

The REAL Secret To Burning Fat Faster

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The quickest and safest way to burn fat and to tone up is to boost your metabolism! I guess you might of heard of metabolism but what is it exactly?

Metabolism is essentially the rate at which your body utilises food for energy, cellular growth and maintenance. Simply put, it is the speed at which your body burns the food you eat.

People who are thin have fast metabolisms and usually find that they are always hungry and can often find that no matter what they eat they struggle to put any weight on.

In contrast, people with a slow metabolism might find that although they eat very little (perhaps just one meal a day) they still manage to put weight on. This can prove VERY frustrating especially when you are trying to actually LOSE weight!

Try to think of your metabolism as a fire and the food you eat as logs you put on the fire. If the fire is roaring away and has big flames it will have no trouble burning the logs you place on it, no matter what size logs you put on it.

Your metabolism works in much the same way. If you have a fast metabolism, your body will easily burn up whatever fuel (i.e. food) you feed it. That's why some people can eat whatever they want and not worry about putting any weight on. Their metabolisms are moving so fast they burn whatever food they consume.

On the other hand, if the fire begins to go out and therefore burns more slowly, it does not burn the wood you place on it as fast as quickly. If you were to put a big log on a fire in this situation you will find that it will just sit there and take ages to burn.

Again, your metabolism works in exactly the same way. If you have a very slow metabolism then it is unable to burn all the calories you feed it. As the food does not get burned up your body stores it as fat.

In general, the slower your metabolism, the slower your body will convert food into energy. This means that any food that has not been burned will be stored as fat. This is how you get fat.

The faster your metabolism, the more you can eat without gaining weight.

The key to losing weight is therefore to reprogram your metabolism so that it uses more food that you eat as energy and stores less as fat.

The good news for most people is that in order for them to boost their metabolism they will actually have to eat more food and more often! You will obviously have to eat the right sort of foods to begin with but in a short space of time your metabolism will be

running at such a pace that you will be able to eat the occasional treat without having to worry about putting weight on!

The quickest and safest way to boost your metabolism is to eat more often. Experts are advising us to eat 5-6 times a day, usually every 2-3 hours.

This is called grazing and a typical day would consist of you eating as follows:

7.30am	Breakfast
10.30am	Morning Snack
1.00pm	Lunch
4.00pm	Afternoon Snack
7.00pm	Evening Meal

Such an eating plan means that you eat slightly smaller meals but more frequently. This helps to control your blood sugar levels and means that you will be less likely to overeat.

If you have made it your goal to lose weight this year then concentrate on boosting your metabolism. By doing so you will quickly discover that the pounds will start to drop off automatically!

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For further information on boosting your metabolism, fat loss, improving health and functional fitness, call 491732 or check out my website at www.workoutsmarter.com