

The 7 myths about weight loss and shaping up that will keep you fat and flabby

NOTICE: THESE PHOTOS HAVE NOT BEEN RETOUCED OR ALTERED IN ANY WAY.

By Biotech Research Staff: Frank Campitelli; Certified Personal Trainer and Nutritionalist, and David Dearth; Certified Professional Body Builder and International Champion (Canton, OH) Who else wants the body of a teenager even if you're over 30 or over 50? This is what we have done for many people across the country. A few are pictured on this page.

The only difference between you and the people pictured on this page is the right knowledge. You have likely been following wrong information contained in the 7 common myths about weight loss and shaping up that will keep you fat and flabby. The following information exploits these myths and provides you with the correct knowledge, including the new ultra-advanced weight loss and body shaping methods. This can provide you with the loss of all your excess fat and a body shape that will turn heads as you walk by.

Myth 1 - I can lose fat by going on a low-calorie diet only. I don't need to exercise.

Fact: When you reduce your calorie intake without exercising, your body is designed to perceive that it will not need muscle in the future, but rather need fat. Therefore, your body will actually start burning a great deal of your muscle for energy and actually increase your body fat percentage. Your metabolic rate (calorie burning rate) will drop making fat loss very difficult, extremely slow and likely impossible.

Myth 2 - All I need to do to lose fat and shape up is minimal exercise such as walking or golf.

Fact: Walking, golfing and other minimal activities will do next to nothing to cause you to lose fat because it burns minimum extra calories. And you will not shape up because it does not adequately stress the muscles. How many slim and shapely walkers have you ever seen? Also, people who think they can get away without any exercise or diet will face severe consequences as you will see as you read on.

Myth 3 - I can lose fat and shape up by eating vegetables and pasta and doing aerobic exercise such as jogging, tennis, treadmills, stair machines, exercise bikes, ski machines or aerobic classes.

Fact: Aerobic exercise also does not adequately stress the muscles and in time will actually lead to flabby muscles as many long-time aerobic instructors experience.

The vegetable and pasta diet will deprive your body of essential protein needed to maintain muscle mass and to add the proper muscle needed for good body shaping. Muscle increases calorie burning. A pound of muscle burns 30 calories per day to maintain while a pound of fat takes nearly zero calories to maintain.

Aerobic exercise is an inefficient way to lose fat. New university research has found that anaerobic exercise (exercise done with resistance, mainly weights) burns over 500% more fat than aerobic exercise. See Figure 1. Aerobic exercise stops burning extra calories when you stop exercising. Anaerobic exercise, due to muscle rebuilding, burns many extra calories long after you stop, even while you are sleeping. This new research proves that if you want to lose fat slowly, do aerobic exercise. If you want to lose fat quickly, do anaerobic exercise.

In addition, aerobic exercise typically burns 25% muscle and 75% fat. If you do extreme amounts of aerobic exercise such as long distance running, you will lose weight, but muscle too. The muscle loss will make you will look like a concentration camp prisoner, as many marathon runners look with sunken eyes and skeleton shapes. Aerobic exercise can be good for extra cardiovascular benefits if done in conjunction with anaerobic exercise.

Anaerobic exercise burns 100% fat and stresses the muscles. This causes muscle to rebuild and become stronger. The process of rebuilding muscle burns a great amount of extra calories and, thus, fat. Bodybuilders jump the amount of calories they burn per day from 2,500 calories a day to over 9,000 calories per day due to anaerobic exercise.

Myth 4 - I don't want to do weight exercise (anaerobic exercise) because I don't want to gain muscle, and when I stop exercising, the muscle will turn to fat.

Fact: There is no way to turn muscle into fat. They are two completely different chemical compositions. Muscle, when not used, simply atrophies. Women cannot gain male type muscle with weight training unless they take male hormones. Every pound of muscle that you put on will burn over 10,000 extra calories a year. Therefore, you can eat more food and still lose or not gain fat.

Muscle is much more dense than fat and per pound takes up much less



35-YEAR OLD

Christine Green, 35, pictured in the above 3 photos with Frank Campitelli on the left, said "Before, I was overweight, I had fat legs and a fat belly. I tried aerobics and eating vegetables, but that did not work. The Campitelli and Dearth program got me on their advanced anaerobic exercise and the right nutrition including adequate protein. They replaced my fat with shapely feminine muscle which takes up less space than fat. I became small, tight and shapely. Frank and Dave tell you how women must train differently than men. I not only recommend the Campitelli and Dearth program to other women, I tell them it is an absolute must." Notice the small, tight shapely lower body and the lifted, rounded, buttocks the Campitelli and Dearth program can provide to you on her two photos to the right.



54-YEAR OLD

Bobbi Minton, 54, said "I can't believe the body that The Campitelli and Dearth program provided me at the age of 54. Their methods are so advanced and take such little time each week. On the beach in a swimsuit, most women in their 20's cannot compare. Men in their 20's ask me for dates."



55-YEAR OLD GRANDMOTHER OF 6

Nancy Suarez, 55, above in 2 photos with Frank Campitelli on the left, said "Before I started on the Campitelli and Dearth program, I was getting a fat lower body, my chest was small, my buttocks had dropped, my shoulders were skinny and drooped, and my posture was bad making my abdomen stick out even more. I was starting to look like an old lady. The Campitelli and Dearth program provided me with a small, tight, firm body, larger bustline, better posture and a flat abdomen. Their techniques such as muscle confusion are really advanced. People I meet think I'm joking when I tell them I am a 55-year old grandmother. Everyone tells me I have the body of a teenager."

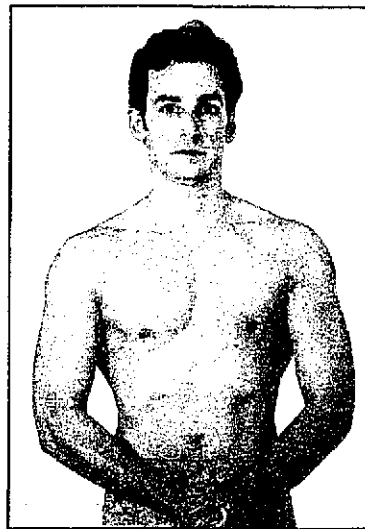


University studies show that anaerobic exercise burns 500% more fat than aerobic exercise.

Exercise	Calories burned during 1 hr. exercise	Additional calories burned 2 hrs. after exercise	Additional calories burned 3-15 hrs. after exercise	Additional calories burned 16-39 hrs. after exercise
Aerobic Exercise	210	25	0	0
Anaerobic Exercise	650	42	177	338

(Re: The above chart was compiled from data from studies on aerobic and anaerobic exercise from major universities, such as University of Illinois, Columbia University, University of North Carolina, University of Massachusetts, Palo Alto Musculoskeletal Research Laboratory, Purdue University, Stanford University, Uppsala University, Pennsylvania State University, University of Vermont and the University of Texas.)

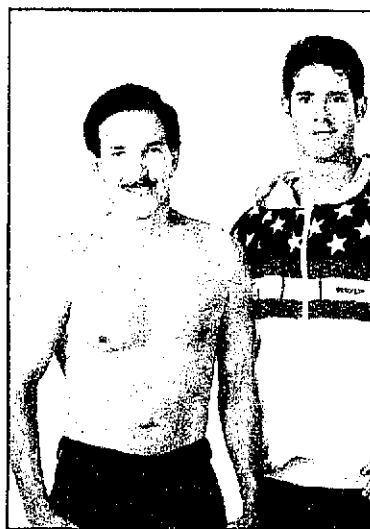
Figure 1



36-YEAR OLD

Dr. Jeff Danner, D.D.S., 36, said "Before, I had little muscle and middle-age spread. I couldn't believe, at age 36, how the Campitelli and Dearth program gave me a slim and muscular body much better than when I was a teenager or in my 20's. I was surprised how little time it takes."

Frank Campitelli, pictured in a number of photos above, is a best-selling fitness book author, a best-selling fitness program creator, and is considered by many to be America's leading personal trainer.



57-YEAR OLD

Ben Suarez, 57, grandfather of 6, pictured with Frank Campitelli, said "I worked out all my life using tips from the guys in the gym when I started and was doing the same routine every time. I was losing muscle, gaining fat, had a 36 inch waist and 24% body fat before starting the Campitelli and Dearth program. I now have a 30 inch waist, 8% body fat and am now stronger and faster than when I was in my 20's. I regularly compete with teenagers in athletic sports. The muscle confusion technique is one of the many advanced methods that really makes a difference."



Internationally popular David Dearth, pictured above winning one of his many contests as a professional body builder, is certified by the International Federation of Body Builders (IFBB), is an international body building champion and has been on the cover of virtually every fitness and body building magazine. David Dearth's personal training methods are widely used by Hollywood movie stars and models. Frank Campitelli and David Dearth have now joined forces and created what many believe is the best personal training team in existence and the ultimate fat loss and shape-up program, **The Campitelli and Dearth Super Advanced Star and Model Look Program.**

number of little known advanced abdominal exercises and also exercise certain other muscles away from the abdominal area. Most people only exercise about 50% of their muscles. They do not know the movements to exercise the other 50%. Only qualified personal trainers know about which movements exercise all of the body muscles.

The majority of people also use ineffective resistance equipment. Effective anaerobic exercise requires proper resistance and movement patterns. Popular gimmick machines such as ski machines, rowing machines, flex band machines, air gliders, ab rollers and so on, provide very minimal anaerobic exercise results and, in many cases, very minimal aerobic exercise results. Most of these machines only exercise 20% to 50% of the muscles at best.

The best resistance equipment is free weights, mainly dumbbells. Dumbbells exercise 90% of the body's muscles and are the heart of resistance equipment used by professional bodybuilders.

To do proper anaerobic exercise with weights, you must do it under the instruction of a qualified personal trainer. That is why movie stars and models, for whom their body is their livelihood, have qualified personal trainers. The word "qualified" here is important. The majority of personal trainers do not have the knowledge to provide effective anaerobic exercise. But a qualified personal trainer can cost anywhere from \$4,000 to \$100,000 a year. In fact, one of the writers, David Dearth, has been paid \$100,000 a year to train celebrities in Hollywood.

But few people can afford those amounts of money. Therefore, we have developed the ultimate personal training program on videotape that you can do right in your home that will, in effect, provide you with us; Frank Campitelli and David Dearth, as your own personal trainers.

This program is titled: **The Campitelli and Dearth Super Advanced Star and Model Look Program.** This program is designed to provide you with the super shapely body of a movie star or professional model. You do it in the comfort and privacy of your home only 45 minutes, 3 times a week. There is a separate program for men and women. As all qualified personal trainers know, women must train differently than men to achieve that small, tight, shapely feminine look.

The women's program is designed to provide women with the desirable feminine body which consists of a smaller lower body, smaller calves, smaller, shapely thighs, lifted, rounded buttocks, flat abdomen, larger bustline, and small but firm arms. The men's program is designed to give the desirable V-shape look, broad chest and shoulders, flat abdomen and the other desirable male features.

Both programs also contain a super-advanced nutrition program. As all qualified personal trainers know, nutrition is 75% of body shaping. This advanced nutrition program will tell you exactly what types and quantities of food to eat to get your body beautifully shaped and it will also tell you about key nutritional supplements