

Four Personal Trainers Try Junk Food

Four personal trainers try junk food and give their reactions. Personal trainers have a reputation of looking healthy, physically fit, vigorous, with an athletic build. And, it takes a lot of willpower and determination to get that way and stay that way.

Personal trainers need to eat healthy foods and avoid [junk foods](#) that will move them along the path to flabbiness with too much fat and that dreaded “middle-age spread.” They would have gotten used to eating healthy, nutrient dense foods and avoiding junk foods.

So how would you think four personal trainers would describe various junk foods when they were given them to eat? Explore this reality in the following video.

One of the personal trainers looked at a chocolate topped donut and called it “Diabetes on a plate.”

Another trainer tried a Whopper and fries and said, “It tastes good, but again, is it worth it? How many burpees do I have to do later?”



Photo by [ReneS](#)



Given a can of Coke, one trainer said, “440 calories for a few sips of Coke. Definitely not worth it...”

About the whole experience, one personal trainer said, "That's what people don't get. They need to put the work in to then be able to afford to eat that kind of stuff."

What is your attitude about junk food?

Four Personal Trainers Try Junk Food

Four personal trainers taste test some of the most popular forms of junk food, from ice-cream to a fast food chain burger and chips.

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Similar to channels such as BuzzFeed, WatchCut, TheFineBros & GMM we focus on creating content that depicts people (usually Irish people) experiencing new things for the first time, whether that be food, drink or maybe a TV show!

Burn Fat Fast To Lose Weight by Controlling Insulin

Burn fat fast by controlling insulin. Dr. Jason Fung explains why calories in vs. calories out isn't nearly as important as controlling insulin when it comes to burning fat.

Insulin spikes turn off fat burning. And insulin spikes cause leptin resistance so the "I'm full" signals don't easily reach your brain.

The simple solution to get your body to burn fat fat is to reduce your intake of refined carbohydrates. During the refining process fiber and nutrients are removed. This allows for rapid digestion and assimilation of sugars into the blood stream. High levels of blood sugar mean insulin levels spike upward to try to control blood sugar.

Numerous studies have shown that diets high in refined carbs may be associated with excess belly fat.

You need to greatly reduce your intake of refined carbohydrates if you to to burn fat fast to see your abs.

Most people want to burn fat fast. But, what happens when you eat is that insulin goes up. And insulin basically is the hormone that tells your body to **store** fat, not burn fat fast.

Insulin stops your body from burning fat. When you eat, you start to store some of the sugar and store some of the fat. Carbohydrates get turned into glycogen in the liver. Basically, glycogen is a chain of glucose molecules used for storage. And when you have too much glycogen, then your liver produces lipids [fats] and your body stores fat.

How to Burn Fat Fast

So when you don't eat, your insulin levels fall. And that's a signal to start pulling some of that stored energy out. So you're gonna start by pulling some of the stored glycogen energy out from the cells and liver. And then you're gonna access some energy from the stored fat. This is the best way to burn fat fast.

Refrigerator and Freezer for Energy Storage

So you can think of the glycogen like a refrigerator. You can put food energy in easily and you can take food energy out easily. Right. It's just food energy.

And the [stored] fat is more like your freezer. You can store more of it, but it's in your basement. It's hard to get to. It's the same idea.

You have two storage forms of energy. The refrigerator, though, has a limited capacity. So, if you consume too much food you have no choice but to put it [as fat] in your freezer.

The body doesn't have some giant vat of calories, right. You can store sugar; you can store fat. There are two places in the body where you can store food. Your calories go into your fridge and calories go out from the fridge.

Insulin Does Not Allow You to Burn Fat Fast

But there's a third thing that you have to consider. And that is how much food goes back and forth between the freezer and the fridge. And the question is, "What's controlling this?" And it turns out that the main player is insulin.

Insulin inhibits lipolysis [the breakdown of fats]. What that means is it stops you from getting the fat out. So if you have a lot of insulin, then you can't get the food [fat] back out this way. So, normally, if you eat a huge meal your insulin is high. It's going to tell the body to move all the storage in this way [into the freezer]. and that's the problem.

Insulin Resistance Keeps Insulin Levels High

So, if you have a lot of insulin resistance, which keeps your insulin levels very high, it's like that freezer is kind of locked away in the basement behind the locked steel bar. You can't get at it.

Lets Try a Diet to Lose Weight

So what happens now when you start reducing your calories? If you start reducing your calories in, what your body is simply going to do is reduce the calories out [by reducing your metabolism]. That's

what it does because it's not gonna keep losing weight until you die. That's just ridiculous.

If you're not affecting the insulin, you can't get at that fat to burn fat fast. You're just gonna reduce your calories out.

Check out the full 36 minute talk here:
<https://www.youtube.com/watch?v=tIuj-oMN-Fk>

Cause of Obesity and Treatment of Obesity

What is the cause of obesity?

With 70% of Americans overweight, any treatment of obesity that does not address the cause of obesity will fail. Doctors and pharmaceutical companies are often content to treat symptoms.

Dr. Jason Fung presents six talks that help you understand what science has discovered about the real cause of obesity and the successful treatment of obesity.

Welcome to the lecture. This is called the etiology of obesity and this is the first part of my six-part series looking at, basically, what the cause of obesity is. And then later on we'll get into what a successful treatment of obesity looks like.

First Record of the Cause of Obesity

So let me start with a story. This is William Banting. He was a London Undertaker and he lived in the 1796 to 1878 and basically he had become very obese through the years starting in his mid 30s. He had started to gain a few pounds every year until by age 62, he had weighed about 202 pounds which was really quite obese for that time. And not being too happy with that whole situation, he decided that he would do something about it.

So what he did was he went to see some physicians and they gave him some various advice such as increasing the exercise. So living near the Thames, he actually took up rowing. And he decided that he would row every day. The problem was that he said that he developed a very healthy appetite. But in the end, he wasn't able to lose any weight. So he went to see some other esteemed doctor at the time, and he told him well all you need to do is decrease your caloric intake and you'll

automatically lose weight. But what he found was that he was just tired and hungry. And he still wasn't able to lose weight.

The Cause of Obesity Found!

So eventually he came to the attention of a French surgeon who told him about a specific diet which involved eating three meals a day of a meat, fish, or game with just very little stale toast or cooked fruit on the side. And what happened was that he avoided very strenuously these fattening carbohydrates which were sugar and starch, the bread, beer, sweet potatoes. And what he found was that he actually was able to lose a significant amount of weight very quickly.

So he published this in a letter called "Letter on Corpulence" published in 1863. And it actually quickly became one of the best-selling diet books of its time. And it's really considered one of the first diets.

This sort of idea about a treatment of obesity actually persisted for quite a few years.

Early Medicine Knew the Treatment of Obesity

So William Osler who is considered the father of modern medicine. He authored the textbook "The

Principles and Practice of Medicine” which was very influential. In it he discusses treatment of obesity. And much of his ideas are similar to Banting. They featured lean beef, veal, mutton, and eggs. That was his opinion. He actually had published a monograph himself on obesity and its treatment. His thought was that what needed to be eaten was fatty foods. Fats are crucial actually, because they increased the satiety and therefore decrease fat accumulation. His idea, of course, was very similar to Banting, that one needed to strenuously avoid the fattening carbohydrate.

Up until the 1950s and 60s, this idea was fairly prevalent. It wasn't really a secret in any way. If you look at standard textbooks, or even for those addressed to the lay public at the time, such as Dr. Spock's "Baby and Child Care", things hadn't progressed much beyond that. What he noted was that rich desserts, the amount of plain starchy foods taken is what determines, in the case of most people, how much weight they gain or lose.

The Cause of Obesity Well Known

In the British Journal of Nutrition in 1963, Dr. Passmore writes "every woman knows that the carbohydrate is fattening." That is, this cause of obesity was fairly common knowledge. That is, if

you eat fattening carbohydrate, not all carbohydrates, but the starchy foods, the sugary foods, the sweets, they are going to lead you to obesity. That was pretty well the prevalent thinking at his time.

How We Lost the Cause of Obesity

Things started to change in the 1950s and 1960s with the great so-called epidemic of coronary disease. And what this was, was as we industrialized, what we noted was that there was an increasing incidence of coronary disease. So in the 1950s dietary fat increasingly became vilified for its effect on LDL cholesterol. The so called diet heart hypothesis. And by the 1960s, the American Medical Association was insisting that the so called low carbohydrate diets were fad. Of course, they really were anything but a fad, having been used for close to 200 years.

The vitriol was so extreme that John Mayer, who is a prominent nutritionist of his time, actually said that these carbohydrate restricted diets was the equivalent of mass murder. We're killing people with these, with these reducing diets. The problem was this, of course, that if fat was the problem then you necessarily had to eat a high carbohydrate diet if you're going to eat low fat. Because fat and protein tend to travel together.

However, the fattening carbohydrate could not be healthy in that it's low fat and unhealthy at the same time. Because it causes obesity.

Now Fats are the Problem!

So in order to resolve this cognitive dissonance, all of a sudden the fattening carbohydrate suddenly turned into the "healthy whole grain". The fat with its dense calories was simply assumed to cause obesity even though there was really no proof, anecdotal or otherwise. To sustain that the model that we think about obesity, instead of being the fattening carbohydrate model, all a sudden became this calories in calories out model. And that's where we were in the 1970s.

There was still a significant amount of debate of course, between the dietary fat proponents and the dietary carbohydrate refined carbohydrate camp. And this was settled not by scientific dispute, but really by dictum by government in 1977.

USDS Supports Agriculture with Dietary Guidelines

The US Department of Agriculture published. for the first time. this Dietary Goals for the United States. This was the first time, really, that any government institution had told Americans that

they could really improve their health by eliminating or reducing the fat in their diets. This is a copy of the USDA Dietary Guidelines and what you can see very prominently is that you should avoid too much fat, saturated fat, and cholesterol. And what you should eat is actually adequate starch. So instead of avoiding the fatty carbohydrates, you should really eat more.

And this dietary fat controversy turned from a scientific controversy into a political one. It came down really on the side of eating more carbohydrates. This explicitly determined goal was to raise the consumption of carbohydrates until they constituted 55 to 60 percent of calories, and to decrease the fat consumption from approximately 40 percent to 30 percent.

This is what gives us the very familiar food pyramid which is meats at the top with poultry, fish, you know, weekly or even monthly. And at the bottom what you should be eating every single day is bread, pasta, rice, and whole grains.

Lack of Exercise as a Cause of Obesity

Physical activity, of course, is very important. It got to the point in 1995 if you were to look at an American Heart Association diet. But this is

what they wrote, "To control the amount and kind of fat diet, saturated fatty acids, and dietary cholesterol, you eat snacks from other food groups, such as low-fat cookies, low-fat crackers, unsalted pretzels, hard candy, gumdrops, sugar, syrup, honey, jam." In other words, it really didn't matter how much sugar was in your snack or in your diet. It only mattered how much fat there was.

So things like this, which is candy, is entirely fine to eat as long as you're cutting the fat. So how did we do? How did we do?

As a nation, well it turns out that we actually did pretty well. If you look at what happened, we made a very conscious effort to eat less fat, less red meat, fewer eggs. If you look at the average fat consumption of Americans, it decreased from about 45% of calories to about 35%. If you look at what else we told them to do, so you know, get your blood pressure checked, get your blood pressure treated, to stop smoking, to treat your cholesterol, we did very well as well. So 40% decline in hypertension, 28 percent decline in hypercholesterolemia. So it turns out we did very well.

Public Followed Government's Advice

So in fact, you can't really say that the public wasn't listening to us. In fact, they were had listened to the advice of the time and tried really their very best to comply. And they did.

We told them to eat less fat and eat more carbohydrates. And that is what they did. So if you look at the changes in the U.S. food availability, you can see that butter, eggs and animal protein, such as meat, significantly decreased from the 1960s to today. And what we ate instead was what we were told to eat: grains and sugars. If you look at the U.S. sugar consumption through the years you can see through the 1800's there's a steadily rising increase in the amount of sugar per capita that Americans were eating. This really reflects the increased availability of the sugar. As sugar plantations kind of spread throughout the Caribbean and the U.S. south. By the time you hit the 1920s you can see that there really is not that much more that we are going to eat. And we enter a sort of flat period from the 1920s to about 1977.

By the time they tell us that eating sugar is just fine, you can see that there's this secondary spike in the amount of sugar that we eat. If you

look at grain which is the, the most important of which is wheat, we you can see that in 1950 the per capita consumption was approximately a hundred twenty-five pounds per year and in the 1960s it decreased slightly. In the 1970s, decreased down to a hundred and thirteen. But by 1980 had gone up to 122. By 1990 a hundred and forty one. And two thousand, a hundred and forty six total.

Grain products shows a very similar distribution. And what happened you can see that there had been a very slowly increasing incidence of obesity over the previous years. But when you hit here if there's a clear tipping point right here in 1977 when they release the first Dietary Guidelines for Americans. You can see that the curve really changes, That is instead of a slowly rising increase in the prevalence of obesity, it takes a very sudden sharp turn for the worse.

Calories-In Calories-Out Cause of Obesity

So this is the way that we understand obesity now. The reason we don't actually think about what causes obesity is because we actually think that we know what causes it.

And this is what we think: so this is caloric reduction as primary theory that is it's all about

the calories. Sometimes called calories-in calories-out. And what causes obesity? Well it's clear that you either eat too much or you exercise too little. and really those are personal choices or behaviors. So that is the way that many of us think about obesity as it currently stands.

Assumptions

And there's a few implicit assumptions in that theory that you may or may not realize. But a calorie, the calorie of sugar, is no different than a calorie of fat. The fat stores are essentially unregulated. That is, it's simply a dump for excess calories. Of if there's the imbalance here, it will be simply simply dumped into the body as as fact the intake and the expenditure of calories are under your conscious control. That is, we make all the decisions on how much we eat, how much we exercise. Which sort of ignores the effect of hunger as well as basal metabolic rate.

Dr. Jason Fung goes on to talk about what science shows to be the result of various studies trying to support the calories-in, calories-out hypothesis as well as the studies showing the real cause of obesity.

This is the first of a six-part series in which Dr. Fung describes how you can actually control

your weight, lose excess fat and maintain a healthy weight. Watch all six lectures.

For more information see
[Http://intensivedietarymanagement.com](http://intensivedietarymanagement.com)

See Your Abs With the Perfect Intermittent Fasting Ratio for the Most Fat Burning

To get abs and see them, you must lose that layer of fat covering your belly. To get into fat burning mode you must control your insulin levels. Intermittent fasting is an optimal way to lower blood sugar, and lower insulin levels, so your body can burn fat, especially belly fat, so you can finally see your abs.

Perfect Intermittent Fasting Ratio for Maximum Fat Burning

Hey guys .I'm back with another video on the

perfect intermittent fasting ratio for maximum fat burning. I do get this question a lot: At what ratio should I do the eating vs. fasting cycle to just produce the most weight loss?

Okay. Well there's some research that was done that shows that you're gonna mobilize the most fat and lower the most insulin right around 18 hours to 24 hours (of fasting), okay, in a cycle. So let's look at this more closely.

Optimal Intermittent Fasting Ratio

Here we have 18 hours of fasting. Okay. Let's say you eat at 12 o'clock noon, and then at 6. It gives you a six-hour window of eating, right. And then you're gonna fast for 18 hours. So you're gonna lose some weight. It's gonna be very successful.

So let's say you ate just one meal at 12 o'clock. Okay, that gives you like a 23 hour fasting cycle.

So somewhere in between here (18 to 23 hours of fasting) would be the optimum.

So a lot of you out there are doing fasting and you're just doing one meal a day. In fact, nearly a hundred percent of all the Skype interviews that I have done are doing one meal a day. So they're doing very very well.

Just Starting Out with Intermittent Fasting?

But if you're new at this, what you could do is go to three meals. Then push the breakfast further and further and further until eventually there's no breakfast. Because you don't want to eat in the morning when you're not hungry. And then you have two meals, right.

So then what you want to do is you want to keep pushing this twelve o'clock to 1 and the 6 to 5 to shorten this down to a 4 hour window. That would be a real nice sweet spot to hit. Between 4 hours and, if you want to take one step further, and start graduating to this (23 hours of fasting) over here, you can do it. I would do this if you need to lose a lot of weight.

Also, the more you have insulin resistance, the more damage within your system, the more that you have diabetes, the more you want to graduate into this right here (one meal a day). But let's say, for example, you're losing weight. You hit your goal, and you're comfortable. And you don't have a history of high blood sugars. Then stick with something like this (18 hour fasting). Okay.

But the other benefit of doing this longer, okay, maybe you might not want to do this.

Atrophy Cleans Up Your System

But maybe a four-hour window. This is something called autophagy, which most of you seen the video I've done on this. But autophagy is like you being a self-cleaning oven, okay, where it's cleaning up all this crap out of the cells. It's recycling all the junk. It's getting the junk out of the trunk.

So intermittent fasting can increase autophagy by five times. Okay. So it's a very powerful stimulus of autophagy which will make you very healthy as compared to a diabetic who has very dirty cells. There's no self-cleaning oven.

There's waste products. There is all sorts of damage to the eyes, to the retina, to the kidneys, to the heart. So autophagy is what you want to do, especially if you're diabetic or pre-diabetic.

Especially For Diabetics

One small point about diabetics: if a diabetic were to consume more B vitamins from nutritional yeast, they would have less damage to the mitochondria, unless wastes build-up.

Add High Intensity Interval Training (HIIT)

All right, just a side note. So for the people that want to take it all the way and do one meal a day. You can also take an even further by adding high intensity interval training exercise in your

fasting window. Whether it's before or after, and you add that to one meal a day, now you're talking about taking it to the next level because you're gonna spike growth hormone. You're gonna lose a lot more weight doing that.

Get Enough Sleep for Recovery

And also adding a little more sleep will help you as well. Make sure you don't over train. Make sure you're recovering. You know, some people are working out six days a week. I recommend twice a week. Okay, if you're doing this correctly and you're hitting it hard, the personal training, twice a week is fine, unless you're 20 years old you know. But if you're thirty, forty, fifty, twice a week is the perfect optimum frequency of workouts. But then on the off days do the walking. That would be hot.

Stay Low Carbs

Also keep your carbs lower than 20 grams, and the vegetables in as well. But keep those carbs at less than 20 grams, not counting vegetables and I think this right here you're gonna have some serious weight loss. And you're going to be happy with that pattern.

Thanks for watching.

Hey, thank you so much for watching. Keep spreading the word and share this video.

Take Dr. Berg's Free Keto Mini-Course:
<https://www.drberg.com/how-to-do-ketosis>

Disclaimer:

Dr. Eric Berg received his Doctor of Chiropractic degree from Palmer College of Chiropractic in 1988. His use of "doctor" or "Dr." in relation to himself solely refers to that degree. Dr. Berg is a licensed chiropractor in Virginia, California, and Louisiana, but he no longer practices chiropractic in any state and does not see patients. This video is for general informational purposes only. It should not be used to self-diagnose and it is not a substitute for a medical exam, cure, treatment, diagnosis, and prescription or recommendation. It does not create a doctor-patient relationship between Dr. Berg and you. You should not make any change in your health regimen or diet before first consulting a physician and obtaining a medical exam, diagnosis, and recommendation. Always seek the advice of a physician or other qualified health provider with any questions you may have regarding a medical condition.

How I Went From Fat To Six Pack Abs – Thomas DeLauer's Incredible 100 lb Fat Loss Transformation

How To Achieve Six Pack Abs With The Fastest Method – Science:
<http://go.sixpackabs.com/sciene2ba>

Hey, guys! So, yesterday I promised I'd share with you my story of transformation and how I was able to completely disrupt and change my life for the better. You may not know this about me, but I wasn't always ripped...

0:18 – I used to be 280lbs?!

0:33 – I was just trying to be the best that I could be... But in reality, I let my health go completely to the waist side...

0:48 – The biggest thing that I did for my life was getting my health back in control... And the

**BIGGEST thing I did to take control was:
I Stopped Eating All The Freakin' Time!**

1:06 – Intermittent fasting was a HUGE part of my success

1:51 – What you may hear when first starting intermittent fasting

2:56 – “Time is the ENEMY”

3:45 – Reasons others fail at intermittent fasting & why we do NOT

5:29 – Tomorrow – Tuesday, October 24th: Top 5 Myths About Intermittent Fasting BUSTED

I appreciate you guys taking the time to listen to my story, and I hope you have the courage to face what's holding you back too for not only the body, but life you truly deserve.

I'm coming to you tomorrow with another video on the Top 5 Myths About Intermittent Fasting, so make sure to: “Like” “Share” & “Subscribe” to SixPackAbs.com

**I'll See You Tomorrow,
-Thomas**

Make The Decision To Change Your Body & Life For Good: <http://go.sixpackabs.com/sciene2ba>

P.S. Make sure to “LIKE” and “SHARE” this video on Facebook:

<http://sixpackabs.com/thomas-delauers-story-fat-to-fit-my-body-transformation/>

How To Get SIX PACK ABS Fast For Summer | 2018

Chris Heria breaks down exactly how to get six pack abs FAST!

Burning fat and high intensity interval training are two main factor when it comes to getting a shredded aesthetic! but abs can't be perfect if your nutrition isn't! use this workout routine that incorporates the right components to getting six pack abs Fast for summer!

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