



JANIS SAFFELL'S

TOP 5 FAT LOSS SECRETS TO
JUMPSTART YOUR TRANSFORMATION



First of all CYBER HIGH FIVES for completing the 28 Day Total Body Clean Up Challenge, investing in yourself and downloading the **Top 5 Fat Loss Secrets to Jumpstart Your Transformation** to help you create the life, health & body you truly deserve.

My name is Janis Saffell, founder of JANISSAFFELL.COM ®, creator of the 4 Week Weight Loss Breakthrough, fitness expert & wellness coach. I specialize in helping men & women 40 and beyond (like you!) transform not only their bodies and health, but create changes and results that LAST.

I also LOVE sharing my secrets (aka methods) that I have learned over 30+ years in this industry & I have used to help 1000's of men & women - like you, from all levels - lose fat, get fit and learn how to fall in love with fitness, healthy food and more importantly your body without feeling confused & overwhelmed.

These are also the exact methods I have used to build lean fat burning muscle, shape my body and have more energy than ever. I know you are ready to make serious changes or you would not be reading this right now.

But you need to take ACTION to make it happen.

This book includes JANIS SAFFELL'S: **Top 5 Fat Loss Secrets to Jumpstart Your Transformation** that will not only shift your workouts, the way you eat and how to you think but also get you on a journey to finally reaching your fat loss goals that can at times feel so unattainable. Plus Your body & mind will be prepped for the your transformation program ahead. It literally is as easy as printing off and following along. Now I won't keep you any longer so let's dive right in and email inquiry@janissaffell.com with any questions.

... I have got your back.

Janis xoxo



Janis Saffell - Founder of JANISSAFFELL.COM

Fat Loss Secret #1:

The Secret to Crushing Food Cravings &
Feeling Full While Losing Weight



Fat Loss Secret #1:

The Secret to Crushing Food Cravings & Feeling Full While Still Losing Weight

Are you constantly craving sugary or salty foods, and finding that 1200 calorie meal plans are just leaving you starving and forever scavenging the cupboard for something? Of course you are because when most men & women are trying to change their diet and eat healthy, you are NOT eating enough nutrients, which leaves your tummy screaming for more!

After working with thousands of clients, feeling hungry while losing weight is one of the number one reasons people say they can't stick to a plan, and I have developed the solution that helps my clients reach their fat loss goals while feeling FULL & craving free.

The secret is what I call it the "Volume Method", and it works like a charm, since size definitely matters when it comes to portions! By following this method of eating, you can have larger, satisfying plates of food, while reaching your goals at the same time.

What is the "Volume Method?"

It is all about the BULK, baby! By filling half your plate with two cups of "high volume" foods, you can eat a large portion and be full until your next meal without packing on the unneeded calories. You also signal your brain to turn off those cravings because you have enough nutrition & substance in your belly. In addition to that, your blood sugar will be balanced and your energy improved, which will make sticking to your fat loss plan effortless

What are high volume foods?

The key is low glycemic veggies. These are your "watery" veggies that are LOW in carbs and calories, but HIGH in nutrients, vitamins, minerals, and **most important**, fiber!

Make sure to choose 2 cups of any of the "Volume Method" veggies at each meal.

I use this method in my [4 Week Weight Loss Breakthrough meal plan](#), and my clients are satisfied, energetic, craving-free, and getting results!

Seriously, try this method for at least 7 days and you will be SHOCKED by how ADDING the right foods to your diet, you will actually eat less, have more energy and be craving free!

Need some ideas?

- Stir zucchini or cauliflower rice into your oatmeal
- Scramble your eggs with peppers, mushrooms, and spinach
- Add a few handfuls of baby greens to your smoothie
- Eat a huge salad with your lunch
- Steam, roast, or sautee veggies with seasoning
- Always have bags of broccoli slaw, cauliflower rice & or frozen greens as a quick toss in
- Add two cups of raw veggies to your snack

Fat Loss Secret #1:

The Secret to Crushing Food Cravings & Feeling Full While Still Losing Weight

The "Volume Method" Veggies	Ways to Incorporate Them into Your Day
Kale	Add to a smoothie
Spinach	Add to a smoothie or in your scrambled eggs
Mushrooms	Add to stir fries and eggs
Zucchini	Grate and stir in oatmeal, spiralize and use as noodles
Cucumber	Use as "crackers" with your fave dip on top
Celery	Spread with hummus or nut butter
Cauliflower	Use cauliflower rice to replace rice in stir fries and side dishes
Peppers	Eat like an apple, use as a "boat" to fill with chili
Green Beans	Create green bean "fries" by tossing in oil and seasoning and roasting

Must Have Veggies to Make the "Volume Method" Easy!

Containers of baby greens - spinach, kale, and arugula for salads and smoothies

Bags of cauliflower rice to substitute for rice

Bagged coleslaw to throw in stirfries, eggs or salads

Spiralized zucchini - or a spiralizer to make your own!

Frozen greens so you always have greens on hand for your smoothie

Frozen veggies (frozen without sauces and seasonings) - so you can always cook up veggies fast in a pinch

Raw veggies - either pre-sliced or sliced at home so you can always grab a handful for a snack

Fat Loss Secret #2:

The Secret to Reaching Your
Fat Loss Goals Without Giving up
Wine & Chocolate!



Fat Loss Secret #2:

The Secret to Reaching your Fat Loss Goals Without Giving up Wine & Chocolate!

When you start a new eating plan or program, what do you usually do? If you are like most men & women, you spend the days before you start your new plan downing all of your favorite “foods” like wine & chocolate, crackers, because you fear you won’t have them in your life again! Then you label foods “good” and “bad” and feel anxious and like a failure if you have a glass or two of wine, or a piece of cheese & bread, because it wasn’t part of your plan.

What if I told you that you don’t EVER have to feel that way again nor do you need to give up ANY foods in order to reach **your fat loss goals?**

The secret is to use a method I call a “Structured Flex Meal”. This allows you to save space in your eating plan for favorite not so nutritious foods, without going overboard and sabotaging yourself. You can still enjoy wine & chocolate each week, and get the results you are looking for!

What is “Structured Flex Meal”?

The secret is allowing yourself a meal not usually on your plan, but following a structured approach to make sure that you eat the right amount to keep in line with your goals.

Eliminating your foods you really enjoy can backfire and make you feel deprived and even give up on your plan. Many “diets” allow a cheat meal, but the truth is a full blown cheat meal can easily contain a few thousand calories, enough to erase any progress you may have made that week. Plus mentally and emotionally, it encourages bad habits and a ongoing horrible relationship with food labelling them “good” and “bad”.

By using a structured flex meal, you make sure that your meal satisfies you but doesn’t derail you and will give you the tools to feel in control of your choices!

Remember - it is all about not going overboard. This approach will take away that all or nothing mentality and let you have a nutrition plan that works with your LIFE - not something you start and stop every 2 weeks.

Examples of “Structured Flex Meals”

Grilled Salmon, 2 cups
roasted veggies, glass of red
wine

Grilled chicken breast, 2 cups
salad, a small piece of dark
chocolate

Small bowl of pasta with
shrimp, large side salad

Fat Loss Secret #2:

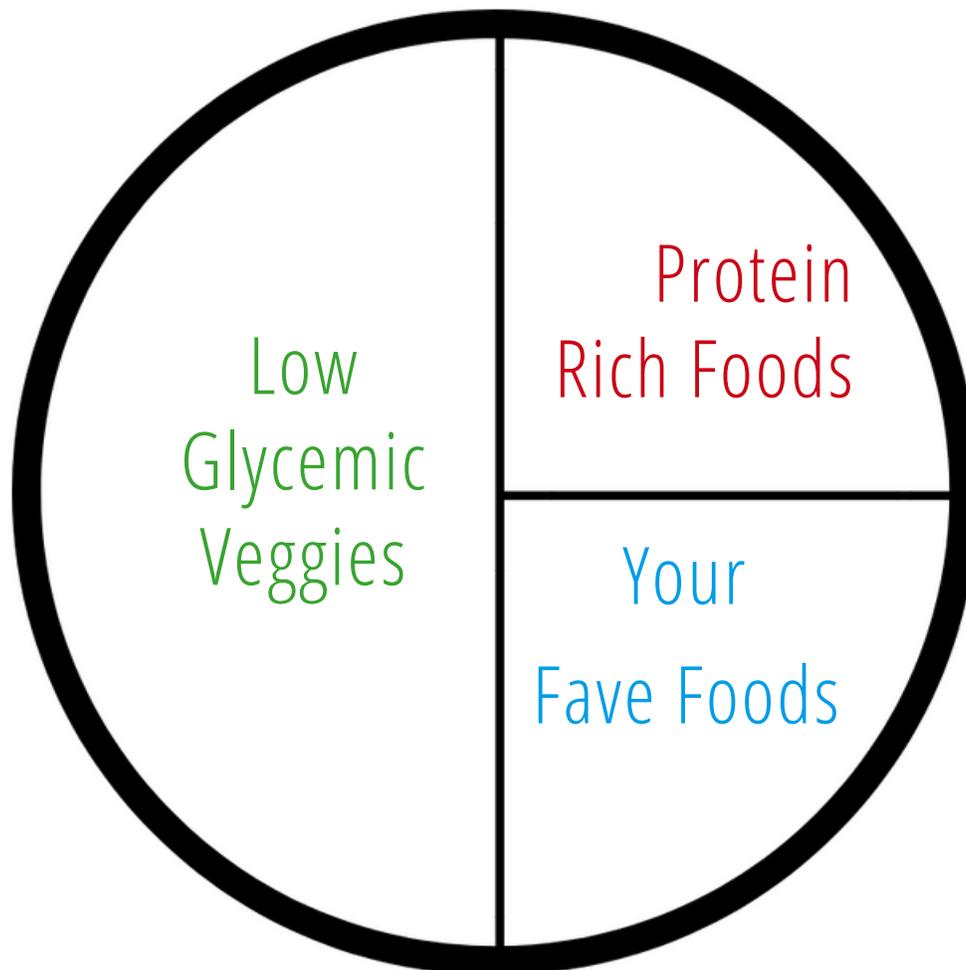
The Secret to Reaching your Fat Loss Goals Without Giving up Wine & Chocolate!

How to create a “Structured Flex Meal”

I use Structured Flex Meals in my [4 Week Weight Loss Breakthrough](#) weekly meal plans to ensure that you make room in your life for foods you enjoy and explain in detail how to set one up, but start with the following guidelines:

- Plan your meal in advance and visualize your plate
- Fill half your plate with veggies (remember secret #1)
- Make sure one quarter of your plate contains a protein rich food
- Fill the other quarter with your favorite food (if it's wine or chocolate no need to put it on the same plate!)

The “Structured Flex Meal Plate”



Fat Loss Secret #3:

The #1 Nutrition Technique that will
Set You up For
Fail-proof Success in Any Situation!



Fat Loss Secret #3:

The #1 Nutrition Technique that will Set You up for Fail-proof Success in any Situation!

Does this sound familiar....a couple of weeks go by on your new plan and you are crushing it, you are following your meal plan and your pants are getting looser...then BAM! Life throws you a curveball. Your kids get sick, you get a new stressful project at work, or you just got busy and didn't have time to do your weekly meal prep.

So what do you do? With no food prepared and nothing going as planned, you fall back to old habits and find yourself at the drive through at dinner, promising yourself again that you will start on Monday....

If you are failing to plan, you are planning to fail....

We've all heard this, but what if you just didn't have time to plan?

The secret I use is a method I call the "Core 4". Everyone needs to have a "Core 4" in their life. This way when things get stressful and nothing goes as planned, you can call on your backup plan - "The Core 4" to keep you on track!

What is the "Core 4"?

The Core 4 is your basic plan. It's a list of 4 meals that fit your nutritional needs, are easy to prepare, taste delicious, and you enjoy eating!

When you have no plan, you can always resort to eating your "Core 4" to keep crushing your goals.

Your "Core 4" Should include a breakfast, lunch, dinner and snack that works for you!

"Core 4" Meal Planning Guidelines

- Each of your meals needs to contain a protein, fat and fiber
- Each meal should be the appropriate portion size for you and your goals
- Each meal should taste delicious (you have to LIKE eating it!)
- Each meal should be fast & easy to prepare
- Each meal should be made up of ingredients you usually have on hand

I teach this method in my [4 Week Weight Loss Breakthrough Program](#) to make sure my clients are always set up for success, no matter what!

Fat Loss Secret #3:

The #1 Nutrition Technique that will Set You up for Fail-proof Success in any Situation!

Janis' "Core 4" Meals

Breakfast: Oats, protein powder, berries

Lunch: Salad greens, grilled chicken, balsamic vinaigrette

Dinner: Grilled salmon, roasted brussel sprouts, baked sweet potato

Snack: Green smoothie made with protein powder, cashew milk or water, spinach and strawberries

My Core 4 Meals

Breakfast	
Lunch	
Dinner	
Snack	

Fat Loss Secret #4:

The Secret to Spending LESS Time Working Out
while Getting MORE Results!



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LIVEHOME
Workouts

Fat Loss Secret #4:

The Secret to Spending LESS Time Working out while Getting MORE Results!

Most men & women think the key to losing weight is cardio - and while yes, cardio in moderation is great for your heart and fat loss results - doing hours on the treadmill or elliptical week after week will not get you the results you are looking for.

The thing with cardio is, yes it can burn calories, but it doesn't change the shape of your body, increase your metabolism, and it can actually make you hungrier!

So what do most men & women do when the cardio isn't working? They add even MORE cardio. Pretty soon you are spending your life at the gym for an hour on the treadmill and your body still isn't changing.

So how can you work out LESS and get even MORE results?

The secret is workouts that combine both strength and cardio intervals using what I call the "Metabolic Method".

What is the "Metabolic Method?"

The Metabolic Method are workouts that are 30 minutes to 1hr and integrate strength and cardio intervals to keep the heart rate up while sculpting lean and sexy muscle at the same time! These workouts include a combo of:

- [Body Weight / Resistance Training](#)
- [High Intensity Interval Training \(HIIT\)](#)
- [Variable Intensity Interval Training \(VIIT\)](#)

You may be wondering why this combo and why it works. It is because these 2 forms compliment each other to:

#1 Build lean fat burning muscle that will create the shape you want

#2 Boost metabolism for max calorie burning up to 36 hours

If you want to prevent weight gain, balance hormones, prevent osteoporosis and want the booty and abs of your dreams, you NEED to do resistance training. That could be weights, resistance bands, TRX, body weight...anything that provides resistance to the body. And, WOMEN you will NOT get BULKY...and you can get your workout done in under 30 minutes to 1hr a day!

The next is [HIIT training \(high intensity interval training\)](#) & [VIIT training \(variable intensity interval training\)](#). Forget long bouts of cardio that are putting too much stress on the body and only burn calories DURING the workout. As little as 10 minutes of HIIT training can reap the benefits of up to 36 hours of post calorie afterburn (that means all day at work your body is STILL getting the benefits) AND is better for hormonal health to promote weight loss....it's a win win!

The key is you have to work INTENSELY. These workouts should get your heart rate up and your muscles firing.

These workouts save you time, burn a ton of fat, and increase your metabolism by adding lean muscle mass that will allow you to burn more calories, even at rest.

Fat Loss Secret #4:

The Secret to Spending LESS Time Working out while Getting MORE Results!

“Metabolic Method” 45:15 Workout

Do 45 seconds of each exercise, resting 15 seconds in between.
Repeat 2-3x

	45 Seconds	15 Seconds	Weight Used
Round 1	Dumbbell Squat	Rest	
	Overhead Press	Rest	
	Jump Lunges	Rest	
	Push Ups	Rest	
Round 2	Dumbbell Squat	Rest	
	Overhead Press	Rest	
	Jump Lunges	Rest	
	Push Ups	Rest	
Round 3	Dumbbell Squat	Rest	
	Overhead Press	Rest	
	Jump Lunges	Rest	
	Push Ups	Rest	

Level 1 use 5-8 pound weights
Level 2 use 10-12 pound weights
Level 3 use 15-20 pound weights

VIIT Training

Give this killer workout try!

Click image to play video.



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Workouts

Fat Loss Secret #5:

The Most Important Exercise to do RIGHT NOW
for Fat Loss that has NOTHING to do with your
Diet, your Workouts or your Lifestyle!



Fat Loss Secret #5:

The Most important exercise to do RIGHT NOW for fat loss that has NOTHING to do with your diet, your workouts or your lifestyle!

Yes you need to workout and eat right to lose weight, but without implementing this secret, nothing is going to stick and you won't maintain your results longterm.

The secret is that you need to uncover your "Inner Fit You".

Your inner FIT YOU is the man or woman inside you who is fit, healthy, happy and strong. He/She doesn't make excuses and he/she creates their own success. And every man & woman has one.

You don't have to already be where you want to be to think like a fit and healthy person. If you see yourself as fit and healthy, you will in turn make choices that align with that.

Mindset is the #1 reason you will succeed or not. Having a positive attitude and treating yourself with love helps you embrace slip ups as learning opportunities. And like any muscle in your body, you have to work it daily to get it stronger.

A person who sees themselves as a FIT YOU may overeat at dinner with friend and think "What can i do differently next time I go out with friends to stay on track?" while another person who sees themselves as unfit and out of shape may think, "Oh I'm hopeless, I can't stay on track and have fun. I'll never reach my goals so I may as well give up."

Which one do you think will have better long term results?

How do you start to uncover your "Inner FIT YOU?"

It starts by changing the way you think. I created the FIT YOU Manifesto to help everyone become the fierce, healthy person you are meant to be and uncover your inner FIT YOU.

By reading the 13 habits of a FIT YOU Manifesto daily, your mindset will start to shift and living a lifestyle that includes not skipping workouts, fueling your body with real food, and loving yourself will become effortless

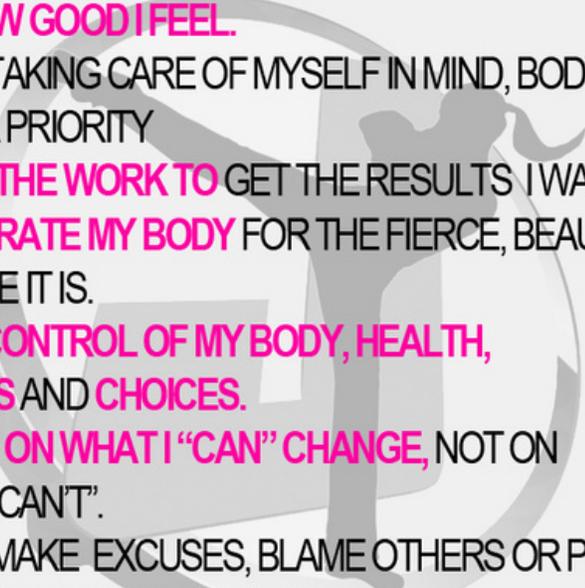
While following your workouts and your meal plan will get you results, my clients who use this tool and learn to see themselves as a FIT YOU are the ones that keep the results coming and maintain their success!



Fat Loss Secret #5:

The Most important exercise to do RIGHT NOW for fat loss that has NOTHING to do with your diet, your workouts or your lifestyle!

The FIT YOU Manifesto

- 
- 01 I DON'T SKIP MY **WORKOUTS**.
 - 02 I MOVE **EVERYDAY**.
 - 03 I **FUEL MY BODY** WITH REAL FOOD.
 - 04 I **HYDRATE DAILY** WITH WATER.
 - 05 I DON'T CARE ABOUT THE NUMBER ON THE SCALE BUT **HOW GOOD I FEEL**.
 - 06 I MAKE TAKING CARE OF MYSELF IN MIND, BODY & SPIRIT A PRIORITY
 - 07 I **PUT IN THE WORK TO** GET THE RESULTS I WANT.
 - 08 I **CELEBRATE MY BODY** FOR THE FIERCE, BEAUTIFUL MACHINE IT IS.
 - 09 I AM IN **CONTROL OF MY BODY, HEALTH, ACTIONS AND CHOICES**.
 - 10 I **FOCUS ON WHAT I "CAN" CHANGE**, NOT ON WHAT I "CAN'T".
 - 11 I DON'T MAKE EXCUSES, BLAME OTHERS OR PLAY THE VICTIM **BUT TAKE ACTION**.
 - 12 I **CREATE MY OWN SUCCESS...** IN EVERY AREA OF MY LIFE.
 - 13 I **PAY IT FORWARD EVERYDAY** BY SPEAKING MY TRUTH AND BUILDING HEALTHY RELATIONSHIPS.

I AM FIT!

Bonus Secret:

The Secret "Sauce" to Fat Loss Success is found in this.....

Finding your tribe is one of the biggest contributors to weight loss success.

Successful people know that who you surround yourself with influences your results

On the flip side, if you surround yourself with people who are negative and don't think they will ever achieve their goals, chances are you won't either.

Finding a group of positive people who support you in your effort to change and will not only hold you accountable, but celebrate your successes.

Studies show that having a support system is a key factor to losing fat and keeping it off longterm, so having a community is super important!



Bonus Secret:

The Secret "Sauce" to Fat Loss Success is found in this.....



So why community is so important to reaching your goals?

1.You have a cheerleading squad! Your friends and fam aren't always working toward the same goal as you. You feel understood and supported to keep going when you surround your self with people who GET IT.

2.You are accountable - knowing that others are in it with you, doing the same workouts, prepping foods, and expecting you to do the same and check in with them can give you an extra layer of accountability than if you had to do it alone.

(In one study done by Stanford University, they found that receiving a phone call every two weeks checking in and asking about progress, increased participants amount of exercise by 78%! So just having someone to check in with is HUGE!)

3.You make amazing friends! A community is full of men & women who like what you like and also share fabulous recipes, tips and stories that will change your life.

It can be a challenge to find your tribe, especially if it seems no one in your life is interested in a healthy lifestyle, but don't worry - one full of like minded men & women is not far away who will be your new cheerleaders, accountability partners and friends on your health journey!

My 4 Week Weight Loss Breakthrough program comes with the added bonus of a private Facebook community which is where we celebrate, share, and support each other during our 4 weeks together.



READY TO PUT THIS INTO ACTION?

JOIN US FOR THE 4 Week Weight Loss Breakthrough Program

No confusion. No hard to follow plans. I walk you through EXACTLY what to do each day using my proven Signature balancing metabolism boosting workouts, nutrition based on real whole foods plus an AMAZING community of support to jump start your fat loss, new body & a life of never dieting again. You just have to follow along.

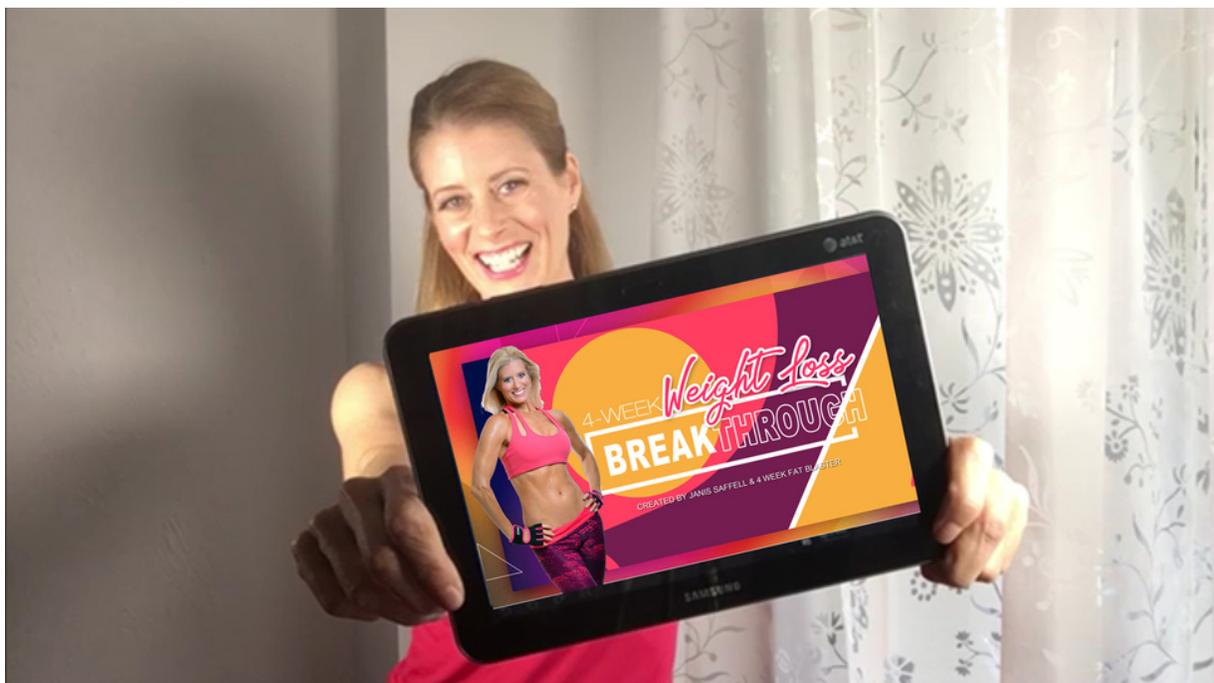
The 4 Week Weight Loss Breakthrough Program is for busy men & women - like you - that want to transform their bodies and create healthy habits that ACTUALLY work for life.

This challenge is 4 weeks of customized fitness, nutrition & life coaching support specifically

de-signed FOR MEN & WOMEN over 40 to get fast results including:

- 4 Weeks of LIVE Workouts that build lean muscle and blast more fat. (yes these can be done at home! - all levels)
- 4 Weeks of At home On-Demand workout videos that you can access from anywhere
- Complete Meal Plan for every week by Janis' Personal Nutritionist (Vegan & Vegetarian Options Available)
- Matching Grocery List for each week to make your shopping trips quick & effortless
- 45+ "JANIS Approved" delicious and SIMPLE recipe
- Weekly Virtual recorded Coaching calls with motivational coaches, nutritionist, Holistic Dr, plus Reiki Master
- Weekly Check In's for Accountability in the Private Members Facebook Group
- Access to my 24/7 Members Site & unlimited email support
- Have questions and want to learn more [click here](#)

REGISTER NOW



MEET YOUR TRANSFORMATION COACH

Janis Saffell is Founder of JANISSAFFELL.COM®, fitness company. Starting in 1995 with Janis' goal of "Making fitness fun" that's accessible to EVERYONE with her signature workout programs, award-winning fitness DVD programs, nutrition challenges and JFIT.TV Academy® online instructor certification programs.

To date she has helped millions of men & women transform and reach their goals.

She is also a fitness expert and wellness contributor to national publications and TV Shows such as Fitness Magazine, Shape Magazine, ESPN2 "Crunch Fitness", HSN & QVC guest host and has appeared on many news channels promoting health & fitness.



She will continue her mission of helping men & women create the life, health & career of their dreams and build healthier communities around the world with the internationally recognized JFIT.TV® Academy online Fitness Certification Programs, Holistic Nutrition Weight Loss Programs & Online LIVE Workouts.