



6 Essentials Steps for Fat Burning

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The energy consumed (in calories from food you eat), has to be less than, the energy out (calories you burn), in order to burn stored body fat.

You must maintain your muscle and grow more by resistance (weight) training. Remember, muscle is your body's fat burning engine. With more of it, you will have the capacity to burn more fat. Most people have the desire to burn body fat. Whether you are a man or a woman, the great looking lean body is achieved by burning body fat. In order to do this most efficiently, you must keep your existing muscle and work towards growing more. Most people lose muscle while dieting and training. This is the most common mistake people make when trying to lose their body fat. Don't worry ladies, you will not turn in to muscle bound freaks. It is a lot harder for women to grow muscle than it is for men. Gentlemen, you do have the potential to grow a lot of new muscle. Read "How To Grow Muscle" to learn more about muscle growth.

You must increase your metabolism (energy required to perform all your body's biological processes).

Eat 4-6 times/day. Eating frequently throughout the day allows you to reap the benefits of thermogenesis. Thermogenesis is the energy requirement for digesting, absorbing, and assimilating food nutrients. And the activation of the sympathetic nervous system, which stimulates your metabolism. Exercise is another great way to increase your metabolism. After exercising your metabolism will be higher for several hours. You need to do both eat frequently and exercise. This will cause you to burn more calories per day helping you maintain a calorie deficit.

You must maintain a calorie deficit in order to burn stored body fat. Which means your daily caloric intake must be less than the amount of calories you burn in a day. When you burn more calories in a day than you consume, your body must get the extra calories from your fat stores.

You must eat low calorie nutrient dense foods. Which means the foods you eat should be protein rich, contain complex carbohydrates, and be low in fat and high in fibre, vitamins and minerals.

- Protein is the most important nutrient in food. Protein makes up every cell in your body, including your skin, organs and muscle and is involved in many biological processes. It is extremely important to have an adequate amount of protein in your diet; especially when you are dieting and exercising. This will allow your body to maintain its muscle and grow more. Eat high quality lean sources of protein.

- Eat very little simple sugar. Simple sugars (carbohydrates) such as sucrose, high fructose corn syrup and glucose cause your pancreas to release too much insulin. Which then leads to fat storage, low blood sugar and food bingeing. Complex carbohydrates are a better energy source. They do not cause the pancreas to release an excessive amount of insulin, minimizing fat storage, and do not cause low blood sugar, which will help prevent food bingeing. Complex carbohydrates should be eaten in moderation.

- Fat contains 9 calories per gram, protein and carbohydrates contain only 4 calories per gram so it is easier to maintain a calorie deficit when you cut back on your fat grams--eat low fat.
- Fibre helps slow down the digestion of carbohydrates which helps prevent high blood sugar and insulin levels--minimizing fat storage.
- Vitamins and minerals are involved in many biological processes in the human body including fat burning and should be consumed in adequate amounts, especially when dieting. Eating foods from nature such as fruits and vegetables, legumes and meats will provide you with most of the vitamins and minerals necessary. Avoid processed foods because they contain less vitamins and minerals. Supplementing with a multi vitamin and mineral is recommended when dieting.

You must perform cardiovascular exercise. Performing cardiovascular exercise will increase the rate that your body burns fat for energy. Most of the energy used, while performing cardiovascular exercise, at your target heart rate, comes from fat stores. You will also help promote and maintain your daily calorie deficit by performing cardiovascular exercise due to the amount of calories burned. Cardiovascular exercise is crucial to burning body fat quickly and efficiently.

Don't give up! The process of altering your body composition in any way, especially fat loss, is a time consuming process and takes persistence, determination and a burning desire to succeed. Maintain these characteristics, in your attitude towards fitness, and you will achieve your goals.

Here are the six essentials:

- 1.You must maintain your muscle and increase lean tissue through resistance (weight) training.
- 2.Increase your metabolism.
- 3.Maintain a calorie deficit.
- 4.Eat low calorie nutrient dense foods.
- 5.Perform cardiovascular exercise.
- 6.Don't give up.

Burn lots of fat and enjoy your success!

Fitcorp Asia specialises in Effective Fat Loss Programs. Contact us at info@fitcorpasia.com for more information.