

FAT BURNING GUIDE

Learn How to Boost Your Metabolism,
Burn Fat and Lose Weight

Fat Burning Guide

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Disclaimer

We hope you enjoy reading this publication, however, we do suggest you read our disclaimer.

All the material written in this document is provided for informational purposes only and is general in nature.

Every person is a unique individual and what has worked for some, or even many, may not work for you. Any information perceived as advice must be considered in light of your own particular set of circumstances.

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Every attempt has been made to provide well-researched and up-to-date content at the time of writing. Now all the legalities have been taken care of, please enjoy the content.

Introduction

When we talk about losing weight, what we really mean, or at least should mean, is getting rid of excess body fat. That's because we can lose weight, as measured by our bathroom scales, by drinking less water or consuming products that purge water from our system.

These actions are extremely unhealthy and do nothing at all to help with the real problem, which is excess accumulated body fat.

Over the last few decades, we have witnessed an obesity epidemic that shows no signs of abating. Along the way, we have been misled as to the possible causes of our collective unwanted fat gain.

Thankfully, the results of research that are not financially supported by groups or organizations that have a vested interest in keeping us in the dark have broken into public awareness.

Of course, this is a complex problem, and as always, simplistic solutions are proclaimed, such as "Stop eating so much!"

However, for most people the biggest single factor is eating too much of the wrong type of food.

Other factors such as exercise, sleep and related lifestyle factors play a role too.

This eBook explains why we gain unwanted fat, how to prevent it, and thankfully, what you can do to get rid of the unhealthy pounds of body fat that you have accumulated over time.

How To Make Your Body A Fat-Burning Machine



Your body uses energy from fats, carbohydrates, and protein, which are the macronutrients in the foods that you eat.

However, a number of factors can make you store more fat than is necessary or healthy.

These include an unbalanced diet, hormone imbalances, lack of exercise and general inactivity, and other poor lifestyle choices.

It feels good eating all the foods you crave. The problem is, and usually, before you realize it, you've accumulated unwanted fat. Now you know you are going to have to miss out on your delicious taste treats and try to lose the excess fat. It's certainly easier to put it on than take it off.

There are several diet programs that you can try to burn fat away, however, you can help turn your body into a fat-burning machine with the following lifestyle adjustments.

Drink Plenty Of Water

Water is a liquid that your body needs all the time. It is essential for your organs to function. Without enough water, your body cannot operate properly. You will get tired and feel weak. When trying to shed excess fat, drinking plenty of water can make a huge difference to your weight loss efforts.

Water has zero calories and makes you feel full. Water is essential in metabolizing the foods and non-water drinks you consume. In other words, your metabolism depends on your water intake.

Studies have shown that those who drink between eight to 12 glasses of water every day have a higher metabolic rate compared to those who consume much less.

Don't Skip Meals

When trying to lose weight, you may think that skipping meals can be a great start. Certainly, controlled fasting can be a very effective weight-loss method.

However, randomly skipping meals causes hormonal triggers that not only make you hungry but also cause you to seek out and select the worst kinds of food for weight management – high-GI simple carbs.

When you do that you will feel hungry, which sends a signal to your brain that your body needs to store fat to conserve energy for survival. Perhaps you've heard the term 'starvation mode.'

When you feel hungry, it also affects your emotions, so you tend to overeat when you do have your next meal and it's easy to resort to unhealthy foods.

So to lose fat, stick with your regular meals and prepare small healthy snacks that you can easily eat whenever you're busy or out and about. Don't let your body think it needs to prepare itself for a starvation period.

Eat The Right Foods

To burn fat you need to eat the right foods. You need to eat healthy foods that include healthy fats, healthy complex carbohydrate foods, and quality protein-rich foods.

Your body primarily uses fuel from carbs and fats for its energy needs. If you have excess stored body fat, then you are consuming more energy-rich food than your body can use and it is storing that excess as fat.

For this reason, it is recommended to cut your carb intake so your body uses your fat stores instead.

Your goal is to eat healthy foods that will provide all the necessary nutrients that your body needs. Stick to whole foods and avoid processed and sugar-laden foods and drinks that contain artificial ingredients and preservatives.

Exercise Consistently

What better way to burn unwanted fats than to be active and exercise regularly? Exercise uses calories. When readily available blood glucose is depleted the body will begin to break down fat stores for energy requirements.

It is ideal to work out in the morning, which is more beneficial for boosting your metabolism for the whole day. Also, when you exercise in the morning, you can relax in the evening, so you avoid making excuses at the end of the day when you may not feel motivated to get physical.

Get Quality Sleep

Sleep is crucial for a healthy metabolism, and for your body to repair and restore itself. Good quality sleep of at least seven hours every night will make you feel rested and energized the next morning.

If you don't get quality sleep, you will feel sluggish and less inclined to exercise, and you will feel fatigued and crave sugar-based foods. Disrupted sleep increases feelings of being hungry, which is why it is a common cause of obesity.

Make sure you get to bed early and get quality sleep and rest. You will have a more balanced metabolism, feel more alert, and be less inclined to make poor food choices.

There are various diet programs available to help you lose weight but to really boost your weight loss efforts, first train your body to be a fat-burning machine.

You can start that by following the suggestions above. Drink plenty of water, eat healthy foods without skipping meals, exercise consistently, and get enough rest and quality sleep.

These simple steps will create a healthy platform for any other steps you take too.

Are you ready to start?

Fat Burning Zone - Fat Burning and Your Heart Rate



Getting rid of excess fat can be quite a challenge if you don't follow 'the rules.' Eat healthy foods, exercise, sleep, don't do this, and don't eat that. We've all heard it before.

We all know there are various ways to burn fat, but they never seem to provide the results we want as quickly as we would like.

Some 'rules' may be also difficult for you to adhere to, and they all need consistency to be effective. If you've tried a few of them and still haven't seen the results you desire, understanding the fat-burning zone can help.

What Is The Fat Burning Zone?

The fat-burning zone refers to the more effective burning of fat based on a certain heart rate range. The theory is that in order to burn more calories from fat stores, you need to maintain your heart rate at around 50 to 70% of your maximum heart rate when exercising.

This means that you need to calculate the intensity of your workout routine.

How Is Your Heart Rate Significant To Burning Fat?

Your body gets its energy needs from carbs, fats, and to a lesser degree, protein. When you exercise, the heart pumps extra hard in order for it to help distribute oxygenated blood to your muscles. During exercise, it needs more energy, as your muscles particularly require fuel.

When blood glucose is depleted this energy comes from stored glycogen or fats which are broken down with the help of oxygen. The fat-burning zone theory promotes longer and lower-intensity exercises so that the body will seek fuel from stored fat.

How To Calculate Your Fat Burning Zone Heart Rate

The fat-burning zone heart rate is at 70% of your maximum heart rate (MHR). Your healthy MHR can be computed by subtracting your age from 220.

For instance, if you are 30 years old, your MHR is 190. To reach the fat-burning zone, you should be exercising while maintaining your heart rate at 70% of 190, which is 133 beats per minute.

You can use various tools to measure your heart rate while exercising, such as a wristband or a chest strap monitor. You can also use the traditional way, which is to count your pulse for 60 seconds.

Exercises To Do To Get To The Fat Burning Zone

To reach the fat-burning zone, there are hundreds of exercises you can do, so long as you get your heart rate up, and keep it there for the recommended duration. Some suggested exercises include jogging, cycling at below 10 miles an hour, brisk walking, and water aerobics.

You can also dance or play tennis. It is recommended to perform interval training, such as walking and running combined, which will also help strengthen your cardiovascular muscles.

While there is proof that doing long, low-intensity workout routines can burn fat, it doesn't mean that you can't get even better results using high-intensity exercises. On the contrary, high-intensity workouts will deplete your glycogen at a faster rate, after which the body will then tap into your fat storage.

That means you can burn even more calories overall and therefore achieve more fat loss in a shorter amount of time. Any exercise can help you lose weight and stored fat and that's good. However, the body is very efficient at learning to use less energy with repeated exercise, so to maintain the effect, the best thing to do is to vary your workout routine.

Incorporate both moderate and high-intensity training into your workout plan, as these will help you get better and longer-lasting results. A combination of various exercises, from stretching and yoga to aerobics and high-level cardio, can bring on faster fat loss that is far more sustainable. It will also prevent you from becoming bored with the same exercise routine.

In conclusion, achieving and maintaining the fat-burning zone is considered an effective way of losing fat because keeping your heart rate at 70% of your MHR means your body will tap into your stored fat. Remember to include moderate and high-intensity training to get the best results.

However, it all comes down to you and your preferences and what works best for you. Find what exercises suit you and keep you motivated to keep going.

Fat-Burning Workouts to Boost Weight Loss



THERE ARE PLENTY OF
FAT-BURNING WORKOUTS YOU
CAN DO AT HOME.

Our body stores excess energy intake in the form of fat and unfortunately our fat stores can become excessive. Poor diet, lack of exercise, insufficient sleep, too much alcohol, smoking, stress, and even genetics can all contribute to fat build-up.

Too much fat can lead to a host of health problems, including obesity, high blood pressure, Type 2 diabetes, and heart disease.

To keep your health and body in good shape, you know the answer is to get rid of the excess fat. Aside from being mindful of what you eat, it is also essential that you engage in physical activities and regular exercise.

You can certainly lose weight by modifying your diet, but to get your body to really burn fat and physically healthy, you have to get moving.

When you are trying to lose weight, targeted exercise can boost your efforts. Here are a few fat-burning workouts you can do to help you do just that.

Cardio Exercises

Cardio exercises, or aerobic exercises, which also help strengthen your heart and lungs, are one of the most effective ways to burn fat. Without going to a gym, you can do these anywhere. They include brisk walking, jogging, running, and swimming.

You can start exercising by walking. You don't have to start by putting on your running shoes. That can come later if you are so inclined. Some exercises, such as running, are what put many would-be fat-burners off.

So just remember, walking is a great start. As a fat-burning beginner, walking will not feel overwhelming and will help you kickstart your weight loss journey.

Walking is also easy to squeeze into your schedule. If you're traveling a short distance, allow extra time to arrive at your destination and walk there instead of going in a vehicle.

A 30-minute walk at a moderate pace can help you burn 167 calories. Start walking when you can and watch that number go up and your fat stores go down!

If you are happy to be a jogger or runner, you will be able to burn around 298 to 372 calories every 30 minutes.

These exercises are great for targeting visceral fat. This type of fat is not good at all. Visceral fat is the hard unhealthy belly fat that surrounds the internal organs.

If you want a little more fun while exercising, go swimming. Swimming can help you lose up to 409 calories for every half-hour session, depending on the strokes you do. Even treading water burns up calories if you are not a proficient swimmer.

Do any of these exercises three to four times a week, and increase the duration of your exercising as your body gets used to doing them. Soon your body, or more correctly your mind, will be craving exercise and not food.

Strength Training

Another effective way to burn fat is with strength training, which involves resistance movements to increase muscle mass and strength. Resistance workouts will also help your body to increase the calories it burns while at rest, as it improves your basal metabolic rate.

You can use weight lifting equipment at home or in the gym. You can also do exercises that don't require any gym equipment. You can use your own body weight, such as pushups and leg lifts.

These exercises provide the resistance that your muscles need to burn fat. Pair strength training with cardio exercises, and you'll get even better results.

High-Intensity Interval Training

HIIT is an exercise strategy that consists of bursts of exercises with a period of rest in between. Studies show that HIIT can help you burn fats 30% faster than other exercises. It is also effective in targeting belly fat.

You can alternate walking and running, or do burpees or squats, with rest periods in between. Burpees are one of the most commonly recommended routines when it comes to fat burning.

Burpees are a loop of movements, such as squat, push-up, and jump. It's a great HIIT exercise that works on your arms, legs, glutes, and core, increasing your heart rate and promoting fat burning and weight loss.

Quick Routine for Busy People

If you can only spare five minutes to exercise, turn on some music and dance or exercise to the song. There are many exercise programs today that show how you can burn fat the fun way.

You can do kickboxing exercise routines while your favorite music is playing, or swing your hips and move to the music. Resulting movements include squats, side bends, arm extensions and more.

Even if you don't have much time, a one-song workout is a fun way to exercise, improve your mood and keep you motivated. If you have more time, you can dance to another song. If you want, you can play a song anytime throughout the day and exercise.

You can also create a playlist of upbeat songs that you can turn on whenever you have the time, or whenever you want to burn fat. Do these fat-burning workouts and start getting in better shape.

Boost Your Metabolism to Help Burn Fat



Our metabolism is the process in which the body burns calories and turns them into energy. Calories come from the foods we eat, and of course, if we eat more calories than we need, stored fat is the result, as our body can only use so much.

Unfortunately, poor eating habits, overeating, and an unhealthy lifestyle result in excess fat that we wish our bodies could burn. One way to help remove excess fat is to improve our metabolism.

Here are a few ways to do that.

Drink Water

Drinking plenty of water is the most basic health tip, but many people fail to do it. It is recommended to consume at least eight glasses of water every day. The body needs water for metabolism, so when you are dehydrated, your metabolism slows down.

Start by drinking a glass of water when you wake up in the morning to give your metabolism a big kickstart. When you sleep, your metabolism slows down, so drinking a glass of water when you wake up wakes up your metabolism too.

Some people recommend drinking cold water instead of room temperature water because the body uses more calories (energy) to heat up to your body temperature.

Time For Quality Sleep

Quality sleep, which means seven to eight hours every night, is another way to boost your metabolism. When you lack sleep, you become lethargic, which your body incorrectly interprets as lacking energy. This prompts the release of the hormone ghrelin. This hormone is the one that tells your brain you're hungry.

If you don't get enough sleep your hunger hormones will be tempting you to overeat on snack foods and you will struggle to lose weight.

If You Love Coffee, Drink It Black

Caffeine in coffee has been shown to help improve metabolism and aid in fat burning. This has been proven according to studies. It stimulates your sympathetic nervous system and kickstarts your metabolism.

This is why you may find many weight loss supplements or weight loss drinks are caffeine-based. You can even drink coffee before your workout.

Don't add sugar to your black coffee though. Sugar and cream have calories, which will cancel out the metabolism boost that caffeine can provide.

The caffeine found in coffee helps you burn more calories per day, and studies have shown that drinking black coffee can boost your metabolic rate by 11%. If you drink three cups of coffee a day, you can burn an extra 100 calories.

If you're more of a tea lover, choose green tea, which can also boost your metabolism. Aside from the caffeine, tea is rich in antioxidants which is an added benefit for your health.

While coffee can help increase metabolism, it can have an adverse result on your sleep health, which can adversely affect your weight, as explained previously. Drink coffee only in the morning to get the benefits and reduce the negative impacts.

Eat Protein-Rich Foods

Protein foods are more difficult to digest, which means your body uses more calories in the process. Eat protein-rich foods, such as eggs, lean meat, tofu, fish, and nuts, to help boost your metabolism.

Protein foods make you feel full, which helps stop you from overeating. In addition, protein helps you build more muscle, which has a higher metabolic rate than stored fat.

Exercise

You know how important exercise is in regards to your health. Exercise is not only good for burning fat. However, that's what you are wanting to do, so do it! In particular, high-intensity workouts are super helpful in boosting your metabolic rate.

Short, intense bursts of activities will make your body burn more calories. The faster your calories deplete, the faster your body will tap into the stored energy, which is your fat.

Aside from intensive workouts, simply getting up and moving is beneficial. It's a computer world and many of us spend long hours sitting in front of a screen, which slows our metabolism.

That's why it is recommended that we take frequent breaks and get moving. You can take a walk or schedule a quick workout somewhere in between your screen time.

Relax and Reduce Stress – Keep That Stress Hormone Stable

Stress is one of the reasons why too much fat builds up in the body. Chronic stress promotes fat storage as the stress hormone cortisol can make you overeat.

Persistent stress hormones can disrupt your appetite and promote unhealthy eating habits, which further adversely affect your metabolism. For these reasons and many others, it is important that you take time to relax, and to learn to manage stress better.

Fat burning is what weight loss is all about, and if you set about improving your metabolism, you can also improve your fat-burning efforts.

Foods to Boost Your Metabolism



Certain foods can boost your metabolism, burn fat, and help you lose weight.

Metabolism is synonymous with weight loss and fat burning. When it comes to weight loss, knowing what foods can give your metabolism a boost is beneficial in reaching your weight loss goals.

This is because the types of foods and drinks you consume can affect your metabolism either positively or negatively.

There are certain foods that can slow down your metabolism, while alternatively, there are foods you can include in your diet to give it a boost.

These are the foods you want to consume if you are wanting to enhance your metabolism and support your fat-burning efforts.

Eggs

In most weight-loss diets, eggs are high on the list. That's because eggs have a multitude of health benefits. Eggs are rich in protein, and proteins require energy to process them.

Proteins help improve your metabolism, especially when you're trying to lose weight, and help your body increase and maintain muscle mass. Studies have shown that people who eat protein-rich foods have higher metabolic rates than those who do not.

Eggs are also rich in B vitamins, which are essential in processing the foods you eat, and they are a good source of healthy fat, which helps stave off hunger.

Chili Peppers

Some would say that spicy flavors make the food more appetizing which would make you eat more, but chili peppers are actually good for your metabolism and make you feel full.

Chili peppers contain the compound capsaicin. This can help increase your metabolic rate and also help you burn fat. This is why chili peppers are often included in weight management plans.

Aside from the benefits of boosting your metabolism, chili peppers are a good source of vitamin C and other antioxidants. They are also a food that can help reduce inflammation and joint pain.

Avocados

Avocados are considered a superfood and for good reason. Eating avocados can make you feel full for a couple of hours. This will help you avoid overeating or snacking.

Avocados are anti-inflammatory, which is consequently good for your metabolism. This is because inflammation can negatively impact your metabolism.

Depending on your diet, you may need to watch your portion sizes. Portion control is important when eating avocados as depending on the size of the avocado the calories can be high.

They are a healthy superfood, but just watch you don't eat too many a day as it is easy to do.

Nuts

Nuts are a great snack and a great metabolism booster. They are protein-rich and help you feel full longer. Take care not to overeat this delicious food as some nuts can be high in calories and fat.

Extra Tips

As a big reminder, don't forget to drink plenty of water. This is so simple yet so often overlooked in its importance. Drinking water will assist your metabolism. Plus, if you drink a glass of water before a meal you will feel fuller once you start eating.

Therefore, you will be less inclined to overeat which equates to fewer calories consumed. Instead of not eating or being incredibly restrictive, choosing the right foods to eat can be more effective in boosting your metabolism.

When choosing foods that can increase your metabolic rate, the key is to think about what foods keep you feeling full for longer, and what won't lead to major spikes in your blood sugar levels.

Start with the list above to help you get into the habit of eating foods that boost your metabolism, burn fat, and help you lose weight.

Low Carb Diets For Weight Loss and Fat Burning



LOW-CARB DIETS ARE AN EFFECTIVE WAY TO
BURN FAT AND LOSE WEIGHT

If you are trying to lose weight, chances are you have heard about or tried a low-carb diet.

Low carb diets have become very popular for fat burning, and studies have shown that they are more effective for burning fat than many other diet programs.

Diets for Fat Loss

There are several diet plans that are considered to be low carb and helpful for burning fat. For example, there is the Atkins diet, the high-protein diet, ketogenic diet, intermittent fasting, a plant-based diet, and the paleo diet.

All of these are slightly different, so you can see which one suits you the best. Or you can follow a couple at the same time, such as the keto diet and intermittent fasting, which can really accelerate your efforts.

The high-protein diet is a low-carb diet as it focuses on getting a quarter of your daily calorie needs from protein, at the expense of superfluous carbs. It is a good diet for satiating hunger and supporting your metabolism. As a result, you build more lean muscle and reduce body fat.

Intermittent fasting is more about restricting the eating hours to a specific timeframe than it is about what to eat or not to eat. It is relatively easy to follow for most people and has been shown to be effective in burning fat while maintaining muscle mass.

Of course, a low-carb diet is one that demands a reduction in carbohydrate consumption. You limit your intake of simple carbs, such as grains, cereals, bread, and pasta, and also some fruits.

Your meals will include complex carbs such as vegetables which are necessary for health, protein-rich foods and healthy fats.

What Happens When You're on a Low Carb Diet?

When you are on a low-carb diet, you may reach a point where the scales aren't moving. However, that doesn't mean that the diet is not working.

What happens is that during the initial phase of your low-carb diet is that you are losing mostly water weight. The body stores glycogen in the liver and muscles which reduces when you cut your carbohydrate intake.

After that stage, you are still losing body fat, but you may not see the results on the scales as you are probably gaining muscle weight too. What you can do is to use a different method of measuring your results, such as taking your waist circumference and checking how your clothes fit.

These are more effective and true measurements of fat loss than measuring your body weight.

A low-carb diet prompts the fat-burning process known as ketosis. Ketosis is a metabolic state where the liver turns fatty acids into ketones, which are molecules that supply energy when your body has depleted its blood glucose.

Once your body is in a state of ketosis it becomes a fat-burning machine.

The Basics of a Low-Carb Diet

A low-carb diet is simple to do. You eat protein-rich foods, such as meat, eggs, fish, vegetables, and natural fats, and avoid starchy and sugary foods, such as rice, beans, pasta, and potatoes.

You don't focus on counting calories. You eat when you are hungry until you feel satiated. However, don't overeat just because you are eating healthy foods. Still, be mindful of your portions.

Avoid fruit juices and carbonated drinks since they are high in sugar. You can drink black coffee, tea, and an occasional glass of red wine.

Don't forget to drink plenty of water!

The Added Benefits of a Low Carb Diet

Cutting your consumption of carbs has been proven to be effective in losing weight, or more correctly, reducing body fat.

Aside from the benefit of weight loss, a low-carb diet can help prevent Type 2 diabetes, metabolic syndrome, heart disease, and improve blood sugar levels and cholesterol levels.

Are There Any Risks or Side Effects?

Like any type of diet, a low-carb diet can have side effects. One of the most common side effects is constipation. Any change in diet can upset the digestive system, especially if your dietary sources of fiber have been grain-based.

In the beginning, it can also lead to headaches, weakness, fatigue, muscle cramps, and bad breath due to metabolic changes that affect the gastrointestinal tract.

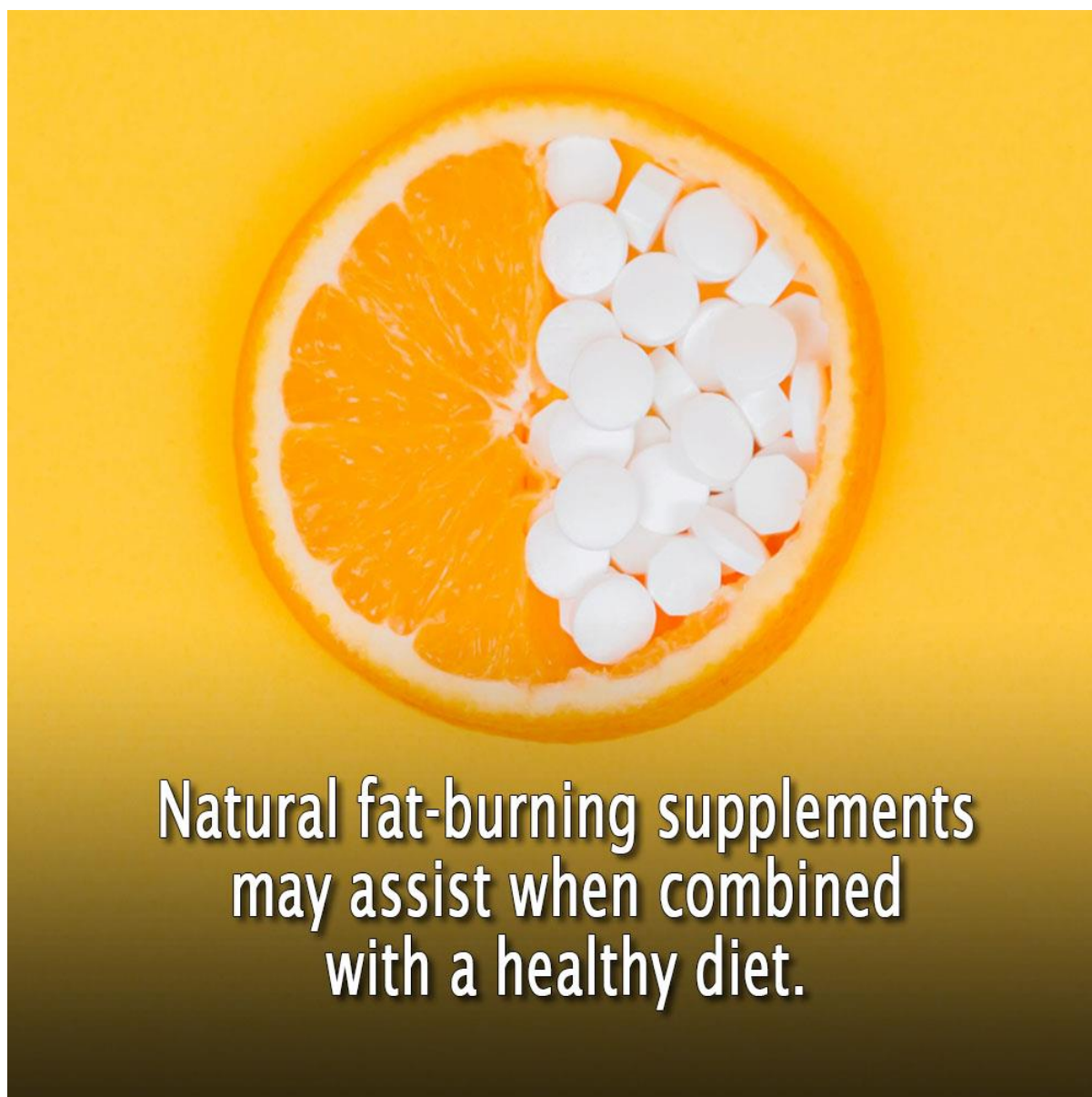
Many of these 'side effects' are withdrawal symptoms for those conditioned to high-sugar diets and will disappear after a week or two.

If you are pregnant, breastfeeding, taking medications for diabetes or high blood pressure, or have serious health conditions, you are not recommended to follow a strict low-carb diet. You must consult your health care provider first to check the best plan for you.

In summary, low-carb diets are an effective way to burn fat and lose weight.

There may be times when you feel you're not burning fat because the scales are not saying so, but don't pay attention to them if you are feeling and healthier and looking better!

Natural Fat Burning Supplements for Weight Loss



Natural fat-burning supplements may assist when combined with a healthy diet.

When you are wanting to lose weight, what you really mean is you want to reduce your excess body fat. If it was simply a matter of losing weight you could drink less for a few days, as 1 liter of water weighs over 2 pounds. However, this is not healthy in any way.

So to lose weight by reducing body fat, you need to burn more calories than you are taking in. As you take fewer calories than you need, your body will be forced to tap into your fat stores to burn and use as fuel.

There are several ways to convert fat to energy, including different diet programs, exercise, and changes in lifestyle. None of them work overnight or even in a week, although most people wanting to lose weight do wish this was the case. Sometimes it can feel like fat loss is never going to happen and the goal seems miles away. This is where natural fat-burning dietary supplements may help.

Some diet programs limit the types of foods that you can eat, which could result in nutrient deficiencies. Therefore, taking natural supplements can help you get the sufficient nutrients you need while burning fat. Dietary supplements are designed to supply necessary nutrients not obtained from foods eaten.

They contain nutrient extracts from food sources, such as essential vitamins, minerals and enzymes. Some supplements do have synthetic ingredients, although natural fat-burning supplements, claim to be full of all-natural ingredients extracted from food sources.

They have no chemicals or synthetic ingredients that could cause negative side effects. Natural fat-burning supplements can boost your weight loss efforts, help increase your metabolism, curb your hunger and appetite, and help burn more calories.

Top Natural Fat Burning Supplements

You will find several fat-burning supplements in the market. Some have proven effective, while others need more research to be conclusive. Here are two well-known and marketed products.

Caffeine Pills

You have probably seen coffee products that are promoted for weight loss. That's because of the caffeine. Studies have shown that caffeine can help your body burn more fat as energy and speed up your metabolism. Caffeine comes from cocoa beans, green tea, and green coffee beans. Green coffee beans also contain chlorogenic acid that helps reduce glycolysis in carbohydrates.

However, caffeine may not be suitable for everyone. For some people, caffeine can cause an increased heart rate, anxiety, insomnia, or migraines. Over time, your body can become accustomed (resistant) to caffeine, so it is best to take a break from it every now and again in order to reap its benefits.

Caffeine can also make you dehydrated, so don't reduce your water intake. Before you take caffeine pills make sure you read the benefits and side effects and if in doubt, check with your doctor.

Green Tea Extract

Green tea extract contains key antioxidants that are beneficial in burning fat. The epigallocatechin gallate (EGCG) is one of the most effective among these, which can help speed up the process of breaking down fat. It also contains catechins that boost metabolism, and caffeine as mentioned above.

A combination of EGCG and caffeine is effective in allowing the body to burn more fat through what is called thermogenesis, wherein the body burns more calories to produce heat. Green tea extract has particularly been promoted to help shed abdominal fat. Some people find they lose more fat if they take their green tea supplements before exercising.

How Can Natural Fat Burning Supplements Be Effective?

There are studies that have shown the effectiveness of natural supplements to help burn fat, however, they should not be taken as the sole means to losing weight. Natural fat-burning supplements are said to help speed up weight loss because they help the body burn more calories.

These supplements can only be truly effective when combined with a healthy diet, increased physical activities, and changes in lifestyle.

Ultimately, weight loss is about burning more calories than you consume.

You should be cutting your food intake and exercising more so that you can help boost your metabolism and fat burning in a natural and healthy manner.

Are There Fat Burning Foods?



There are people who no matter how much exercise they do or how little their food portions are, still seem to struggle to lose weight. Are you one of them?

Instead of starving yourself and exercising yourself to exhaustion, it might be better to be more mindful of what you are eating and consume the *types* of foods that will help you more effectively burn fat.

So are there ‘fat-burning foods’? Are there foods that focus on reducing our fat stores?

Fat-burning foods are simply foods that can help boost your metabolism and suppress your appetite. In turn, you burn more calories than you consume.

Here are some of the best foods that will help you do that.

Almonds and Walnuts

One of the obvious reasons we get fat is by eating too much. Too much does not usually relate to good healthy meals, but to snacks, treats, and desserts. When you feel like snacking, it is best to turn to nuts.

They can offset your hunger and are less likely to contribute to weight gain. Moderation is still required, so pay attention to servings. They are rich in protein and healthy fats.

Walnuts, for example, are rich in omega-3 fatty acids that can improve your body’s insulin resistance and help with fat burning. Almonds contain a compound that minimizes fat absorption.

Fatty Fish

Fish that are rich in good fats, such as omega-3s, also promote fat loss. Salmon, mackerel, sardines, and tuna are some of the fatty fish that you can incorporate into your diet.

They are rich in protein, which boosts your metabolic rate and makes you feel fuller for longer, so you avoid overeating.

Eggs

Eggs are a common part of breakfast meals, and arguably the best breakfast you can eat. If you’re a fan of eggs, you are off to a great start. Eggs are rich in protein that can help control your hunger and limit your food intake for the rest of the day.

They also contain choline, which helps in turning off the triggers that store fat on your belly. Weight management aside, eggs are a good source of other vitamins and minerals that are excellent for overall health.

Greek Yogurt

Plain, full-fat Greek yogurt is a good source of conjugated linoleic acid, which promotes increased fat burning and weight loss. It is also rich in probiotics that keep the gut healthy and prevent bloating.

It also contains other essential nutrients, such as calcium and potassium. Eating yogurt can suppress your appetite and help keep your muscle mass intact during weight loss.

Chili Peppers

If you like spicy foods, then chili peppers can help you lose fat and burn more calories. Chili peppers contain capsaicin, which is beneficial in maintaining a healthy weight. Capsaicin can lift your metabolic rate, especially when you're eating fewer calories.

Oatmeal

Who said you have to give up carbs when you want to lose fat? What you need to do is switch to whole grains, such as oats. Oats are a good source of fiber and can boost your metabolism. They also contain resistant starch, which is slow to break down, making you feel fuller a bit longer.

Berries

Berries are a good source of polyphenol antioxidants that speed up fat burning. They are also rich in fiber, and while they are sweet, they contain less sugar compared to other fruits. Eating berries can easily satiate your hunger, and if you're working out, they help improve blood flow to your muscles.

Avocados

Avocados have monounsaturated fats that prompt the body to release fat-burning hormones. Their mannose-6-phosphate promotes calcium absorption and reduces insulin release, which is essential in burning fat. Avocados are also filling, so you are less tempted to keep on snacking throughout the day.

Sweet Potatoes

Sweet potatoes contain carotenoids that can reduce insulin resistance. As a result, your body burns more calories instead of storing them as fat. They are rich in dietary fiber that keeps you feeling full.

Sweet potatoes are also packed with vitamins and minerals, including Vitamin A, C, and B6, all of which give you more energy, which is especially useful when you're exercising.

Aside from engaging in physical activities, eating the right 'fat-burning foods' can help you lose weight.

Incorporate the foods above into your diet if you want to control your weight and start losing excess fat.

Does Eating Fat Make You Fat? Or Is It The Sugar?



Have you ever hopped on the bathroom scales and been surprised to see that you have gained weight, even though you have been buying and eating 'low-fat' foods?

So what foods have made you gain weight?

If you feel you haven't eaten lots of fat or fatty foods, you are probably right. Eating fat does not make you fat, especially the healthy fats in healthy portions.

Instead, the foods that are causing you grief are the ones laden with sugar. You may be surprised how much sugar is present in your daily diet.

Do you drink soda? Maybe you love sauces and dressings, low-fat ice cream, low-fat this, and low-fat that. All of which are loaded with sugar to make them taste better, and to tempt you into eating more of them.

The manufacturers have to make their low-fat products appetizing, and adding sugar has the effect they want. All this sugar leads to weight gain as it causes your body to store fat.

Eating Low-Fat Foods

Because low-fat foods say ‘low fat,’ many people have the misconception that it will help them minimize their fat. However, studies have shown that it is quite the opposite. Based on research, those who participated in low-fat diets showed minimal weight loss, and their risks of weight-related diseases, such as heart diseases, obesity, and diabetes, remained the same.

Meanwhile, those who instead chose low-carb diets and ate healthy fats benefited from weight loss and reduced health risks.

The three macronutrients are protein, fat, and carbs. If you cut down your fat intake, you invariably end up replacing them with foods that are high in carbs. If these are healthy complex carbs such as vegetables, that is okay. Usually, though, there is excess consumption of simple carbs and sugar.

Your body is seeking energy and if it can't get it from healthy fats and complex carbs, it will make you crave high-energy foods, such as those packed with sugar.

Take a look at the ingredient labels on the ‘low-fat’ foods in your grocery store. You will see they have low fat, but a high sugar and carb count. That's the unfortunate truth about many packaged and processed foods today. Don't be fooled into thinking ‘low-fat’ foods are the answer.

Instead, look for foods labeled ‘NO added sugar’!

Why Sugar Makes You Fat – What Sugar Does to Your Body

While sugar makes foods taste better, it is very calorie-dense and they are mostly empty calories. This means they are low in nutrients. Eating sugary foods causes elevated blood sugar levels and near-immediate insulin release. If this is rare, it is not a big problem.

However, when eating sugar-rich foods and drinks and simple carbs is the norm, blood sugar levels remain persistently high.

When blood sugar levels are continually high, the body has no choice except to store the excess as fat. Our bodies cannot begin to break down stored fat until we are using more glucose than we are consuming.

As soon as we eat something that provides energy that is excess to our current requirements, our body switches to fat-storage mode.

In addition, sugary foods are less filling, which means you easily get hungry, and your ghrelin hormone will think you are still hungry and so you will overeat. Long-term, high blood sugar and insulin resistance affect the leptin hormone function.

Leptin is a hormone that is responsible for energy regulation in the body. When you develop leptin resistance, due to regular high-sugar intake, leptin can't suppress your hunger, so your appetite increases even more.

You are also missing out on essential vitamins, minerals, fiber, healthy fats, protein, and antioxidants because sugary foods don't contain these nutrients in any reasonable amount. These nutrients are essential in protecting the body on a cellular level and enabling it to perform its functions optimally.

Without the necessary nutrients and protection, your body becomes prone to chronic health issues, including obesity, Type 2 diabetes, heart diseases, and mental health issues such as depression.

That doesn't mean that you must avoid sugar totally. There are natural sugars in fruits for example that are not unhealthy in reasonable amounts. What's dangerous to your health is eating high-sugar and high-carb foods every day, especially when the sugar is added and not naturally occurring in the whole food.

If Sugar Makes You Fat, Can Eating Fat Make You Lose Weight?

If sugar makes you fat and eating fat won't make you fat, can fatty foods help you lose weight? Well, that depends. Eating foods with healthy fats can help your body burn fat.

Healthy dietary fat provides the body with essential fatty acids that promote better absorption of nutrients, healthy skin, and regulation of different body functions. However, fried foods and unhealthy fats are not healthy!

Polyunsaturated fats from fatty fish, nuts, and other seeds, and monounsaturated fats from avocados and almonds, are healthy fats and all have health benefits. They boost your metabolism, so you burn more calories, and because they take longer to digest compared to carbs, you tend to feel fuller for much longer.

So if you've been depriving yourself of fat for fear of getting fat, now is the time to bring them back into your diet plan. Instead, be more mindful of your sugar consumption.

A few sugary foods once in a while will not likely cause you health issues, but regular intake can definitely be harmful in more ways than one.

Remember, it's not fat that makes you fat, it's too much sugar!

What Exercises Burn Belly Fat?



A bulging stomach due to excess fat is never a pretty sight and it is cause for alarm in regards to your health. There are many reasons why people gain belly fat, which includes a dangerous layer of fat that forms around the abdominal organs.

This fat is visceral fat and it can be caused or increased by stress, bad eating habits, a lack of exercise, and a sedentary lifestyle, or all of these reasons.

Aesthetics aside, visceral fat is the most harmful fat of all. Excessive belly fat can cause asthma, heart disease, high blood pressure, colon cancer, stroke, and breast cancer, etc. For these reasons, it is best to start making changes to your lifestyle and diet right now.

Don't wait for a special event to make you do something about it. *The right time is now.*

Besides diet, you can engage in physical activities to help you burn belly fat. Exercise not only burns belly fat, but it also keeps your blood flowing to your muscles, increases oxygen and nutrient circulation, and allows the body to excrete wastes through the skin by sweating.

Exercising strengthens your heart, lungs, bones, and muscles, and reduces your risks of developing chronic diseases.

Exercise Your Belly Fat Away with These Exercises

If you can't find time to go to the gym, there are plenty of exercises that you can do at home or outdoors, so in most cases, there's little excuse for staying sedentary.

Here are five suggestions for improving your exercise routine.

Walking

Walking is a great way to burn belly fat! This is an exercise almost anyone can do. It doesn't matter how fast you go. It is also a great way to warm up your body before you do more intensive exercises. If you work, start walking during your lunch break or coffee break.

Walking 15 minutes during your breaks adds up over a week. Or you can set aside 30 to 45 minutes at least four days a week walking at a steady pace. Then you can progress to 45 to 60 minutes of brisk walking daily, which will make a huge difference to your metabolism and belly fat layer.

Running

Cardiovascular exercises are great for burning fat, and running is one of these exercises. Running can help you burn fat and tone and strengthen abdominal core muscles. Everything gets a workout when you run.

If you don't like running, that's ok, you can keep walking, but the results will take longer.

Burpees

Engaging as many muscles as possible is one of the most effective ways of losing belly fat and all-over body fat. Burpees can do that for you, and it's one of the exercises that can help you shed belly fat fast.

Burpees involve going from a standing position to down on the ground into a pushup position, then up to a squat, and then a big upwards jump. No one said they were easy, but they are very effective!

If you do 10 repetitions, your heart will be pumping madly. It's a highly strenuous exercise, with excellent results.

Mountain Climbers

To do a mountain climber, begin in the pushup position with your arms straight below your shoulders. Lift your right foot and draw your right knee to your chest before returning to the starting position and then repeating the same with your left.

You can do as many reps for 20 seconds, then rest for 10 seconds, and repeat the routine for about five minutes. To picture this exercise, imagine being in a pushup position and then running up high steps as hard as you can.

You're basically doing crunches while face down, and drawing your knees to your chest rapidly while in this plank position. Your core has to work hard to keep you balanced as you lift your feet up one at a time.

The Plank

The plank is a core strengthening exercise, which engages various muscles throughout the body. Its main purpose is to strengthen your abdominal muscles and help you keep a good posture and maintain flexibility.

It can also help you burn belly fat. To do this exercise get down on the floor, face down, and place your elbows beneath your shoulders. With your feet together, straighten your body so that it is parallel to the floor.

Hold the position for 30 to 60 seconds, and then you can increase it to 2 minutes, and when you can, hold it for up to 5 minutes.

If you have excessive belly fat, even if you are not concerned about your physical looks, you should address the problem as soon as possible for your health's sake.

With lifestyle changes, a balanced diet, and belly fat-burning exercises, you will see a difference in both your health and appearance.

Start with the five exercises above and say goodbye to your bulging abdomen.

Conclusion

Now you know the how and why of why it is so easy to add pounds of unwanted body fat, yet it is so hard to get it off and keep it off.

It seems unfair, but we are fighting nature when we try to lose fat! Unfortunately, we are living our lives in bodies that were designed to spend heaps of energy in catching or collecting our food, which was usually scarce.

Compare that to today, when even a healthy, home-cooked meal doesn't require a mass of physical effort, and eating out even less.

Still, just knowing that doesn't help the problem, does it?

But knowledge is power if we apply it. What you have just read in the way of advice for turning your body into a fat-burning machine instead of a fat-gaining machine works – as long as you do it.

It is never too soon to start, so start thinking about your next meal now, and skip the simple carbs!