

7 Ways to turn your body into a Fat Burning Machine



'The more active you are, the more efficient you will become at metabolising body fat'

Fat loss is a HOT topic for many people and as a population we are increasingly becoming more overweight and obese. This is a result of a combination of a more sedentary lifestyle, increased amounts of stress and the availability of more convenience food. There are a plethora of books available on the subject of weight loss and with the internet, information is easy to find. However, with all of the conflicting advice, it can be very confusing. This is why we have written '7 Ways to turn your body into a Fat Burning Machine'. We suggest taking one rule at a time and integrating it into your lifestyle. You'll be amazed at the results you attain!

- 1. Exercise helps your body to metabolise fat**
- 2. High Intensity Interval Training**
- 3. Increase your lean muscle mass**
- 4. Remove toxins from your diet**
- 5. Ensure that you get regular and adequate sleep**
- 6. Get off the Blood Sugar Rollercoaster**
- 7. You are what you think you are**

1. Exercise helps your body to metabolise fat



Most people think of fat loss in terms of calories in (eaten) Vs calories out (expended). Whilst it is always good to have an idea of how many calories you should be consuming, the calories in Vs calories out is a very basic model.

This model does not take into account that when you engage in

exercise (calories out), you maintain a faster metabolic rate which means that you can eat more (calories in), at the same calorie balance and maintain a better ratio of lean muscle mass to body fat mass. Therefore, when maintaining a healthy balanced diet in conjunction with regular exercise, your body becomes far more efficient at *BURNING BODY FAT!*

Golden Rule 1: Always make sure you check your body fat percentage and never rely solely on weight alone. You can lose no weight (according to the scales) and have lost 2kg of body fat. It is your *BODY FAT* level that gives you the most accurate information relating to your physique.

Golden Rule 2: Do not weigh yourself more than once per month. Your body takes approximately one month to adjust to permanent changes. Your weight can fluctuate on a daily basis and if you're someone that relies on the scales to make or break your day, you're going to be disappointed if you don't see the result you want to. We would rather you stay focused on what you want to achieve and remain in a positive state of mind, *(for further information, read 7 ways to stay motivated)* until a time that is reasonable for your body to have changed sufficiently for you to see a true reflection.

2. High Intensity Interval Training



The best way to burn the most body fat whilst doing cardiovascular exercise is by engaging in High Intensity Interval Training (HIIT). During HIIT, you do an interval phase of intense exercise (exercising at 80-90% of your maximum heart rate) followed by a recovery phase of low intensity exercise (walking or rest). This burns more fat than continuous, steady-state cardiovascular exercise at a moderate intensity (jogging at 60-70% of your maximum heart rate) that most people engage in.

During different types of training, the body uses different sources of fuel to provide energy for the activity. During steady-state cardiovascular exercise, the body uses a high percentage of body fat to fuel the workout but post training, the body then switches to use glycogen stores (stored sugars) to provide energy. Glycogen stores normally last all day. This is why steady-state cardiovascular exercise is recommended for burning body fat.

HOWEVER, what they don't tell you is that during High Intensity Interval Training, the body uses and depletes its glycogen stores (stored sugars) and post training the body then uses body fat to provide the energy for the rest of the day, as the body cannot replace glycogen stores immediately. So, you can see that HIIT, is far superior, long-term in utilising body fat to provide energy for the body. If you engage in HIIT, then for the rest of the day, your body is in fat burning mode!

Golden Rule: The higher the intensity of your workout, the more you will increase your metabolic fitness by enhancing your mitochondrial density (mitochondria are the cell's power producers that convert energy into forms that are usable by the cell), burning more calories and raising your metabolic rate.

3. Increase your lean muscle mass



One of the best ways to turn your body into a fat burning machine is to increase the amount of lean muscle tissue in your body. Muscle is a metabolically active tissue and more muscle leads to an increased metabolism and a high basal metabolic rate (BMR). The net result of this is that even when you're not exercising your body is consuming calories and you will have a higher fat burning potential.

It is also important to be aware that if you're looking for a toned physique then resistance training is the only way to achieve this. Too many people, especially women, become obsessed with cardiovascular training to lose weight and neglect the weights. Studies reveal that a combination of weight training and cardiovascular exercise results in considerably lower body fat over a 12 week period than engaging in cardiovascular exercise alone.

When you work your muscles hard during a resistance training session, your body has to use calories post training to repair the muscles ready for the next training session. The body can take 24 to 72 hours to completely recover and you continue to burn calories during this period. This is due to the fact that resistance training elevates EPOC (Excess Post-Exercise Oxygen Consumption).

Personally, with our clients, we find the best results are achieved through a combination of High Intensity Interval Training and Resistance Work. We challenge you to integrate some resistance training into your workout and see the demand it has upon your body, you won't be disappointed!

Golden Rule: One of the reasons that crash diets don't work is because you go into a catabolic state (muscle wasting, where you start to use protein as the predominant energy source) which then decreases your metabolism and the amount of calories burned.

4. Remove toxins from your diet



Your body does not want to hold on to body fat as it is far easier for the body to function correctly and efficiently at optimal body fat levels. However, when you eat or drink processed foods, alcohol, bad fats, too much caffeine and refined sugar, your body becomes overloaded with the toxins they contain. This causes your body to retain body fat and will prevent your body from turning into a fat burning machine. This is also why a lot of people end up with with a distended stomach that becomes more bloated throughout the day.

'You can live on processed, low-fat food and diet coke to lose weight, but your body will be so toxic that you'll find it hard to keep the pounds off. The body stores toxins in fat cells; however, if you start to lose body fat, the toxins will go into your system, making you feel tired, unwell and you will probably suffer from headaches. Your body then quickly decides that it doesn't like feeling this way, so it holds on to fat in order to store the toxins (it's safer to store toxins in your fat cells, rather than floating around in your system). Therefore, if your body is toxic, losing weight is always going to be a long, hard process and you will feel miserable, deprived and tired most or all of the time.

If you clean toxins out of your system, you will find losing body fat simple and dramatic.

What are clean foods?

- Foods that haven't changed much from their natural state; for example, an apple is in its natural state, whereas a crisp doesn't resemble a potato.
- Foods that don't last for months or years; they go off after a short while. For example, fruit and vegetables.

- Contain fewer than 5 or 6 ingredients.
- Don't list a sugar as their main ingredient.
- Don't make you feel bloated, gassy or uncomfortably full.
- Satisfy you, so that you're not hungry after eating them.

Which foods are toxic?

- **Refined Sugar**

What can I do to reduce sugar cravings?

- Eat plenty of chromium. Chromium helps to control blood sugar levels and banish sugar cravings. Good sources include eggs, liver, kidney, whole grains, nuts, mushrooms and asparagus.
- Include dark meat proteins in your diet as sugar cravings often come from a lack of protein. If you're having a sugar craving, try having a slice of chicken or some nuts.
- Honey can be used as a substitute for sugar, but in moderation and should only form a small part of your diet. Raw honey is full of calcium, iron, B vitamins and potassium and Manuka honey is full of antioxidants.
- The best form of sugar is fruit. Always make sure you eat fruit with protein or fat to slow down the release of sugar into the bloodstream. Despite its goodness, fruit is still incredibly high in sugar, so don't eat too much. We recommend 2 pieces per day. The majority of our five portions of fruit and vegetables a day should come from vegetables. You'll be amazed at the difference this makes to your body fat, energy levels and how much you bloat. Berries are the best fruit of all, so eat more of these than any other fruit.

- **Alcohol**

Cutting back on alcohol will give you rapid fat loss. Alcohol is essentially a bottle full of sugar and toxins that makes you fat. Alcohol encourages you to drink more and encourages your body to burn less fat. Your body sees alcohol as a toxin and whilst it works to get rid of it, your liver stops processing all other calories until it has dealt

with the alcohol. Anything else you eat while drinking will most likely end up as fat. Alcohol also inhibits the production of testosterone and growth hormone which help burn fat and build muscle. If you must, drink alcohol in moderation, once or at the most, twice a week.

● Processed Foods

Processed foods are foods that have been altered from their natural state to make them cheaper, more convenient, more appealing or to increase their shelf life. Processed foods make you fat, hungry and ill. Unfortunately, most foods have been processed; for example, pasta, bread, yoghurt and meats such as ham. However, not all processed foods are equally bad. For example, white bread has been stripped of all its goodness and pumped full of salt, whereas organic yoghurt has retained a lot of its original goodness. Look for foods that have fewer ingredients and remember, the less that has been done to it, the better.

The worst processed foods:

- Tinned foods
- White bread, pasta and rice
- Processed meats
- Breakfast cereals
- Frozen ready meals
- Frozen chips and wedges
- Cakes, biscuits and muffins
- Chocolate, sweets and crisps
- Carbohydrates - Try to eat carbohydrates in their most natural state (fruit and vegetables). Try to avoid processed carbohydrates such as breads, pasta and rice, instead go for rye bread, rice cakes, sourdough, corn bread or rice bread. Always have protein with carbohydrates to slow down the release of sugar into the blood as even good carbohydrates are still fairly high in sugar.
- Wheat - Watch out for wheat and wheat products which are found in many processed foods. Wheat converts to sugar faster than any other grain. Most breads, pasta and breakfast cereals consist mainly

of wheat. Instead of pasta, look for rice pasta, corn pasta, buckwheat noodles or quinoa. This hybrid grass (wheat) does not digest. It ferments in the stomach spewing off toxic waste that causes acid reflux, bloating and inflames tissues and joints thus creating swelling in both. In addition the body turns to its own bones and tissue in an effort to access the stored nutrients to digest a substance that does not digest. This upsets the body chemistry, resulting in degenerative diseases such as arthritis, weight gain and osteoporosis.

If you stop eating 'wheat' within a few days you will lose inches from every part of your body. Furthermore, once you stop consuming processed foods and instead eat whole foods such as fruits and vegetables, the body will release its excess weight on its own.

Instead of wheat, eat complex carbohydrates such as fresh vegetables and whole grains (not wheat) which take longer to digest, providing energy over a longer period of time.

Common Types of Whole Grains:

- Wild rice
- Brown rice
- Whole wheat
- Whole oats
- Oatmeal
- Whole rye
- Barley
- Bulgar

Less Common Types of Whole Grains:

- Amaranth
- Millet
- Quinoa

When determining if a packaged food product contains whole

grain or not, look for the word "whole" in the ingredient list. Foods labelled with the words "multi-grain," "stone-ground," "100% wheat," "cracked wheat," or "bran" are usually not whole grain products.

- **Caffeine**

The amount of caffeine you consume should be limited to no more than 2 cups per day. Caffeine places stress on the adrenal glands, disturbs sleep patterns, dehydrates you and stimulates fat storing hormones'. (Vin Miller, 2010)

Golden Rule: If you don't eat sufficient food containing vitamins and minerals, your body's store of these nutrients becomes depleted and you will find it extremely difficult to metabolise food and utilise body fat as an energy source. Eat foods that are full of natural energy like fresh fruit, fresh vegetables, fresh fish and meat, whole grain cereals, nuts and seeds. These foods are full of vitamins, minerals, water, fibre and will provide you with all the energy you need to live an active life and ensure that your body is efficient at metabolising body fat.

5. Ensure that you get regular and adequate sleep



Most people do not associate fat loss with sleep; however, scientific studies show a strong correlation between sleep deprivation and weight gain. Our bodies main job is to regulate temperature, secrete hormones and monitor brain chemistry production. It does this on a 24 hour cycle and if we get out of sync, the hormones that regulate hunger get out of balance. In particular, lack of sleep causes an imbalance in the hormones Ghrelin and Leptin.

With reduced sleep Leptin levels reduce and Ghrelin levels rise; Ghrelin is an appetite inducing hormone which makes us eat more but with adequate sleep

this is balanced by Leptin which decreases hunger and increases the metabolic rate. Lack of, or disrupted sleep causes body fat storage and also stimulates muscle wasting hormones such as cortisol.

Golden Rule: Regular and healthy sleeping patterns are important in keeping your metabolism elevated and in providing you with sufficient energy levels and motivation for living a healthy lifestyle. The recommended amount of unbroken sleep is 7.1 – 7.5 hours per night and the optimum sleeping hours are 10.30pm – 6.30am.

6. Get off the Blood Sugar Rollercoaster



Do you ride the Blood Sugar Rollercoaster? Do you often eat high sugary foods that cause fluctuations in your blood sugar levels? If so, you are preventing your body from using fat as an energy source and therefore reducing the fat burning potential of your body. When you eat foods that contain a considerable amount of sugar or refined carbohydrates, blood sugar levels rise rapidly. The hormone insulin is then secreted by your pancreas to lower blood sugar levels. (Insulin is the major metabolic hormone

that regulates glucose metabolism within the body by removing glucose from the blood and storing it as glycogen in the liver and muscles, converting any excess glucose into body fat.) Whilst insulin is present, it is much harder for your body to break down body fat. However, when insulin is absent, glucose is no longer taken up by the liver, muscle and fat tissue and the body begins to use fat as an energy source.

Golden Rule: To maximise the use of body fat, ensure that you are eating the right amount of food (be mindful of correct portion sizes) and ensure that your carbohydrates are mostly low GI (low-glycaemic index), keeping insulin levelled and functioning properly. *(Please refer to our list of Low GI Foods).*

7. You are what you think you are



As we have discussed, there are many ways you can change your lifestyle to ensure that your body is efficiently burning body fat. However, you can make changes to your nutrition and to your exercise but if you don't engage the most powerful part of your body – your MIND, you will never reach your full fat burning potential!

Your mind responds to the choices that you've made in your past and automatically

assumes that you want to make the same choices again. The automatic responses and thought processes that you have today are not new, they are the result of patterns of previously learnt behaviour from similar events in your past. The unconscious mind is where all your previous experiences and beliefs are held. For example; if you have used food as a form of distraction or to comfort an emotion that you're feeling, then your unconscious mind will repeatedly present the same solution – food! Equally, if you think that losing weight and exercising is difficult, then your mind will find a solution to these thoughts and you will be presented with a reason not to exercise or thoughts of giving up. Ultimately, your unconscious thoughts, beliefs and memories will determine your behaviour. And, the longer you have been thinking this way, the easier your mind will present these solutions.

Often, people that are looking to lose weight will find that the unconscious mind will have a number of reasons why it feels best for them to stay overweight. Can you think of any negative thought patterns that prevent you from losing weight? For example, 'I cannot lose weight'.

The good news is that the unconscious mind is not hard wired and patterns of thinking can be re-learnt. To change your behaviours, you first need to change your thinking and practice doing things differently (*for further information, please refer to; 7 Steps to eradicate emotional eating and 7 Steps to conquer habitual eating*).

Golden Rule: There are many people out there with normal body fat levels and people that have lost weight and manage to keep it off. Those that have lost weight have successfully learnt to re-programme their mind with new information and have learnt new behaviours and habits.

7 Ways to turn you body into a Fat Burning Machine Evaluation

Complete the following evaluation to see how effective your body is at burning body fat:

1. I regularly get 7-9 hours sleep per night in order to bring about the greatest regeneration for my body?
2. I regularly exercise 3-5 times per week, regardless of the type of day that I have had?
3. I know what my subcutaneous body fat percentage is?
4. I know what percentage of subcutaneous fat I want to attain?
5. I know what my visceral fat level is?
6. I know what visceral fat level I want to attain?
7. I check my weight and body fat levels no more than once per month?
8. I include High Intensity Interval Training within my exercise programme?
9. I include resistance training within my exercise programme and perform this at least 3 times per week?
10. I drink alcohol less than twice per week?
11. I drink less than 2 cups of coffee or tea per day (decaffeinated drinks do not count)?
12. I avoid processed and packaged food at least 80% of the time?
13. I always check saturated fat levels on food labels and I do not have high levels of saturated fat in my diet?
14. I always check sugar levels on food labels and I do not have high levels of refined sugar in my diet?
15. I know what Trans Fats are and I avoid them wherever possible?
16. I choose foods that are as close to their natural state wherever possible?
17. I understand the Glycaemic Index?

18. I choose foods that are low GI?
19. I have a strong image of my desired physique?
20. I have identified any negative thought patterns and beliefs that may be preventing me from achieving my desired weight and body fat levels?

If you scored between 1-10, there are lots of things that you can still do to maximise your fat burning potential. I suggest taking each of the above questions that you answered no and work to improve that particular area. Don't despair, the more you have to work with, the quicker you will see the results!

If you scored between 10-15, you are obviously already doing many of the things required to become efficient at metabolising fat. Keep doing the things that you are doing well and give yourself a huge pat on the back. As above, any questions that you answered no, work hard to improve these areas and you will be well on the way to hitting your desired body fat target!

If you scored between 15-20, congratulations! It is likely that you're already efficiently utilising body fat as an energy source, well done. In most cases, there is always room for improvement, even if it is minor adjustments; small changes can make a huge difference. Be very specific about your desired body fat levels and continue to work towards this target.



I always recommend with any training plan to keep a log of your progress. You can do this with our *Weight Loss Journal*.

We would also love to hear your success stories, so please email us at info@lifechangingweightlossretreats.co.uk and share your success with us.