



Your Guide to Fat Burning

Burning fat is not as easy as jumping on a treadmill and running 5 times a week, there are far more factors to look at when deciding you need to lose a few inches.

- 1) How much FAT do you need to lose?
- 2) Do you want a quick fix or do you want it to be permanent?
- 3) Are you prepared to make changes?
- 4) Are you willing to commit to a structured regime?
- 5) Do you want to succeed?

These are just a few of the questions you need to ask yourself before you even consider starting a fitness regime, if the answer is no to the last three then you are destined to fail.

Losing fat is about two key factors exercise and diet, the latter of the two being the most important but neither will work without the other.

Exercise: To burn more fat you need to be in calorie deficit each day so burn more than you eat, this doesn't mean eat less it means exercise more or again you WILL fail. Cardio needs to be at least 30mins 5 times a week, this doesn't have to be in the gym you can walk, run, cycle outdoors or go swimming. Cardio will burn fat but weight training is more effective as a fat burner provided it is done correctly and should be carried out 3 times a week. Put the two together and you are a fat burning machine do just one and again the results will be very limited especially compared to the amount of time you will be putting in.

As a guide this is how your exercise should look:

Monday: Weights 30 mins, 3 sets of 15 repetitions, 30 mins cardio

Tuesday: Cardio at least 30 mins max 60 mins

Wednesday: Same as Monday

Thursday: Cardio at least 30 mins max 60 mins

Friday: Same as Monday

Saturday: Rest

Sunday: Rest

The above training plan can be adapted to suit the days you visit the gym if for example you visit on a weekend.

Diet: As I have told many people over and over again eating less will not make you lose fat. If you eat less in one day you can lose nearly half a stone of stored carbohydrate and the water that carbohydrate is stored in, your body will then cannibalise the muscle tissue you are trying to retain by doing weights which again slows your metabolism and makes you LIGHTER NOT SLIMMER. Once you eat or drink something more than you usually would i.e. on a weekend, holiday, Christmas, birthdays, meals out, parties etc. the fat will come back with a real vengeance. So you need to eat what your body needs and then burn extra calories through exercise to create a calorie deficit. By doing this when you do have slightly more food or drink than usual you will not put half the amount of fat on and you can burn it off twice as easy.

For example just this morning for breakfast I had 2 x wholemeal toast with 2 whole eggs and 2 egg whites scrambled. This is a very common breakfast and 2 hours after that I will eat again, by doing this my body will be willing to burn fat as fuel for exercise or during my daily activity. Give it less it will burn less.

Think of it like putting coal on a fire, if you put it on regularly it will keep burning if you put it on in a morning then again 8 hours later the fire will be dead and the coal won't burn. Your diet needs to be structured specifically to the individual and not just taken from a fad attention grabbing article in a magazine that wont work.

The only way to succeed in exercise and diet is set short term goals of either 6-12 weeks but if you are not willing to make some small sacrifice to change your health, wellbeing and future you are setting yourself up for failure from the start.