

10

tips to battling

body fat



Heed these tried-and-true tips. The only thing you'll have to lose is body fat:

- 1 Sleep:** Even if you've conditioned yourself to get by on less, every human being needs 7 to 8 hours of sleep per night. Sleep deprivation leads to eating more calories because your body tries to make up the energy deficit with food.
- 2 Vitamins:** If you are not getting sufficient vitamins and minerals in your diet, your body will cause you to overeat in search of those nutrients. (Take your vitamins!)
- 3 Cardio:** Everyone should be doing 60 minutes of cardiovascular activity a week in their heart rate range. For optimum fat burning potential the best time to workout is first thing in the morning on an empty stomach, or immediately following your weight workout.
- 4 Insulin:** Raised insulin levels trigger your body to store fat. Foods with a high glycemic index such as sugary snacks & drinks, refined processed white flour products and polished white rice, raise insulin levels which cause your body to store the calories as fat.
- 5 Caffeine:** Taken appropriately, caffeine will help to release the fatty acids to be burned up for energy. For this to be effective, drink black coffee or tea (without sugar) 15-30 minutes before your cardiovascular workout. If you're a heavy coffee drinker, your body will have become accustomed to the caffeine and it will not have any effect.
- 6 Resistance Training:** Whether it's dumbbells, weight machines or good old push ups and lunges, resistance training builds lean muscle tissue which equals a higher metabolism. The more lean muscle you have, the more fat your body burns all day long. (Even when you're watching TV!)
- 7 Alcohol:** It's not so much the calories from alcohol that should concern you, but the fact that they slow down your metabolism and raise your insulin level – a double whammy! Alcoholic beverages cause your body to burn fewer calories than normal and they trigger your body to store fat.
- 8 Fat:** You must eat fat to burn fat. If you're eating a totally fat-free diet, stop! If you don't give your body the essential fat it needs, it will not surrender the fat already on your body. Get your fats from monounsaturated sources. Avoid all saturated fats and hydrogenated oils.
- 9 Water:** If you do not give your body enough water, your kidneys can't do their job properly. They'll dump some of the load onto the liver. If the liver is busy helping the kidneys, it can't do its job properly which is metabolizing stored fat. Drinking lots of water gives your liver and kidneys a break, and helps your body burn fat.

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