

## My success story with the metabolic diet

My name is Tim. I am 28 years old and for the past 10 years have been engaged in sports, fitness and nutrition. Therefore it made sense for me to focus on fitness and nutrition in my career. I have studied sports management and completed different trainings to become a personal trainer. Since 2011 I have been working at a renowned fitness centre in Hannover. As far as I am concerned I work out 5-6 times per week, sometimes two sessions per day. I am very fit and quite satisfied with my strength and endurance levels. However, a small bitter pill for me had always been my body fat level, which, despite excellent nutrition and lots of sports, had always been relatively high. It is true I am able to lose weight if I wish to do so, but it is not easy. After indulging last x-mas (I decided I would really treat myself) my weight had increased to 85kg and I started to change to a low carb diet and include even more endurance training in my daily exercise plan. Naturally I lost a couple of kilos, but it was a struggle. The problem as a strength athlete is that your performance decreases as soon as you lower your intake of calories or carbohydrates. And this is the dilemma. The faster you like to lose weight the more your performance drops. This is something I don't want either, which meant I had to re-adjust my nutrition. This way I managed to lose 5kg between January and August while I maintained my performance. This may sound ok for some but not for me because the effort and results were out of proportion. There are nutrition plans, which go to the extreme although they promise quick results. But this was out of the question for me. A colleague of mine from the studio has been preparing himself for a bodybuilding contest for the past 3 months. He has achieved good results in losing body fat. But at what expense? For months he had been eating foods he didn't like, he was hungry all the time and was often in a bad mood. To be honest I would rather live with the fat than to subject myself to that. ☺

But then along came the metabolic diet. I watched with interest the results of Gabi and others on this diet. However, they had all been people with a little bit more excess weight than me. I did not expect that people with just a bit too much body fat could also be successful with this diet. And I was sure that only people, who were used to eating very little, would manage not to be hungry with this way of eating. Everybody who knows me says "Food" is my second name ☺. I tried it together with my girlfriend and the results speak for themselves. To be honest at the beginning I was a bit hungry (or had cravings). But then I just ate a bit more. In the meantime I had no problems, I have lots of energy and I am in a good mood. I even need an hour less sleep than usual. And I have also lost 6kg after only 9 days. I have a real sixpack now. How cool is that? In seven days I have lost as much weight as in the seven months previously! For me as strength athlete this means that I have approx. 6 months more to increase my strength because I don't have to struggle with weight loss half of the year. One doesn't need to be an expert to realise the potential of this diet especially in the sports sector. I hope my success story can be helpful to anyone involved in sports the way I am.

