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Introduction

Angie and I are incredibly excited to share the step-by-step process that we followed to achieve 6 pack abs and burn off all that unwanted and disgusting body fat. The best part is that you can achieve similar results as us by following the blueprint that we are about to lay out for you.

Our lives have completely changed since reaching my goal of 6% body fat and Angie reaching her goal of 14% body fat. Our energy has skyrocketed, our productivity has increased, we're having more fun playing with our kids, and our relationship has been taken to a whole new level.

I can't wait to look in the mirror when I get out of the shower. We both have a whole new appreciation for our bodies. Our confidence has completely gone through the roof and we're experiencing a great sense of accomplishment.

The Magic Fat Loss Bullet...

If we could bottle up how we feel right now and allow you to experience the feelings, emotions, and zest for life that comes with living in optimal health for a 24 hour period, I guarantee that you would bend over backward and do whatever the heck it takes to achieve this lifestyle.

You would quickly realize that the temporary satisfaction from a chocolate bar, French fries, or big old bowl of ice cream pales in comparison to the satisfaction of living in an energetic and lean physique.

There's nothing wrong with those temporary indulgences, it's just that they don't carry the same weight any more once you experience how life is really meant to be lived.

To put things into perspective and to truly realize just how much our lives have changed, allow us to take a moment and share a bit about our life prior to this transformation.

First of all, I've been very healthy and lean most of my life. It wasn't until I became a husband, father, and business owner that I put on 35 pounds of fat.

Most of this fat packed on as a result of working 16 hour days, the incredible amounts of stress, and the mild depression that came with not being able to see my wife and kids because my health club business was consuming me.

I reduced much of my stress by closing down my health club and taking on only a select few personal training clients whom I train in the comfort of their homes. But I needed to reduce my body fat percentage significantly in order to reclaim my health and the zest for life that I once had.

The surprising thing is that most of my clients, friends and family didn't really think I was overweight. They figured that I was in the norm and actually still pretty healthy. Wow, that couldn't be further from the truth.

At 20% body fat I was right on the borderline of significantly increasing my risk for heart disease, cancer, stroke, and possibly type II diabetes.

It's amazing how today's society now believes that a healthy weight is anywhere from 20 to 40 pounds above what is actually optimal health. Our perception of what is considered healthy is grossly skewed because we are so used to seeing the majority of our population carrying around excessive amounts of fat on their bodies.

My weight and appearance were the least of my concerns. It was my quality of life that upset me the most. I was miserable in my body and I felt like crap. But it's amazing how you simply adapt and become 'comfortable' with living in an overweight body and constantly being in a state of discomfort.

For example, bending over to tie my shoes or ice skates and having to hold my breath while I laced'em up. The feeling of my jeans squeezing tightly against my waist. That constant full and bloated feeling after I ate. And avoiding the mirror at all costs.

Like me, Angie has been lean and healthy most of her life. It wasn't until she delivered our 2 children, Shayne and Noelle, that she added on some extra weight. Noelle, our second born, was a c-section which didn't make it any easier to lose the weight.

It wasn't until we reclaimed our health and achieved 6 pack abs that we truly realized that **we had been robbing ourselves of the quality of life that we**

deserved. And now that we know what the difference between living in a overweight body compared to a 6 pack abs body, we simply cannot allow you to settle for anything less than the best physique that you could possibly achieve.

We are 100% committed to your success and are willing to do whatever it takes to help you set and reach your goals. So let's get to those action steps for achieving 6 pack abs...

Motivation

I'm sure that many of you are going to brush this chapter off and move on to the more technical stuff like diet and exercise. That would be truly unfortunate. Although diet and exercise played a significant role in achieving 6 pack abs, if we did not apply these motivational techniques during our journey I can guarantee with 100% certainty that we would not be sporting a great set of 6 pack abs on the beach this summer.

Goal Setting

I'm sure that you are familiar with the typical mindset and motivational techniques of setting goals with specific dates and measurements, writing them down on paper, and visualizing how great you are going to look and feel once you achieve your goal. Of course we did these things. It's a proven strategy that works.

We weren't afraid to dream big and set challenging goals. I posted pictures of ripped abs and other body parts all over my house, with my goal written next to them along with an empowering quote, and Angie posted pictures of female physiques that she was aiming to achieve up on her bedroom wall.

Here's a video of how I bombard my mind with the image of the body that I want to achieve...

<http://www.youtube.com/watch?v=72U7UpX0074>

Accountability

We took our goal setting one step further and made it public on our blog and told everyone that we came in contact with the exact goal and date that we had set. This was the ultimate accountability. We certainly didn't want to report to the world that we had failed to reach our goals.

I highly encourage you to make your fat loss goals public. I guarantee that it will increase your chances of sticking with your program drastically. We also made a promise that we would document our fat loss journey on our blog.

This absolutely added to the accountability factor, but more important is the fact that it essentially became our journal and blueprint for what it takes to successfully achieve 6 pack abs. We made a point of recording everything, including our challenges, setbacks, and so-called failures.

Photo Shoot

Once I set my goal of achieving 6% body fat and Angie set her goal of achieving 14% body fat by April 2nd 2008 we did something that brought our motivation to an entire new level. We scheduled a photo shoot. Neither of us had ever done this before. We're not ones to step on a stage or get in front of the camera, but we had this feeling deep in our guts that this was a strategy that would drive us to great success.

We went to a photographer who worked with models, scheduled the photo shoot and paid for it in advance. What this did was made our goal date more concrete than any goal that we had ever set before. It created a specific event that we had to be in tip-top shape for.

There was no way that we were going to show up there looking anything less than the best that we possibly could, and there was no way that we wanted to lose out on any money by not showing up.

Once again we made this public, that way everyone was expecting to see pictures of us on a certain date. We had countless people email us and telling us that they couldn't wait to see our pictures. How's that for motivation?

I recommend this for everyone. Even if you're not going to have 6 pack abs in 12-18 weeks you should still schedule that photo shoot. It will make your results and progress become so much more real.

To be honest, the morning of the photo shoot I was a little disappointed with how I looked in the mirror. I didn't think that I looked my absolute best. When I saw my pictures I couldn't believe how great I looked.

It just goes to show how judging we are of ourselves when we look in the mirror. Sometimes we are over critical of ourselves and the results are not obvious.

We will be scheduling many more photo shoots in the future. This will provide a great measurement of our progress and achievements whether it's gaining muscle or reducing our body fat a little bit more.

The Bathing Suit

One great strategy that Angie used to motivate her during this transformation was purchasing a rather expensive bathing suit from the Victoria Secrets Catalogue that was the size that she was aiming to be when she accomplished her goal.

I have never seen Angie so excited as the day that bathing suit arrived in the mail. It was like Christmas morning. She couldn't wait to rip open that box and show me what it looked like.

Angie took that bathing suit and hung it up on the bedroom door where it was the first thing that she saw in the morning and the last thing that she saw before bed. She took a few moments to visualize herself wearing that bathing suit and looking incredibly sexy and feeling confident.

Those two times of day are the prime times to bombard your brain with the goals that you want to achieve. Your brain is in a bit of a clouded state and it can't quite tell the difference between a thought and reality.

As a spouse, when I took notice of that bathing suit every morning and night I couldn't wait to see Angie wearing it. I was willing to do whatever it took to help her reach her goal and support her every way that I could, so I would have the chance to see her looking absolutely stunning in that bathing suit.

Angie achieved her goal and actually wore that bathing suit during many of the pictures in our photo shoot. That was an exciting moment for the both of us.

Watch this video of Angie talking about how excited she was when the bathing suit arrived in the mail and how it helped motivate her to fat loss success...

<http://www.youtube.com/watch?v=Pw0YLwVyC0U>

Destiny

Goal setting is great, visualization is great, having an unstoppable attitude and beliefs are great, and even positive thinking can have an impact on your success, but nothing motivated us more than one of the things that Jon Benson mentioned in one of the [Fat Loss Quickie Motivational Audios](#)...

Jon mentioned the power of knowing the legacy that you want to leave behind and what your ultimate destiny in life is. It's nice to have a goal of burning 20 pounds of fat for a high school reunion and that may excite and motivate some people for the short term, but for us it just isn't powerful enough.

I'm not looking to leave behind a legacy of achieving 6% body fat for a photo shoot or losing 35 pounds for a cruise. I want to have a significant impact on the health of the world's population and help millions of people live the lives that they deserve, in the body that they deserve.

The word destiny has echoed in our minds ever since listening to that interview with Jon. It got us thinking a lot about what our destiny in life is and what legacy we want to leave behind.

This was a great exercise for us and I came to the conclusion that one of my destinies is to reverse the obesity trend. Angie especially wants to reach out to children and help them live in optimal health. One of the vehicles that we can use to accomplish this goal is to be the best possible role model and use our experience, knowledge, and example as a blueprint for everyone to follow.

If a busy, stressed out, depressed, and over worked father of two and a busy mother of two who has had a c-section can achieve 6 pack abs, just about anyone else has the potential to do the same.

So this became our new driving force. It was something that motivated us more than any other mindset technique had done in the past. We had a life's purpose and living in optimal health played a major role in this purpose. In fact, our life's purpose could not be fulfilled unless we were living in optimal health.

This added several dimensions to our goals. First of all, we were going after this one short-term goal of achieving 6 pack abs for the personal reason of taking a step towards achieving our destiny. The other dimension was by us reaching our goal, it would help others reach their goals. Our goal was no longer just about us as individuals or as a couple. It was something much larger.

This point was reinforced in one of the other 21 interviews contained in the another one of the [Fat Loss Quickie Motivational Audios](#). John Riccio is the living definition of 'unstoppable'! He is total proof of the power behind understanding and knowing your destiny.

John is in his 40's and has Cerebral Palsy. His parents were told that he should be institutionalized and would never amount to anything. Boy has he proved them wrong. Throughout his life John has achieved below 4% body fat several times.



The reason that he's had to achieve this goal several times is because he's had over 75 surgeries throughout his life due to the Cerebral Palsy. Each time that he has a surgery he is set back to a point that is far worse off than either you or I would ever face.

His reason for going after this goal each and every time was not to look great in a bathing suit, or even for the cover of magazines. His reason was his destiny. To prove to everyone out there that if he can achieve 6 pack abs with the limitations that

he's faced... **WHY THE HECK CAN'T YOU?**

The legacy that John wants to leave behind is one of impacting the lives of many people and help them realize that their self limitations and excuses, or any challenge that they may face, is never enough to hold them back from achieving their dreams.

What do you think is going to get you to jump out of bed early in the morning to do your cardio? Is it trying to look great for your high school reunion, or could it be something much larger than that?

What's your destiny? Do you have a vision of helping reduce the aids epidemic in Africa? Do you dream of feeding the hungry around the world? Do you have a destiny of visiting every continent and seeing the wonders of the world? Is it your destiny to reduce child poverty? Is it your destiny to be the best parent and grandparent and teach your children and grandchildren how to live a life that's worth living?

Whatever your destiny is in life, I want you to think of the role that living in optimal health plays in fulfilling that destiny. No matter what your life's purpose is, if you are living in optimal health, full of energy, strength, and confidence, your chances of achieving your destiny are much greater.

Attach that destiny to all your short and long term fitness goals. It will give new meaning and a new motivation for succeeding.

Challenges & Setbacks

Angie and I certainly experienced our fair share of setbacks and challenges during our fat loss journey. We dealt with the Christmas holidays, an 8 day cruise, many parties, the emotional stress of losing a family pet, a few weekend trips, and I cracked my skull off the ice which required several stitches and over a week away from the gym.

Then 6 days prior to our photo shoot it was Easter. On the Saturday I ate 2 pieces of ice cream cake, a piece of cheese cake, and a piece of apple pie. On the Sunday I had 4 small pieces of birthday cake along with loads of turkey, stuffing and potatoes. Angie wasn't quite as bad, but she had several desserts and didn't hold back on the turkey and stuffing.

Don't Strive For Perfection

So as you can see, we were far from perfect during our transformation and yet we were able to achieve 6 pack abs. I find that striving for perfection can be the biggest thing that holds you back from achieving your goals.

No one is perfect. It's something that you will never attain. So why the heck do so many people give up on their diets or fat loss programs the second that they are unable to follow it 'perfectly'?

When I realized that my goal of achieving 6 pack abs was a part of my destiny it turned this into a lifelong journey. It created the mission of constant and continuous growth. Never perfection. The goal became simply to become better today than I was yesterday and be better tomorrow than I am today.

When we were faced with these challenges and setbacks, it was never the end of the world. We used these challenges to become better and grow. Setbacks and challenges are what you make of them. You can either view them as this enormous impenetrable wall, or you can view it as an opportunity to improve yourself and explore new territory.

The furthest thing from our minds when we faced a setback was, "Here we go again. Every time I start making progress, I always find a way to sabotage myself." That is a self-limiting belief that will hold you back from ever achieving your goal.

We took a completely different approach. We actually got excited each time that we faced a challenge. We would immediately begin to think of a variety of ways that we could blast through this obstacle and we knew with absolute certainty that it would feel incredibly empowering once we overcame this challenge.

No matter what challenge and obstacle we were faced with, we always knew that there were many people who have it much worse than we ever will. We also knew of many examples of people who faced greater challenges than we have ever faced and they were still able to achieve their goals. How could we possibly let our challenges hold us back?

Support

One of the biggest factors in the success of our fat loss transformation was the fact that we had the support of each other. It's pretty darn sweet that we were both able to achieve 6 pack abs. There aren't too many couples out there with 6 pack abs. We're living proof that our methods really work.

It was great knowing that we weren't alone in this journey. It was great to not be the only one in the house who was eating natural and healthy foods.

We were totally there for each other. Whenever one of us was tempted to eat unhealthy foods or skip a workout, the other one would be right there with words of encouragement. Plus we were constantly letting each other know how great they looked and how much more attracted we were to each other. Like I said, our relationship definitely grew stronger during this journey.

If you have a partner or spouse, I highly recommend that you get them on board with your fitness program. It will have a tremendous impact on your success.

We have an incredible **FREE** resource for you to help improve your relationship while you get into fantastic shape. It's called More Love Less Fat and you can download it at www.MoreLoveLessFat.com

Nutrition

There is no such thing as a fat loss program that you can maintain for life. If you want to burn fat and get 6 pack abs, you have to temporarily change your eating habits and create a caloric deficit.

Maintaining a caloric deficit for life simply does not make sense. Yet so many people are looking for a diet program that they can follow for life. That's fine once you reach your fat loss goal and want to maintain that weight. But if you are serious about burning fat a lifestyle diet will not work.

We approach our nutrition program in cycles. For 8-12 weeks we create a caloric deficit to burn fat. The next 8-12 weeks we follow a lifestyle program where we maintain my weight. The next 8-12 weeks we create a caloric surplus to add some muscle and shape my body. Then we repeat the cycle.

This is the approach that I teach in the [Fat Loss Quickie Experience](#). We pride ourselves on providing a total solution rather than a temporary one. When you approach your nutrition in cycles it gives your mind and body a break from the constant attempts of losing weight.

With this approach you understand that the caloric deficit is just temporary and in a matter of weeks you will be able to increase your calories once again. You're not stuck in the constant diet trap.

When it came to burning fat and achieving 6 pack abs the key strategies that we applied were calorie cycling, carb cycling, and calorie tapering. In my opinion these are the best methods to apply when you want to burn fat.

I'm not going to go into too much detail in this report. Basically we reduced our caloric intake by 500 calories for 3 days. The reduction came from decreasing the amount of starchy carbs those days.

During the 3 low calorie and low starchy carb days, we would consume our starchy carbs in the meal prior to and after my workouts. The carbs of choice were either oatmeal or sweet potatoes.

On the 4th day we would bring our calories back to normal by increasing the amount of starchy carbs and consuming them during our first 3 meals of the day.

Breakfast was always the biggest meal of the day in terms of calories. Each meal throughout the day contained fewer calories than the previous one as we tapered our calories through the day.

The easiest way to do that is by consuming your starchy carbs with a lean protein in your first few meals of the day and then eat nothing but veggies and lean protein the remainder of the day.

During the first 12 weeks of our transformation we allowed ourselves 2 reward meals per week. Every Saturday we would reward ourselves with pizza and a chocolate bar for dinner. Each Wednesday we would have a chocolate bar after our workout. Angie would sneak a cookie or a few chocolate chips here and there without going too off track.

The last 6 weeks we buckled down and only allowed ourselves the 1 reward meal of pizza and a chocolate bar every Saturday. That means 6 days out of the week we were eating nothing but natural whole foods. No man made processed crap.

This actually made grocery shopping easy. We didn't have to waste our time reading labels that were trying to trick us into thinking their food was actually light or fat free. We stuck to the outer isles and was done shopping within 15 minutes.

When we prepare our meals we make large quantities. When I barbeque chicken breasts I cook 8 at a time. When I make scrambled eggs with veggies, I make enough for several meals. When we bake fish we bake a few at a time. This drastically cuts down on prep time and ensures that healthy foods are always available. In case of emergency we always had almonds on hand.

Typical Meals

Meal 1 (pre workout) – 2/3 cup oatmeal, 1 cup mixed berries, 1 scoop protein powder

Meal 2 (post workout) – Sweet potato and tuna

Meal 3 – 3 eggs with diced veggies

Meal 4 – Chicken Salad

Meal 5 – Salmon and veggies

Meal 6 – Large Salad with hard boiled eggs, almonds, and seeds

The important thing that I want you to remember is that we were not perfect. We slipped up here and there, but we refused to beat ourselves up over it. I can't emphasize enough, the point of not striving for perfection.

Here are some links to videos that I made for some quick healthy meal suggestions...

<http://www.youtube.com/watch?v=Mz48v9j474k>
http://www.youtube.com/watch?v=CgHa0_1seBo
<http://www.youtube.com/watch?v=Z6ICPobIF9o>
<http://www.youtube.com/watch?v=XHBnbPb0qPc>
<http://www.youtube.com/watch?v=GibCZNriybo>
<http://www.youtube.com/watch?v=-87-7n4AUUQ>
<http://www.youtube.com/watch?v=jsAzbo1964Y>
<http://www.youtube.com/watch?v=04ZUpUu4fEM>

Weight Training

To achieve 6 pack abs we followed the workouts from the [Fat Loss Quickie Experience](#). These quick resistance training workouts are approximately 10 minutes in length.

I'm a busy dad, Angie's a busy mom, and we are pretty sure that you are busy as well. We're living proof that you don't have to spend hours in the gym to get great results.

We spend less than an hour each week weight training. But let me tell you...

...I guarantee that we work harder in that hour than 99% of the other people in the gym work while they spend countless hours there per week.

It's amazing how a 10 minute workout can leave you with aching muscles for 5-6 days.

We completed our workouts to exhaustion. We had absolutely nothing left in us to give when all was said and done. Each workout we pushed harder than the previous one by decreasing our rest periods. It's all about progression baby!!!

We change routines every 4 weeks to keep things fresh, keep our motivation high, and to make things more exciting.

The only equipment that we used were dumbbells and a stability ball. You really don't need all that fancy and expensive equipment to get in great shape.

Cardio

We chose to combine both long duration cardio with high intensity interval training. We find that this method works best because it kept things fresh. There is no doubt that both forms of cardio are effective.

During the first 12 weeks we went for a 30 minute brisk walk first thing in the morning on an empty stomach 3 days per week. We also performed 10 minutes of HIIT training 3 times per week.

My HIIT training consisted of...

- 30 second skipping
- 30 second marching on the spot
- 30 second high speed and intensity on the stationary bike
- 30 second marching
- 30 second burpees
- 30 second marching
- 30 second jumping jacks
- 30 second marching
- 30 second mountain climbers
- 30 second marching
- 30 second climbing my flight of stairs
- 30 second marching

Repeat 2 to 3 times

I've put up a YouTube video demonstrating this routine. You can watch it here... http://www.youtube.com/watch?v=s_9c10SepZQ

If you add up our total workout time during the first 12 weeks, we spent less than 3 hours. Most people spend that much time watching T.V. each night. So don't tell me that you don't have time to workout.

The last 6 weeks of our transformation we really cranked it up. We added in 3 days of cycling for 30 minutes at a fairly high intensity in addition to our 3 days of brisk walks per week as well as increased the HIIT to 6 times per week.

That means during the last 6 weeks of our transformation we spent 3 hours walking/cycling, 1 hour doing HIIT training, and 50 minutes weight training. That adds up to less than 5 total hours of exercise per week.

So even at the most intense portion of our training we weren't spending countless hours in the gym or working out. I do however want you to make notice that you absolutely must crank up the intensity and training when you want to really burn fat just as we have.

Once again, doing 6 long duration sessions, 6 HIIT sessions, and 5 short weight training sessions is not something that we would maintain for life. It's meant to get you to a specific goal and then you modify your plan to reflect what you want to achieve in your next phase.

Conclusion

So there you have it. All the steps that we took to achieve 6 pack abs. Combine them all together as we did and you can expect similar results. The import thing to take from this is the combination. We would not have achieved the results that we did if we had eliminated 1 or 2 of the strategies.

Don't make the mistake of brushing off any of the strategies. That's the biggest reason why most people fail to get great results. They focus on just

one or two strategies at a time. Alone, each strategy works o.k., combine them all together and expect extraordinary results.

If there's one thing that I want you to take from this report it is to demand more from yourself. Demand greater intensity, greater focus, greater purpose, and greater expectations.

It's amazing what happens when you step outside of your comfort zone and push yourself a little bit harder. You will surprise yourself at what you are capable of achieving. I dare you to raise your expectations and remove the limitations that you have imposed on yourself.

We're tired of seeing people just going through the motions and hoping for success. It's time to raise the bar and expect success.

We're tired of seeing people settle for a mediocre life in a mediocre body. Just because the majority of people around you are 20-40 pounds overweight does not mean that you have to settle for that.

Put the blinders on and focus on being the best that you can be. We know the difference that carrying around excess fat can do to your body and life. Those extra pounds were robbing us of the life that we deserved.

It's time to take action. If you have any questions, please do not hesitate to ask. Now go get yourself a set of 6 pack abs!

Claim more free gifts by visiting...

www.FatLossQuickie.com/Free-Stuff.php

This Concludes The Fat Loss Quickie Motivation Report

I hope that you enjoyed The Fat Loss Quickie Busy Parent Report. If you found this report helpful I would appreciate it if you shared it with a friend or family member who could use some inspiration to create the body that they deserve.

I am currently coaching people within the Fat Loss Quickie Experience who are just like you and helping them burn belly fat and create the body that they desire. The Fat Loss Quickie Experience includes...

- **Fast & Fun Workout Program of The Month**
- Weekly Motivation Audio
- **Monthly Question and Answer Call**
- Incredible support community including videos of all the workouts
- Meal Plans and Recipes.
- And much more!

To learn more about the Fat Loss Quickie Experience [Click Here](#)