

# The best ways to burn fat and keep it off

A common question personal trainers and fitness instructors are asked is, "what is the best way to burn fat?" Unfortunately, it is impossible to give an actual prescription of what you should do to drop the pounds, since your goals will be different to other individuals, and different diet modifications and exercise methods work better for different people too.

However, as you can probably guess, the first key is to revamp your diet so that you stop putting on more weight. Of course, it's important to keep in mind that if you've spent years gradually climbing to your current weight, it's not realistic to expect to go back to your desired weight in a couple of weeks. If you want it bad enough, however, you can achieve your fat loss goal and even enjoy the process.

With regards to improving your diet, I always initially recommend cutting your sugar consumption, as well as your intake of unhealthy fats, way down, if not completely out of your diet. Unfortunately, the average Western diet is high in both of these, which is why a study indicated that as much as 35% of Americans are now classified as obese. Yes, this means no more soft drinks, sodas, beers, fried foods, pastries, donuts and ice cream!

While you do want to consume fewer calories as you begin your fat loss program, realize that most dieters go to extremes by cutting their calories so much that they sacrifice a lot of muscle tis-

sue along with any fat they lose, without even knowing. Since your muscle tissue uses up calories, the less you have, the less calories you will burn every day, which means that you end up putting on even more fat much easier than before.

You may be wondering what the best way to burn fat is, if it is not simply eating less food. The answer is very simply to exercise, or to be more accurate, perform regular fat-burning aerobic exercise, although this doesn't necessarily mean you have to slave away on a treadmill for months on end. There are plenty of different ways of exercising and you may even find something you enjoy such as a sport you used to practice, or an exercise video which suits your goals.

In addition to the fat burned through the workout itself, performing the right type of aerobic exercise increases the number of calories you burn throughout the day, promotes fat burning by increasing certain enzymes and hormones, and increases your insulin sensitivity which means that less carbohydrates are stored as fat. It's also the best way to increase your overall health and fitness, as well as being the best way to burn fat.

However, there is something else that is often ignored, which, when added to the equation, can not only accelerate your fat loss results, but also increases your physical strength, helps prevent injuries, improves your balance and stability, decreases

risk of coronary disease, helps prevent osteoporosis, improves exercise performance, and can give you that lean, toned physique which many of us dream for, along with a massive increase in self-confidence and self-esteem.

Have you guessed what it is yet? The best way to burn fat is not to simply eat smaller and healthier meals and perform aerobic exercise regularly. Rather it is both of these in combination with strength or weight training. The biggest benefit from adding strength training to your fat loss program is that it will not only prevent muscle loss, but also strengthen and build muscle at the same time and as I mentioned earlier, muscle tissue requires energy to maintain itself, which means that your metabolism will be elevated permanently, through strength training.

Of course, the benefits of strength training do depend on the effectiveness of your workout. Lifting weights on a regular basis will have the greatest effect, and in addition to the metabolism increase, another benefit is that you will also burn more calories during your aerobic workouts.

To summarize, the best way to burn fat has always been, and will always be, to eat smaller and healthier meals, while avoiding the common mistake of starving your body, performing regular fat-burning aerobic exercise as well as regular strength training workouts.



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