nutrition-wise when it comes to dieting for fat loss?"

“What are the three most important points to keep in mind nutrition-wise when it comes to dieting for fat loss?”

Alex Savva



Alex Savva holds a Bachelor of Physical and Health Education. He's a certified Kinesiologist, bodybuilder and the Founder of CircuitFIT.

1. *Consistency: Stay dedicated to your nutrition program, it can't be solid for one week and then off the next!*
2. *Protein: Keep your protein levels at approximately 1 gram per pound of body-weight per day. Anything less and you'll risk the chance of burning off hard-earned muscle to supply your body with fuel for your intense workouts. Protein has the highest thermic effect and keeps you feeling fuller, longer.*
3. *Supplementation: Supplement your diet and training with a quality fat burner/thermogenic to make sure you get that extra fat burning effect.*

Abbie Smith



Abbie Smith is studying for her Ph.D. under the tutelage of Dr. Jeff Stout at the University of Oklahoma. She is an expert on sports supplementation.

- It's not just about what you eat, but WHEN you eat. In the science world we call this nutrient timing, which strongly supports three facets:*
1. *Consume a carbohydrate + protein combo three to four hours before exercising.*
 2. *Sip on a BCAA + carb mix during your workout.*
 3. *Within 30 minutes post-workout, take in 20 grams of protein with some carbs. This tactic has been shown to increase muscle mass and reduce body fat.*

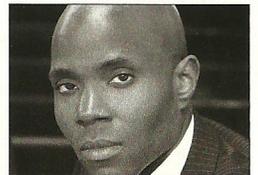
Natalie Waples



Natalie Waples is an IFBB professional figure competitor, and an SAF Elite Champion.

1. *Stay hydrated- your body cannot function properly without adequate hydration. Drink at least eight to 12 cups of water per day.*
2. *Eat foods as close to their natural state as possible (fruits, vegetables, lean proteins, low fat dairy). Avoid anything out of a bag or a box.*
3. *Eat every two and a half to three hours to keep your metabolism buzzing and avoid those late afternoon binges. Six to eight small meals a day is much more efficient for the body to process versus three large meals.*

Obi Obadike



Obi Obadike is one of the top male fitness models in the world and is a certified ISSA personal trainer.

1. *You'll want to follow a balanced diet with your protein intake being high and your carb intake being moderate to low.*
2. *You want to make sure you are consuming four to six meals a day.*
3. *You should be eating every three hours, which helps to speed up your metabolism.*

Got a Question?
Ask Our Experts!
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