
GRAY MATTER

Newsletter # 10 – October 2008 – www.fusionts.net

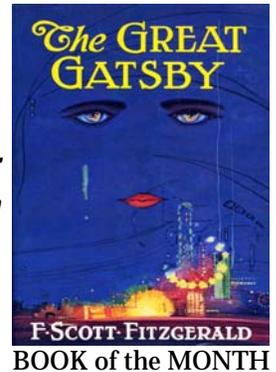
“Weakness of attitude becomes weakness of character.” (Albert Einstein)



LONDON DONOVAN (Soccer)

TURN YOUR BODY INTO A FAT STORING MACHINE!

Want extra pudge to keep warm? Maybe your significant other wants to see "more" of you? Perhaps you want a "back warmer" when you snuggle with them in bed? How can you put on that extra layer of fat you've always wanted to fill out your jeans? Follow these five steps and you'll be on your way!



5 WAYS TO GAIN BODY FAT

- 1. DO AEROBIC EXERCISE EVERY DAY.** The more aerobics you do, the more efficient your body will be at storing fat, especially if you're looking to gain some size on your thighs! Go to the gym and spend one hour long steady state cardio while you watch TV (you should be able to carry on a conversation easily the entire workout).
- 2. FOLLOW A LOW FAT, LOW CALORIE DIET... AND DON'T DRINK ANY WATER.** Go ahead and deprive your body of food. You want your body to think it's starving so it'll hold on to body fat at all costs. Also, don't drink any water. Drink juice instead; it'll work wonders for expanding your waistline. Also, count your fat grams and keep your dietary fat levels low. This will teach your body to hold on to fat, another excellent method for putting on that extra adipose tissue (body fat)!
- 3. AVOID WEIGHT TRAINING AT ALL COSTS!** Increasing your lean body mass is the best way to increase your metabolism to burn fat. So stay away from any weight training! Or, if you do, only lift the little pink dumbbells. Weight training will raise your metabolism for the next 24 to 48 hours, which will never work to get that body fat up!
- 4. EAT ONLY 1-2 MEALS A DAY!** The less often you eat, the better. If you can distract yourself all day and skip a couple of meals, you'll set yourself up perfectly to store fat. Never eat breakfast to assure that you start your day off in a fat storing mode. For best results, don't eat anything until dinner and then just eat the one meal before you fast again overnight.
- 5. PERFORM THE EXACT SAME WORKOUT EVERYDAY.** Go to the gym every day and do the exact same thing. Get on the same cardio machine, in front of the same television, and walk the same speed everyday to confirm that you haven't improved at all but instead have stayed exactly the same or become worse.

YOUR ON YOUR WAY TO A PLUMPIER YOU!