



10 simple steps  
TO **DITCH YOUR GUT**  
{WITHOUT LIFTING A WEIGHT}  
BY **BRIAN GRYN**

# DITCH THE GUT.

You're busy with your career, suddenly five years pass by. . . and you have this midsection or back side that has grown a life of its own! Where did that come from?

You think your eating habits are good, but probably have one too many meals eating out with clients or friends. Consistency in the gym has been a problem, especially since you have a child or two. There must be an easy solution to get rid of this mini-tire or back side (that has appeared out of nowhere!?)

Well, as long as you have some self-discipline and perhaps some room in your basement, you should be good to go and be able to trim the waistline without having to run to the gym daily.

In this guide, I'll give you 10 simple steps to ditch your gut — without lifting a weight.

— BRIAN



# 1. FIND YOUR “WHY”

{WE’VE ALL GOT ONE}

Why do you want to lose belly fat? What’s the greater cause? Having more energy to spend time with your kids? Living longer to see your grandchildren grow up? Feel more confident when going on dates?

I can give you all the “how to’s” in the world, but you need to have a true passion and reason WHY it’s time to take action. So dig deep and think!



## 2. CUT SODAS + FRUIT JUICES {DRINK WATER}

An average of 39 grams of sugar-based carbs are used in the production of Coke, Sprite, and Pepsi. These are empty calories that will raise your blood sugar quickly, and then you will crash.

That doesn't mean grab a Diet Coke, which has artificial sweeteners, bringing another set of problems into play ([\*just Google aspartame\*](#)).

The consumption of sodas also can cause tooth decay, which will have your dentist knocking on your door.



### 3. SKIP BREAKFAST

{YES, I SAID IT}

The goal in lowering our body set weight is to get our insulin levels lower. When we eat, we are increasing our insulin levels and not allowing our body to use its own stored fuel (glycogen and fat) as energy. You can ease your way into doing this by pushing back the time you break your fast from overnight. By drinking black coffee and/or tea in the morning, it will help delay the breakfast process. It eventually becomes easy, and you are giving your digestive system a well deserved rest. The key is to balance our fasting and feeding states in order to lower our insulin levels and achieve our desired body set weight.



## 4. GET SLEEP {FIND YOUR MAGIC NUMBER}

Is there a magic number for the amount of hours per night? Not really, though most sources will state between 7-9 hours per night is best. Most important is to find a number that works for you and you are consistent with it every night so your body can get into a rhythm.

Research published in Psychoneuroendocrinology (say that 5 times) found that sleep deprivation is a little like being drunk (sweet!). You don't have the mental clarity to make good decisions regards to foods you eat and reach for bigger portions (not so sweet!). We all know about getting drunk and ordering pizza at some point in our lives! Right?! Not me. . .



## 5. PICK ONE MEAL TO HAVE A BIG SALAD

{YES, I SAID THE “S” WORD}

Most people don't eat enough greens throughout the day. So pick either lunch or dinner, and make a big salad with veggies, avocado, and a high-quality, grass-fed protein. (wild fish, poultry, veggie burger, or meat)

Don't be smothering ranch dressing on it though! Use a dressing low in sugar, or use olive oil.

Simple and easy.

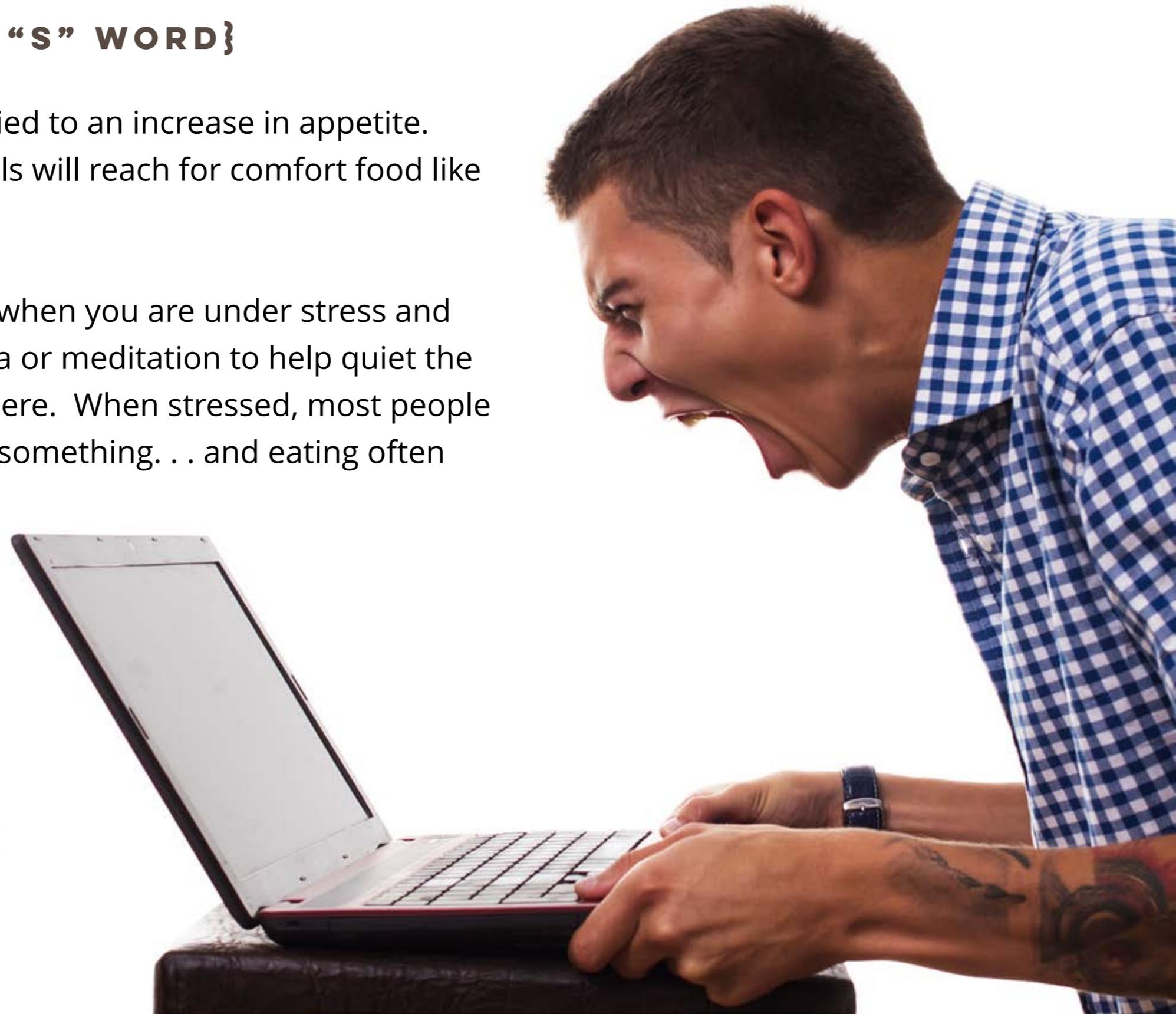


## 6. COPE WITH STRESS

### {THE OTHER “S” WORD}

Chronic stress can be tied to an increase in appetite. Under stress, individuals will reach for comfort food like sugary sweets.

The key is to be aware when you are under stress and find an activity like yoga or meditation to help quiet the mind and focus elsewhere. When stressed, most people have an impulse to do something. . . and eating often becomes that activity.



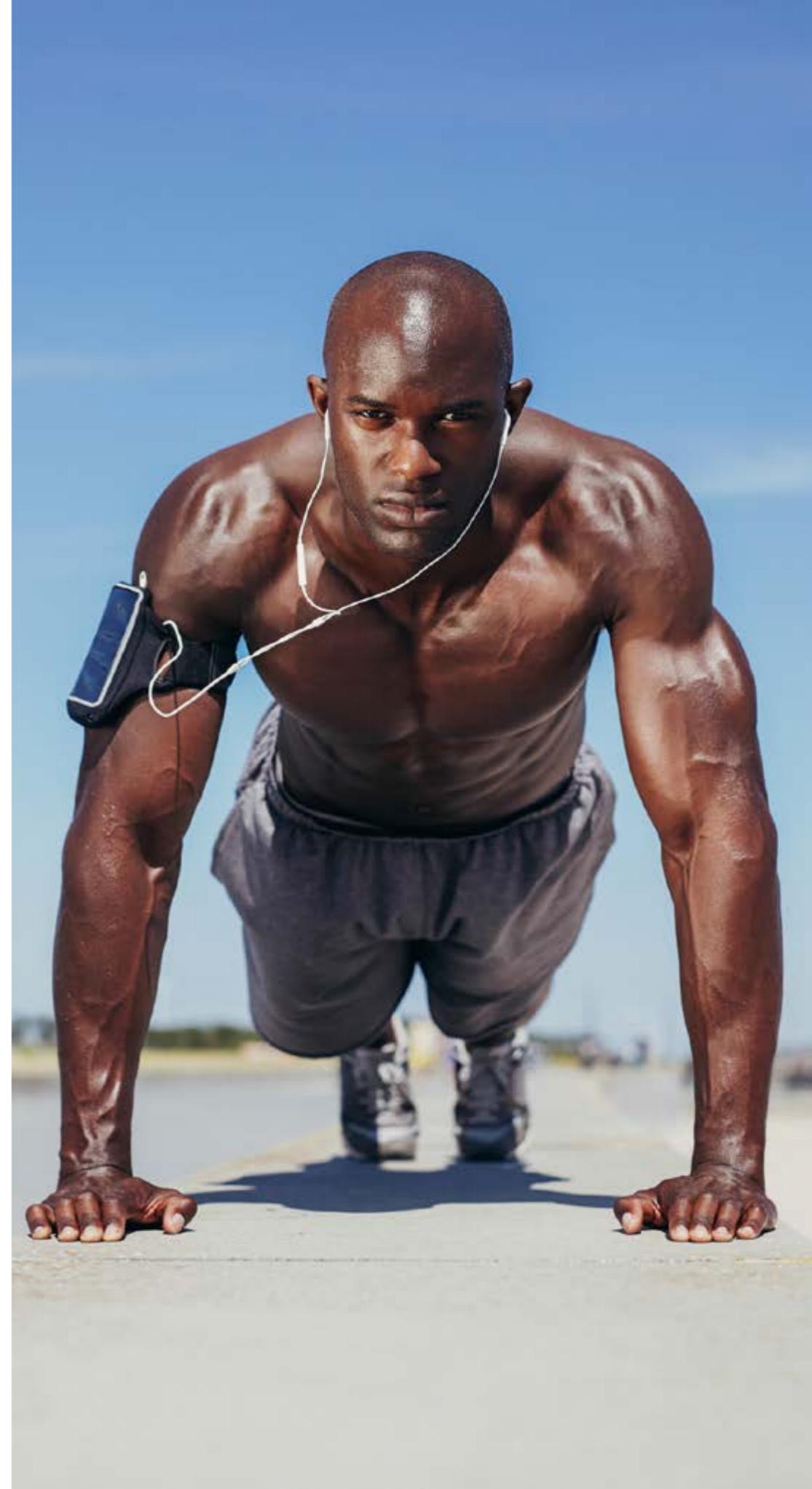
## 7. HIGH INTENSITY INTERVAL TRAINING {20 MINUTES}

For some people, changing their eating habits makes a huge difference in waist circumference. But for those who are looking for more gains without touching a weight, high intensity interval training is the way to go. There are many options such as jumping rope, riding a stationary bike, burpees, and/or sprints. Start with 30 seconds of hard exercise and a minute off for 20 minutes and see how you feel. You can always adjust the intervals. This is more effective than jogging a long distance for an hour because high intensity cardio will help increase your resting metabolism following the session.



## 8. DO PLANK {QUICK + EFFECTIVE}

Simple and can be done anywhere. For newbies, start at 15 seconds and work your way up in increments of 10 seconds, 3 days a week. If you are experienced, start at one minute, 3 days a week. Plank will help build your deep inner core muscles (transverse abs) while also strengthening your lower back, shoulders, glutes, and quads.



## 9. AVOID THY BREAD {AND GRAINS IN GENERAL}

You go out to dinner and what's the first thing they bring?  
No, not broccoli. . . Bread!

Well, you are probably hungry, and your first instinct is to reach for it, but that's when you have to hold back the urge. When you eat that piece of bread to start the meal, your blood sugar will rise, and you will store everything you eat after as fat. Even if it is a nice piece of fish and broccoli.



## 10. AVOID SNACKING

{TRY TEA OR COFFEE INSTEAD}

Most marketing/food companies want you to snack all day because no one makes \$\$ if you are in a fasted state. Drink tea, water, or black coffee between meals if you are tempted to snack all the time.

The average overweight person is used to being in a fed state, has very little practice in a fasted state, and is continually burning glucose rather than fat at the cellular level.

Extending your time in a fasted state is actually a form of metabolic exercise in which you train your body to efficiently mobilize free fatty acids from your adipose stores (fat tissue).

In order to become a fat burning machine, you want to spend as much time in the fasted state as possible and get very efficient at living on stored body fat rather than caloric intake from constantly eating.

This does not mean to count calories — just balance out your feeding and fasting times with minimal snacking.





To see more of what I'm up to, go to

[BrianGryn.com](http://BrianGryn.com)