

Fat Burning Tips and Tricks

There's a lot of hype out there about boosting your metabolism and burning fat. It's hard to recognize the fiction from fact. Let's examine some of the most common ideas.

Strength Training

This works! You really CAN burn more calories SLEEPING by adding muscle mass. Resistance training builds muscle and is truly the fountain of youth. Studies show a huge metabolic boost from high intensity exercise. It's more effective doing 8-10 reps to muscular failure than an easy 25 repetitions. And you don't need a weight room to strength train. There are many effective exercises using body weight as resistance (push-ups, pull-ups, lunges) that result in increased strength and muscular development.

Breakfast

Breakfast kick-starts your metabolism. Insulin resistance is lowest upon waking, so consume high quality COMPLEX carbohydrates with some protein first thing. This keeps your appetite in check and keeps insulin levels from spiking, essential conditions when coaxing away body fat.

Fat Burners

There are products that claim to 'burn fat'. Some work, but can be dangerous to your health. Most contain caffeine. BLACK coffee (whipped cream and sugar defeat the purpose!) is cheaper, without risking ingesting harmful ingredients. Caffeine does elevate metabolism, can help lower appetite, and elevate fatty acid metabolism. However, the effect is minor.

Eating 6 small meals per day

This is easy, and VERY effective! Eating correctly boosts metabolism. Eating too little, or too infrequently lowers metabolism significantly. A sure way to lower metabolism, and in the long run get fatter is to starve yourself. Keep your body furnace raging by eating small, frequent, nutrient dense meals?

Protein

Eating protein helps stabilize blood sugar, which controls insulin secretion. Controlling blood sugar makes weight loss possible by controlling appetite (among other things). It helps lower insulin response to carbohydrate consumption. This works because you can maintain lower calorie levels and suppress appetite. You end up eating less and feeling satisfied for longer periods of time.

Fiber

Fiber helps by making you feel fuller, longer, when eating all those small meals. It also slows digestion, which again, lowers insulin response. There are many other health benefits associated to a diet, higher in fiber.

Long Slow Cardio vs. Interval Training

Some believe the best way to lose body fat is to train in the 'fat burning zone'. That's doing cardio at an intensity which allows you to carry on a conversation. Training duration must be increased, sometimes resulting in overtraining, over use injuries, and boredom. Any exercise is always better than none, but you're not getting the biggest bang for your buck when your goal is lowering body fat. There are some very fit, but soft, flabby joggers out there.

While easy cardio uses a higher PERCENTAGE of stored body fat verses glycogen than high intensity cardio, overall, you still burn more TOTAL body fat by picking up the pace for shorter periods of time. More importantly, interval training causes increased metabolism, which remain elevated long after the exercise session ends. Studies show that shorter, high-intensity cardio lowers body fat far more effectively than low intensity cardio, at twice the duration!

It's all common sense; eating soundly and training hard makes you lean, fit, and healthy. Gimmicks just don't work. Resistance training, interval training, eating small, frequent, healthy meals, higher in protein, lead to an increased metabolism, and a leaner body.

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