

# **Burning Fat Quick**

**A Step by Step Fat Burning Guide**



## Table of Contents

Losing Weight – An Introduction .....	3
Weight Loss- A Process .....	3
Types of Weight Loss.....	6
Losing Fat – The Most Important Step to Losing Weight .....	9
Burning Fat: Major Factors .....	9
What is the Best Way to Burn Fat? .....	12
Burn Those Calories .....	13
The Ideal Amount of Cardio .....	15
Can Exercise ‘Burn Muscle’? .....	16
Will More Muscle Rev Up Your Metabolism? .....	16
Tips on Shedding Excess Tummy Fat .....	17
Interval Training to Burn Tummy Fat .....	17
Reasons why Interval Training is the most effective cardio exercise to lose stomach fat and better than any other cardio workout:.....	17
Interval Training tips: .....	20
Thigh Fat Burning Exercises .....	23
Quadriceps Exercises to Burn Thigh Fat.....	23
Hamstring Exercises to Burn Fat.....	24
Hip Adductor Exercises to Burn Fat .....	25
Note that many of these exercises can be done with the accompaniment of cables or exercise machines to add extra resistance. ....	25
Squats for Toning Thighs .....	26
Aerobics Exercises.....	27
What Should you do to Reduce your Underarm Fat? .....	28
How can you Burn off the Fat in your Buttocks? .....	29
Burn Excess Fat off your Face with Exercises .....	30
Exercises for Double Chin.....	31
Breathing Rules while Exercising .....	32
Eating Right for Burning Fat.....	33
What are the Healthy Foods to Eat during the Weight-Loss Regimen? .....	36
Conclusion: .....	45
Time for a Change.....	46

## **Losing Weight – An Introduction**

Are you self-conscious about being obese or are you one of those who think that obesity has nothing to do with being fit? You may not be a woman with an hour-glass figure or an attractive, tall and lanky man, and you may well be called fat, obese or overweight, but the million dollar question is, does being fat bother you at all?

Besides being unfashionable, being obese is considered to be a health risk. However, some have even started asking whether that is really so. Obese people are prepared to accept obesity and treat it as a non-issue. There are, nowadays, the health freaks who try out various forms of dieting that may involve more of risk factors. Yet all said and done, the general consensus of opinion is that being fat is like an epidemic that needs to be controlled.

### ***Weight Loss- A Process***

**Losing weight** – is a process that is either undertaken willfully or is one that is a result of some medical condition. However it is usually helpful to ensure good health and fitness through an overall body weight reduction. So do you wonder as to how one should reduce one's weight? Here is how the process can be initiated:

- by loss of fat tissues which are also called adipose cells
- a loss of bodily fluids, since 70% of the body is made up of water, as well as.
- lean body mass, which includes muscles, tendons, and mineral deposits in bones.

What one needs most in order to successfully lose weight is motivation. Lack of motivation among men and women alike is a major obstacle when the need for losing weight comes up. Both men and women come up with innumerable excuses when the need for reducing body fat is even mentioned. So when you are trying to decide whether to lose weight or not, keep the following incentives in mind:

- Consider how you look as appearance certainly matters. Ask yourself whether you are afraid to look into the mirror. Snow White's step mother asked 'Mirror, mirror on the wall/ Who is the fairest on them all?' She was unwilling to accept the truth uttered by the mirror. Ease yourself out of this situation by accepting the truth. Even losing a bit of weight can make a major difference in your self confidence and create a positive impact in the way others look at you. If you are not satisfied by your appearance it is time to consider weight loss seriously.
- Do you feel healthy? Obesity can lead to health complications like high blood pressure and diabetes which are the two commonest ailments directly associated with being fat. It is important to identify the health risks early and taking steps to be in control of one's body. Being overweight is not just about being fat, but it is about the onset of unhealthy diseases.
- The feel-good Factor: What is most important about weight loss is that it improves self-esteem. Health and appearance are factors imperative enough to encourage participation in weight-loss programs. The immense boost that this gives to self-confidence is eventually most important to cultivating a sense of well-being.

When the above motivating factors, whether therapeutic or narcissistic have convinced you enough to begin a weight loss regimen, it is best to consult a health-care professional. Losing weight is a healthy and scientific process and needs careful monitoring. This will ensure that you are taking the safest path to lose weight by setting yourself reasonable weight reduction targets.

Let us now pose the fundamental question. What is weight loss? This occurs when any individual tots up a negative energy balance. This means that the body consumes more energy through work and heat than it gains from food and other forms of nutrition. It is about how the body balances calories that produce energy and activity that uses up that energy. The excess energy consumed is depleted from the energy reserves in fat or muscle, thereby gradually leading to loss of weight.

## ***Types of Weight Loss***

Weight loss can be of three distinct types:

- Intentional, to improve appearance or fitness,
- Therapeutic, to decrease risks of developing heart ailments, diabetes or osteoarthritis,
- Additional, to qualify for stringent weight classifications in several sports or jobs.

### **Weight loss Techniques Include Non-intrusive Methods Like:**

- Adjustments in eating patterns and cycles of work and rest
- Physical activity in the form of exercise undertaken over and above routine, daily activities
- Reduced calorie intake that can balance out the loss of energy and reduce fat

### **More Intrusive Techniques of Weight Loss Need Expert Medical Advice and Include:**

- Drugs that result in decreased appetite
- Medicines that block fat absorption
- Herbal drugs that reduce stomach volume
- Bariatric surgery to artificially reduce stomach size so that the intake of food is automatically reduced

Losing weight is neither a mysterious nor a magical process. It is not about abnormal diets, expensive fitness gadgets or gulping down pills by the dozen! It is about making small life-style changes that go a long way in trimming those extra pounds of fat. If you are willing to make slight changes and alterations in your lifestyle, then it is possible to look forward to losing weight, successfully.

Are you good at mathematics? Sometimes, you might need to practice it to be able to make some simple mathematical calculations. If you have to lose one pound, you would need to burn approximately 3500 calories in addition to what you burn during your routine daily activities. All you need is some mathematical precision. Just work out how you can do this:

- Calculate your basal metabolic rate. BMR is what is needed by each individual to maintain basic bodily functions.
- Use a calorie calculator to calculate how many calories you burn while conducting all your daily activities.
- Be meticulous and disciplined and try to maintain a diary to keep tab of the intake of calories. By a simple arithmetical calculation you can find out whether you are consuming lesser calories than you end up burning. If this is what you are doing, you are losing weight.

This is the physical calculation about losing weight. There is a mental angle as well.

- Prepare yourself mentally for any lifestyle changes needed for weight loss.
- Have healthy food on hand.



- Follow a diet plan. Don't just hog whatever is at hand. Choose your foods carefully to ensure ideal calorie intake.
- Target a goal weight you want to achieve. If you don't you will not have any ideal weight in mind. The goal weight helps you strive for it.
- Use your will power to successfully achieve your target.

So, losing weight is not as formidable as it is made out to be. A positive frame of mind that looks forward (eagerly) to the results of weight loss is perhaps the easiest way to make things happen. Not paying attention to friends and relatives who might be commenting on your obesity is usually not a way out of this, since the criticism usually pushes you towards a better and healthier lifestyle. In the world of weight loss, commitment is the keyword to success.

## **Losing Fat – The Most Important Step to Losing Weight**

Fat is the bane of our existence today. It is the reason behind low self-esteem, lack of fitness and an overall unhealthy lifestyle. People are desperate to look for 'quick fixes'; but like everything else, only commitment to a problem helps solve it. There are no overnight remedies. In certain parts of our body, fat cells seem to get together and multiply. The actual dilemma is getting rid of it. There are plenty of gimmicky deals in the market today where they promise you the moon. They include eating supplements, and 'fat burning' techniques, which work on the 'fat burning zone'. But more often than not, these fall short of the mark by a mile. The only way you can effectively tackle fat is by understanding your body's metabolism and mechanisms.

### ***Burning Fat: Major Factors***

Trying to lose weight requires a certain level of understanding of how it is that your body makes use of calories for fuel. This way you can tackle the weight loss program way more effectively. Carbohydrates, protein and fat are the primary sources of energy, but our body chooses these sources based on what activity it busies itself with. It is true that fat gives energy, yes. But you cannot lose fat by using more and more of it.

Here are some of the ways in which our body gets its energy:

- Carbohydrates and fats are the primary sources of energy for our body. Protein is used during exercise to heal muscles.

- The ratio in which these sources are used changes depending on your bodily activity.
- The more intense the exercise, the more the body will depend on carbohydrates for fuel, instead of fats. This is because the pathways for metabolism in our body responsible for breaking down carbohydrates are far more efficient than those for fat.
- For slower exercises, fat is utilized in higher quantity than carbs.
- When its weight loss you're concerned about, the most important aspect is the amount of calories you manage to burn away, rather than how many you consume.

This is a fairly simple take on how energy in our body is created by using carbs and fat. Weight loss enthusiasts will always advise you to emphasize more on burning calories and to work intensely. The more you exercise and the more active you keep your body, the more fat you'll burn. Sleeping and sitting still will not get you anywhere in this context. It will only succeed in worsening the condition.

### **The Myth of the Fat Burning Zone**

The slower, or the less intense your exercise, the more fat will be used for energy. This bears resemblance with the theory of the 'fat burning zone' which is basically this: at a certain heart rate zone, which is around 55 to 65 of your maximum heart rate, the body burns the maximum amount of fat. This is a myth and you had best avoid believing in these ridiculous theories!

## What is the Best Way to Burn Fat?

The entire process of burning fat is not as difficult if certain basic procedures like diet and training are maintained. Remember that your body is unlike any others; it's unique and has its own needs and mode of sustenance. The following are certain tips and tricks you'd do well to follow:

Moderating your diet is the very first step you need to take. Reduction of calories, sodium and fat content can be done by, say, substituting a standard tumbler of water for carbonated beverages. This can lead to reduction of 150 calories minimum; depending on the amount you take in. fruit juice could also reduce calories by 50-100.

Sodium, when combined with fat, can lead to retention of water. In males, this is manifested in the abdominal region, while for females, the affected regions are thighs and hips and buttocks. These gains in body mass occur because of poor habits like eating late, eating foodstuff with higher calorie count and a lack of exercise or an active lifestyle.

These rules are necessary for taking care of excess fat. If you happen to break them, you'll start retaining fat. The body's metabolism shuts down completely when you aren't active. This is because calories start building up and lead to excessive body fat. Excess calories remain unused and turn into body fat instead. This slack in metabolism is usually brought on by a lack of exercise or physical exertion. Metabolism must be speeded up if you want to get rid of the excess body fat.

How can you make your metabolism work faster? There are several; ways to go about it but the best option is to opt for cardiovascular exercises. Cardio regimes work your heart muscles. Weight training works too but you don't need to do it to burn fat. Cardio exercises before eating is your best bet. This is because:

While you are sleeping at night, calories which are basically molecules of complex carbohydrates, burn slowly. This is why your blood sugar levels and carbohydrate level are lowered in the morning. Your tummy is empty at this point and it is forced to locate other sources of energy. This is when your body chooses the fat content instead of carbs and sugar to make up for lost energy.

There's another way to hasten the metabolic process and this is by raising the number of meals you have a day. Instead of having two or three large meals, concentrate on having four or five smaller meals instead. Snack meals are a great way to make your metabolism work faster and to reduce your calorie content. Make sure however, that these snacks are healthy; don't turn to fried or junk food for your snacks. Avoid oily stuff altogether. Fruits, veggies, nuts and low-fat foods like yogurt are better options.

The basic system behind fat loss is your metabolism. Concentrate on making this process faster and you can rest assured that your calories will soon be reduced and your fat content will reduce noticeably.

## **Burn Those Calories**

Did you know that we (living organisms) burn calories even while sleeping? Seems hard to believe, does it? Well, it is scientifically proven as a constant physiological phenomenon. Everything that requires activity by the cells (which is almost everything that we "do") needs energy to perform these activities.

Brushing your teeth in the morning, eating lunch, typing out your accounts report on the computer, watching television at night or even taking a power nap on the office couch; all these activities require energy. And this energy is provided by the food that we eat everyday. We all know that burning fat gives us calories which we use up as our daily energy requirement. However, did you know that even carbohydrates (converted into glucose) and some kinds of protein (amino acids) also give us energy? The different sources provide us with energy depending on the type and intensity of activity that we are performing. Intense,

fast work such as jogging in the morning uses up calories burnt by the body fat. Prolonged and less intense work such as carrying a heavy piece of luggage burns carbohydrate calorie.

How much energy we require, how many calories we should consume to provide our body with adequate amount of energy and what the appropriate form of food for all this is, is the basis for a complicated physiological research that has been going on for years now. One thing that one must remember while learning about burning calories from different sources of energy is that no matter what type of activity is being performed; both carbohydrates and fat are burnt for it. It is the proportion of the two sources that changes with the genre and intensity of it.

When you enroll for a weight loss program your trainer informs you about mainly two types of workout: cardio and weight training. The former burns fat calories and the latter burns carb calories. It is a well known fact that burning calories will help you lose weight. However, we burn calories even when we are NOT doing anything: such as, sitting. The rate of calorie burning at this stage is one calorie/minute. But this does not mean that you are recommended to sit in order to lose weight. The idea is to work out for a long period of time with varying intensities of exercise at several intervals.

Burning carb calories is known as anaerobic fat loss. Needless to say that fat calorie burning is aerobic fat loss. The former burns less fat compared to the latter with respect to a period of time. But during a prolonged session of exercise anaerobic fat loss is higher in effect than aerobic fat loss. Therefore, it is always recommended to follow a long workout session instead of a short one.

However, one needs to concentrate on burning both kinds of fat in order to actually lose weight effectively. Brining only one type of fat will not give you the desired result.

## The Ideal Amount of Cardio

Cardio workout is mandatory for those who are looking to lose those extra pounds off the scale. However, how much cardio one should do in order to lose adequate weight within a certain period of time depends on the intensity and the time of the workout. It also depends a lot on the metabolic rate of the individual. Some people burn calories faster than others. Therefore, they burn more calories per minute than others.

While trying to shed weight people mostly concentrate on short, intense cardio workouts rather than prolonged weight training or stretching. One needs to calculate well in advance regarding the time and the rate at which he r she burns calories so that it is easier to determine what sort of exercise one should perform and for how long it should be.

Exercising regularly for the majority of the days in a week not only helps to keep some weight off your body, it also controls the health positively. Those who are into regular workouts have a better heart condition, stronger control over blood sugar since exercise affects the insulin absorption of the liver, as well as cholesterol and asthma conditions. The U.S. Center for Disease Control and Prevention and the American College of Sports Medicine advise adults to perform at least half an hour of intense workouts at least 4 days of the week to stay fitter than those who DON'T exercise.

Most people don't follow through with their workout regimes since they don't experience the desired results within a short time period. Due to this reason most people don't benefit from working out. One needs to understand that we are all physiologically varied. Therefore, the routine that works on someone who already has a high metabolic rate will not be sufficient for one who has a lower one. Depending on the body type and the lifestyle of the individual the Institute of Medicine and the USDA's Dietary Guidelines suggest one to one and half hours of workouts for five days of a week at moderate intensity levels.

## **Can Exercise ‘Burn Muscle’?**

Well, the reason why almost all workout regimes recommend a combination of cardio as well as weight training is because it takes different levels of workout intensity and exercise activity to burn fat calorie and muscle calorie. Cardio training will almost never burn muscle fat since it is to do with fast, rigorous short spurts of exercise. This is good for burning fat calorie and for losing excess water weight from the body. But muscle fat can only burn through moderate intensity of weight training for a long period of time so that it strains the muscles enough.

## **Will More Muscle Rev Up Your Metabolism?**

Building up muscle requires adding to the muscle mass of the body. This requires serious changes in food habits and piling up of proteins in the body. However, weight training to tone the muscle will not help in building muscles. In fact, controlling food habits and weight training to tone up go directly against adding to the muscle mass. Weight training tones the muscles and burns muscle fat which makes one lose excess muscle mass. Therefore, physiologists like Dr. Joseph Donnelly found no evidence in their research that adding muscle mass had anything to do with weight loss as a whole.



## Tips on Shedding Excess Tummy Fat

**How to get rid of the undesired layer on your stomach?** Everyone, you included, would like to have an answer to the ever-persisting question of how to shed stomach fat.

Sadly, this question does not have a **single** answer because **one** thing by itself cannot help you get rid of the tires on your tummy. The answer, however, does include hundreds of crunches as part of the solution!

You cannot just work out every day and expect washboard abs if you follow it up with fast food, fried foods and processed foods which induce excess fat and cholesterol and have high calories. You can do as many sit-ups as you want, and twice as many crunches, but you'll still find that the flaccid layers refuse to budge! So you cannot just do one thing and pay no heed to the rest of the requirements.

The most fruitful way to go about shedding your tummy fat is to work your entire body as one unit using a three-stage method— with each stage working mutually to building muscle, shedding flab, and yielding the optimum effects for your stomach.

### ***Interval Training to Burn Tummy Fat***

Reasons why Interval Training is the most effective cardio exercise to lose stomach fat and better than any other cardio workout:

Burning tummy fat is not about time or distance traveled, but about the **intensity** or **force** and “intensity cycling”.

Investigations show that interval training— fluctuating between low-intensity and high-intensity— is the best method for burning calories. When the workout is conducted at a higher level of intensity, actual body fat is burnt— not only the calories that have been consumed on that particular day.

Additionally, a higher intensity level workout will rouse your body's own natural growth hormones, which help reduce more calories, enhance your metabolism, and help in making your muscles stronger.

The best part is that your body will go on burning fat even hours after you've completed your workout. Another bit of good news is that it is easier and faster to burn tummy fat than burning any other kind!

However, most people still insist on maintaining the regular, slow steady 30 to 45 minutes of workout for days on end. The biggest misconception that runs around is that more calories are burnt by opting for lengthier cardio exercises.

Working out for 30 to 45 minutes is absolutely wonderful. But if those minutes are spent on low-intensity and slow paced workout routines, no calories are really being burnt! You need to exert yourself as much as you possibly can. Just like all other aspects of life, you cannot expect exceptional results if you put in mediocre efforts.

The question that remains, however, is that how many of us can actually spend 30 to 45 minutes exerting ourselves to the maximum level? We simply cannot. It is not humanly achievable. Our bodies are not made for that kind of labour. We must be allowed minimum respite.

This is the biggest reason why interval training is the most effective kind of cardio workout for losing tummy fat. Interval training allows the body to recuperate and ensures that we can continue high-intensity routines repeatedly. This is mandatory for shedding stomach flab, and it allows our bodies to function in the way they are meant to.

Also, doing the same old exercises day in and day can get really tedious and boring. The body will eventually hit a wall where the same exercises will stop yielding the same kind of results they gave at the very beginning. The routine needs to be updated regularly for the reduction to be fast-paced.

Doing cardio for too long a day can lead to muscle degeneration and result in a slower metabolism process. For example, we can consider a marathon runner's physique—a person who runs long distances and gets lots of cardio. They are all very thin and gangling and seem to have little or no muscular enhancement.

Once you compare the marathon runner's body to that of a sprinter, some who runs short laps and does high intensity training, you will immediately notice the difference. Though a sprinter is not bulky in build, his/her body is very lean and has good muscular proportion. This is because they possess many fast-twitch muscle fibers which they acquire by alternating between short sprints and high intensity workouts. This is an ideal example of interval training.

Some basic interval training routines have been discussed below. These will definitely help you shed your stomach fat rapidly.

**However, you should make a note that** you must not leap into interval training at the very beginning. You should first train your body by doing regular 30 minute aerobic routines that go at a steady pace and are essentially low in intensity. You should maintain this routine for at least three months before you consider advanced cardio workouts.

Even if you are a novice to interval training or resuming after considerable gap, you should not be discouraged. To increase your sustenance for interval training, you should train your body on low-intensity workouts— you could start by going for short walks or jogs for 5 to 10 minutes 4 to 7 times per week.

Once you have a body that has enough endurance, you can gradually move your time up to 30 to 45 minutes of running at a stable pace 4 to 7 times a week. Once

you find your body accepting the exertion without much difficulty, you need to graduate to some serious calorie burning complete with an interval training routine.

### **Beginner's Tips**

- Start out with relaxed warm-ups of 2 to 3 minutes of brisk walking or light sprinting on the treadmill. This will help loosen up and your muscles will be relaxed.
- Run at medium pace for about a minute
- Then you should sprint for another minute or so
- Again slow down to the jogging pace and do that for a minute
- After all this, you should walk for a minute
- Go on repeating these four steps until you have done for about 20 minutes. To ascertain right intensity, you should ideally not include the warm up period in your total.
- Once you're done, you can calm down and stretch muscles.

**Note on intervals:** - the jogging part that you do before and after you sprint can be entirely voluntary. It is not mandatory.

***Interval Training tips:***

For example, once you've finished your run, you can slow down to walking or jogging again. Jogging is included in the routine because it is a form of relaxation after continuous exertion. If you want to do away with the jogging, then you'd have to walk for about a minute. You can however, increase the time span to about 90 seconds or 2 minutes there.

Plus, before you begin your sprint, you should try going from jogging to sprinting. This is because jogging has a higher pace than walking and therefore be better for the interval training where the transition from medium to high pace would be easier than from slow to high pace.

If you jog first, you can build up awesome momentum for your run. This is definitely a better option. The choice still rests with you and this is just one of the variants of interval training. Either way, you will definitely shed some excess baggage off your belly and you can also get creative with the routine. This article can serve as a guideline and you should hesitate from turning the pace up a notch.

Your heart rate should range between 80 and 80 percent during the high-intensity runs, and should be steady at about a 60 percent of less at the time of the low-intensity walking and jogging recesses. Your heart rate is about 220

subtracted from your age. If you are perfectly fit and in good shape, it comes to 210 taken from your age.

## Thigh Fat Burning Exercises

Are you depressed because you have what is known as thunder thighs? Don't give up hope on ever attaining slim and attractive thighs. There are ways of getting rid of the extra thigh fat and toning the thighs. Exercising the different areas of the thigh is bound to burn fat and give you shapely thighs.

You can achieve slimmer thighs in two ways: You can lose weight in all areas and eventually the difficult spots will also shed fat or you can firm, tone up and reduce thigh fat quickly through the best thigh exercise. Fat will burn indirectly through thigh toning. This is because the best thigh exercise raises metabolism resulting in calories burning at a faster rate. Results will be quick if regular aerobic exercises accompany the best thigh toning exercise.

Basically there are three areas on the thighs where you have to work on. If you are aiming at shapely thighs you must work on each angle of your thigh separately. The three sections are quadriceps, hamstrings and hip adducters. Each will require a special set of exercises.

### ***Quadriceps Exercises to Burn Thigh Fat***

- Side Lunge: Stand straight with your legs apart. The gap between your legs should be hips' width apart. Now step over to the left, so that your knee bends. Next push off of your left foot and return to the starting position. Repeat the same procedure for your left side. Follow this routine for 5-10 times on each side.

- **Step-up:** Using your left foot, step up onto an aerobic step or the bottom stair of your house. For this exercise, you can also utilize a bench that is of knee height. Step back down your left foot and step up your right foot now. Follow this step-up routine by repeating it 5-10 times on each side. You can place a barbell across your shoulders to provide greater resistance.
- **Walking Lunge:** Take a huge stride forward so that your front leg bends at a 90 degree angle and your back knee almost touches the ground. Now exert and pull yourself up to a standing position with the help of your front leg. Do the same thing with your other leg. Walk across the room repeating this exercise. You can add a barbell across your shoulders to build up resistance.

### ***Hamstring Exercises to Burn Fat***

- **Lying leg curl:** Lie on your front on a bench and bend your legs backward towards your buttocks. This exercise is quite effective if you attach a cable to your feet while exercising. Repeat this till your hamstrings ache with fatigue.
- **Standing leg curl:** Stand straight with your feet shoulders' width apart. Take your left foot towards your buttocks. Rest your left foot by bringing it down. Now repeat the same with your right foot. You can avail of machines at the gym that will add more resistance to this exercise. Wearing ankle weights is another option to increase resistance.
- **Good morning:** This exercise resembles a bow. Stand in a stationary position with your feet together and your knees straight. Bow down from the waist all the while keeping your knees straight. You should lean forward slightly to ensure involvement of hamstring. Now come back to original position and repeat the exercise again for a number of times.



### ***Hip Adductor Exercises to Burn Fat***

- Leg lifts: Lie down sideways on a mat or a bench. Stretch your arm above your head and rest your head on it. Now lift your leg high quickly and then lower it slowly. But do not let it touch the ground. Raise it again immediately and practice this 10 times. Switch to your other side and repeat the exercise.
- Standing hip adduction: The above exercise can be done standing up. You will have to balance yourself on one foot. Next, keeping the rest of the body straight, raise your left leg to the side. Slowly bring your leg down and allow it to lightly cross your right leg. Then without touching the floor take your leg up again and repeat the exercise. Take a break and then do the same for the other leg.

Note that many of these exercises can be done with the accompaniment of cables or exercise machines to add extra resistance.

### ***Squats for Toning Thighs***

Muscle toning will help you lose thigh fat. Squats are the perfect exercise to tone your thighs. People often think that doing squats leads to bulky thighs. But this does not happen unless your trainer wants it. Moderate exercise in the form of squats leads to quick and effective toning of thighs and buttocks. When a muscle is toned, a slight growth takes place. To continue this growth, for the thighs to become enlarged, the trainer needs to continue squats with progressively increasing intensity level. Thus it is easy to control thigh size while doing squats. You just have to control the intensity level. You will achieve toned thighs quickly but stop if thigh size increases.

You must follow a routine while doing squats. A good workout roster would be doing squats three times a week on alternative days. You can start off on an easy note by just using your body weight for 2-3 sets of 10 squats each. Slowly you can build up your resistance over 3-4 weeks.

***Aerobics Exercises***

There are aerobic exercises which would be most beneficial for fat reduction around the thighs. These would be walking, rowing and other exercises which exert the thigh muscles as well as other important muscles. The simultaneous working of the thigh muscles along with other groups of muscles result in more calories burned per minute. These exercises are recommended at an easy pace for 20 minutes or so. Anaerobic exercises such as squats can fit into the same day before aerobics activity. Or they can take place on the days between aerobics sessions.

Follow this schedule sincerely. Once you do that you can be assured of well toned, slim and shapely thighs in no time!

## What Should you do to Reduce your Underarm Fat?

To ensure maximum arm fat burn-out, you have to go for the cardio exercises, and then use all those machines to pump up your arm muscles. You can follow some cardio exercises which speed up the process of fat reduction.

- The Elliptical Trainer works best for all those people with joint problems who do not prefer to walk or run. You can use the handles in this trainer that will help you to get an overall body muscle toning, that will eventually show off in your thinning arms. You can even adjust the levels for increasing the intensity of the work out as well, and burn off more fat. But take heed- do not over do anything or you will stress yourself out and even develop a muscle cramp.
- You can use the rowing machine to give your back, shoulders and arms the perfect tone and built. This exercise is for the entire upper body work out, and you can pretty much focus on a single part for selective fat burn out. You can vary the position of the way you hold the handles in order to do that. For example, you can hold the handles palms-up, which will help you to work on your biceps more. If you hold the handles palms-down, you will be toning your shoulder and chest muscles more.
- Running or jogging is always a great option for all youngsters who do not feel like being cooped up in four walled gym rooms. This exercise is the

best of them all, since you will be able to burn off the fat from your entire body without losing much time at it. As you run, your heart beat speeds up, your body metabolism reaches the peak, and you burn off more calories. Moreover, this exercise helps you to sculpt and shape your buttocks to make them firmer and more appealing. So next time you go to the dance floor, men will be squawking at the sight of your booty!

- You can go for the strength training where you can lift hand eights along with your cardio exercises. You can opt for various methods to bring your arms back to shape. You can do the biceps curls, where you have to hold the weight with palms facing up, and curl the weights towards the chest. You can do the upright row, by holding the weight palms-down and then pulling them up to the chin level. Try out the triceps kickbacks, where you have to bend over, and then hold up your arm at 90 degrees and contract your triceps. You can also start with the overhead presses where you have hold you weights at your shoulders with your palms facing towards each other and then press them overhead , and lower.

## **How can you Burn off the Fat in your Buttocks?**

You can get those shapely legs and wonderful, tight butt like that of Jessica Alba! Just follow certain training programs which are given below:

- Do walking lunges. All you have to do is bend your knees, push your chest out and your midsection firm. Your back should be straight. Then, push up and lunge forward, dragging the other leg the same way. Keep on repeating the process a few times.

- **Pile Squat:** In here, you have to keep your legs apart, and then with your back straight, and head facing forward, you have to hold a dumbbell at an arm's length. Then bend your knees and go as low as you can without bending forwards. Then push up, all time making sure that you squeeze your buttocks and inner thighs.
- You can start with the Dumbbell Stiff legged Dead lift. Here, you have to keep your legs close, but a little apart from each other. Hold your dumbbells at an arm's length. Then bend forward, so that they are touching your ankles. Then straighten up, with your midsection firm, and butts squeezed. This should be done perfectly, and repeated for maximum effect.
- Try the reverse lunges where you have to first stand with your back straight and midsection firm and legs together. Then put your left leg to the back, and bend your knee until it touches the floor. Then push up, and come back to the original standing position. Make sure that you squeeze your butt while doing so.
- You can even use the exercise ball, where you have to lie down on top of it, with your hips and stomach resting for support. Stretch out your arms and hold onto something- the edge of the table or a bench. Then lift your legs up, and then hold it till you count 1 and 2. Then, put your legs down and then repeat the exercise again. This will work very well to bring your stomach and butt back to shape.

These exercises are the best way to keep your body in shape. You will be able to fit into any dress, and you do not have to worry about not slotting into the style group anymore. These exercises will change your life, only for the better!

## **Burn Excess Fat off your Face with Exercises**

The face is one area of the body which amasses fat quickly, especially so when a person is putting on weight. The two most heard complaints in the facial zone are chubby cheeks and double chins. Chubby cheeks actually suit some people's faces, but the vast majority feels that chubby cheeks contribute to swollen, bloated faces akin to balloons. Double chins are unanimously hated by everyone for the simple reason that it makes the face disproportionate. Some are even desperate enough to undergo surgery to be rid of this excess fat.

Removing facial fat can be problematic. But don't despair. It can be achieved with hard work and dedication. The perfect face will require trimming and firming and this will require time. But if you commit yourself to acquiring a perfect face then it will be easier than you think.

Before embarking on facial exercises you have to get a few things right:

**Reduce overall body fat.** Regular exercise is your best option. Exercise will trim your entire body including your face. You can do aerobic exercises such as walking, jogging, running and cardio exercises such as swimming and rowing.

**Drink lots of water.** To hydrate your body you should have at least two liters of water daily. Puffy cheeks are usually the result of bloating. Bloating is a condition that occurs when your body has insufficient water intake. So drink water and get a leaner face!

**Avoid too much salt.** Excess salt intake can be the cause of water retention in the body leading to bloating.

**Get a facial massage at a spa.** A facial massage is the equivalent of exercising at the gym. A massage also increases the metabolism of your face implying leaner and toned face. If you don't prefer spas you can buy massaging products and massage your face at home.

### ***Exercises for Double Chin***

You can correct your imperfect chin by doing facial exercises. These exercises help to strengthen the muscles, lift the skin and also burn under-chin fat. If you do these exercises regularly, once or twice daily, you will start feeling the difference after two weeks. The following are the exercises:

Sit down in a straight posture. Next tilt your head backwards. Throughout this exercise pull down the skin of your neck with your hand and keep your collarbone high. Draw your lower jaw forward and keep your lips pressed tight. Maintain this for 2 seconds and then release. Take two second's rest and repeat the drill again. Do this about 30 times daily. You will be able to feel the skin and the muscles of your neck stretching. Doing this exercise makes you look like a fish in the aquarium.

Lie down on your back with legs stretched out together and hands on the ground by your thighs. Next tilt your head forward so that you press your chin to your chest. Maintain this position for two seconds. Release by slanting head back. Again slowly press your chin to your chest. Repeat this at least 25 times.

Lie down on your back with legs stretched out together and hands on the ground by your thighs. Raise your head so that the chin becomes the highest pinnacle of your head. Maintain this position for two seconds. Release by laying your head down on the ground. Repeat this 30 times. You will be able to feel your neck skin stretching.



***Breathing Rules while Exercising***

Correct breathing rhythm is vital when exercising. Be particular about matching the rhythm of your breath with the rhythm of your movements. For instance, breathe in as you raise your head and breathe out while laying down your head.

## **Eating Right for Burning Fat**

The first thing that you need to do if you are planning to burn all the extra fat in your body to gain a better physical health and shape then you need to follow a few steps in the order that they are mentioned below, cumulatively as you complete one. Hence, once you have completed the first step, try doing the first and the second step together, and so on.

### **First Step:**

You need to maintain a strict record of what you eat and how much of it you eat during the day for the first seven days of your new regime. You can also note them down if it is difficult for you to memorize it. Don't check your weight while you are performing this task. It will discourage you from progressing to the following steps. Once you have a thorough record of your food habit along with the number of meals and the quantity in which you consume them, you can proceed to the next step of this exercise.

### **Second Step:**

Weigh yourself. This should not be a one time activity. You need to check your weight at different points of the day while maintaining the same diet that you usually do. This will show you the fluctuations in your weight before and after consuming meals, in the morning when your stomach is empty, and at night before going to sleep.

### **Third Step**

You should continue doing step 2 and incorporate step 3 simultaneously. This step basically deals with modifying your diet completely. The first thing you need to do is chuck all the rubbish from your daily diet out. This includes excess sugar

(aerated drinks, ice creams, cakes, chocolates and pastries), excess carbs (white bread, white rice and refined flour) and oily items (burgers, pizzas, French fries, butter). These should be replaced with fresh vegetables and fruits. All the food items in your daily diet that were fried initially should now be eaten boiled or broiled without butter or oil. You should avoid eating between meals. In fact cut down the three huge meals of the day into six small meals so that you are full most of the time. Small meals help to curb the craving for food. If you are a heavy coffee or tea drinker then the chances are that you have a lot of sugar with them as well. Either replace sugar with sugar substitutes or replace the drink itself with fresh fruit juice, water or flavored water.

You would be surprised at the number of options you have when it comes to making meals out of vegetables and fruits as long as you are imaginative. Make salads out of leafy vegetables and use olive oil as the dressing. This is low fat oil that is also healthy. Use non fat cream if you want it in your salad. Toss in a few soybean balls soaked in vinegar to add taste.

Go for lean meats and fish which have low fat content. Observe the portion of a square piece of meat. Now slice it up and take the same observed portion of the sliced version. You will realize that the quantity is smaller in the latter case. If you like nuts then avoid the high fat ones like cashew and peanuts. Have pistachios and almonds instead. Go for the unsalted ones as additional salt in your diet will only make you more hungry. Drink lots of water during the day to avoid dehydration. It also helps to stay full.

Whenever you are hungry choose to have popcorn as snacks. A peanut butter and jelly sandwich made out of whole wheat bread is also an excellent option. The idea is to reduce the quantity of your food intake gradually. This should be adequately balanced with a replacement of the items in your diet with low fat and high fiber content materials.

Balance out your meal by checking which item of food adds on to your body weight after consuming it the most. You can see this simply by weighing yourself after each meal. In fact you can gain up to a pound for every heavy meal that you eat. The easiest way to keep the things you eat in check is to look at their density. If the food is of high density then it is bad for you. In fact dense food will add to your physical density; it is a simple equation. Therefore, it is very important that you stay away from greasy or sugary food. If you don't control the level of sugar intake on a daily basis then you will not see a change in your weight anytime soon. The idea of burning calories off your body has two ways of logics working at the same time: firstly you have to burn more calories than you consume everyday; secondly you have to burn enough calories to start affecting the stored fat in your body as well, which takes extra work regularly.

The best way to keep a check on the changes in your weight once you incorporate these modifications into your diet is to use the scales as often as you can. Although the result of it might be depressing during the initial stages, it is the only way you can control what you eat and how you work out the calories.

## **What are the Healthy Foods to Eat during the Weight-Loss Regimen?**

Whoever said that beauty lies in the eye of the beholder was either a nutcase or far too behind his times. Beauty is what is defined by the high gear fashion magazines that sport thin women with pouty lips and sticks for legs. Whoever said that zero is an undesirable number? Size zero is the in-thing now.

This is an age where diet and skimpy meals rule, where you have to carry a microscope to spot your tiny food on the plate, where you have to suck in your innards as you squeeze yourself into those tight dresses. This is an age where the renaissance women of Leonardo de Vinci, Michelangelo and Botticelli will seem too voluptuous and fat to be called real beauties.

Well, if the mirror tells you that you would have rather been a happy woman in the renaissance days than in this present century, and if you keep on wishing that history repeated itself soon so that a few extra pounds could be seen as complimentary rather than a hideous feature, it is time that you zip up your mournful tales, and get back to action.

Well, yes, exercise is indubitably the right solution to get back to shape, but you need to watch the food that you push down your throat. What should you eat so as to stay healthy, not starve yourself and reduce the extra kilos that wobble as you walk? Well, the trick is not to just pass your days pathetically on a few fruits and salads and excessive water, but to eat right, and eat heartily.

There are certain foods that will help to kick the metabolic rate in your body right up, and also carry certain minerals and nutrients which speed up the kilo-shedding process. These foods keep your stomach full all the time, so that you

do not start grabbing those cans of cold drinks and junk treats. So what are these foods? Take a quick look below to find out!

Apples:

They are not only for keeping the doctors away, but also that wobbly yellow fat off your system too! An average size apple contains no fat, sodium or cholesterol. It supplies your body with only 81 calories.

- The apples increase the glucose level in your blood safely and slowly so that you feel fuller for a long period of time. This will keep your hunger away so that you do not keep on bloating up with excess foods.
- They are one of the richest sources of soluble fibers. As Dr. James Anderson of the University of Kentucky's School of Medicine says, these apples prevent sudden drop in the glucose level, and thus keep you feeling satisfied all day long!
- The apples lower the cholesterol and blood pressure levels in the body, and this will ensure you good health.

Meat:

- Turkey and beef are the excellent ways to boost up your immune system, and build up muscles.
- However, the basted turkey which you have on Thanksgiving Days is mainly ladled with extra amount of fat; and the beef too, contains saturated fat in oodles.
- It is therefore better that you eat only the lean cuts of meat, by looking for "loin" or "rounds" on the labels.
- Another way of pushing up the protein level in the body is to eat fish like tuna and salmon.
- They contain omega-3 fatty acids which are healthy fats for your body. You should consume fish at least 3 times every week.

**Berries:**

Want cakes and pastries? How about Blueberry tarts? It is very necessary to sweeten you mouth after a hearty meal, is it not?

- Berries are the perfect dessert for you. They have natural fructose sugar that adds the sugary sweet flavor in this fruit.
- Berries also contain natural fiber, and researchers have found out that insoluble fiber in vegetables, fruits and grains lead to less absorption of calories. So this will ensure that you do not add more inches to your waistline.
- They also have potassium which helps in maintaining the level of blood pressure.
- One cup of blackberry amounts to 74 calories, blueberries 81, raspberries 60 and strawberries 45.

**Broccoli:**

- One cup of broccoli contains only 44 calories.
- It is very adept in fighting off cancer, since it has loads of cancer fighting chemicals like indoles, carotene, 21 times the RDA and vitamin C and calcium.
- A good broccoli is deep green with no yellow flush, and the stem is always firm.

**Buckwheat:**

- One cup of buckwheat amounts to 144 calories.
- It is perfect breakfast ingredient, being used to make pancakes, cereals, soups, breads and kasha.
- Medical Science reports its excellent effect in blood sugar regulation, resistance to diabetes and lowered levels of cholesterol.

Cabbage:

- One cup of shredded cabbage equals to 33 calories only.
- It fights against colon cancer.
- It ensures longevity of life.

Carrots:

Ever wondered why Bugs Bunny always stays so thin? That is because he eats carrots all day!

- Carrots promote good health by fighting against fat storage.
- 
- A medium sized carrot is of 55 calories.
- It contains the cancer preventing nutrient, called beta-carotene.

Corn:

- This grain is good for health. One cup of cooked kernels contains about 178 calories.
- According to the University of Nebraska, the corn has proteins, zinc, iron and potassium that is necessary to maintain a good figure.

Fish :

- An average four ounce fish contains of about 90 calories in an abalone, to 236 calories in a herring. Water packed tuna has 156calories.
- It is hard to put on weight while eating sea food.
- Fish contains omega-3 fatty acids that help in building good proteins.

Figs:

- Figs are rich in fiber and an average medium raw fig is of 37 calories, while the dry fig is about 48 calories.



- USDA released reports stating that figs help in inducing a feeling of contentment that prevents the risk of overeating.
- You can poach them up in fruit juices or fill them up with white cheeses, or with other fruits. They make excellent dessert items.

### Low Fat Dairy Products

Dairy products are an extremely crucial part of one's daily dietary requirement. This is especially important for women since they need extra levels of calcium intake in order to avoid diseases like osteoporosis. Research shows that women who consume dairy products of the low fat type which includes yoghurt, milk and cottage cheese tend to burn off more calories than those who avoid dairy products altogether. Another report provided by those at Purdue University claim that women who avoid calcium containing products like dairy items tend to put on 70% more weight than those who don't do so.

Therefore, it is always better to include dairy products in one's daily diet as long as it is done under limits. The best thing to do in such a case is to choose the low fat products.

### Beans

Types of beans such as navy beans, Lima beans white and kidney beans are good for the body since they provide protein, fiber and iron as nutritional benefits. However, overeating can cause problems with digestion. There are certain kinds of beans that should be avoided at all costs: these are the baked and refried ones. The former contains unnecessary amounts of sugar and the latter is full of complex fat. Neither of the two is needed for someone who is trying to put off weight. The trick to consuming beans without causing digestive complications is to cook them thoroughly so that the breakdown of some complex proteins contained in the beans becomes simpler for the body.

### Oatmeal

Have you ever wondered why there are so many advertisements by the health food giants, all of which are encouraging people to consume more of oatmeal as part of their daily dietary regime? This is mainly because oatmeal is one of the healthiest fibers available. It helps to absorb the cholesterol in the body, keeping you healthy and fit. Although there are many delicious flavors of apple, banana

and cinnamon available, and it is tempting to make them with butter and sugar, if you want to keep the health quotient on this food item high then you should have the unsweetened, unbuttered one with milk and freshly cut fruits. All those who said that oatmeal is not delicious enough should make porridge out of it and see how wrong they are!

### Olive Oil

Ever heard of oil that is GOOD for you? Well, olive oil is! In fact it contains certain “essential fats” that is needed by the body. The more extra virgin your olive oil is, the better benefits you derive from the monounsaturated fats contained in it. Olive oil is best had with salad tossed in them or meat cooked in it. Not only does it add immensely to the flavor of the food, but it is also good for your body!

### Whole Grains

Although the current fad is all about avoiding carbohydrates as part of your diet, there must be a reason why they exist. In fact fifty percent of your daily energy comes from burning carbohydrates. Therefore, your body definitely needs them. And if you exclude them from your regular diet your body will start craving for them. This will either result in you consuming extra carbohydrates or the metabolism of the body slowing down.

The kinds of carbohydrates that should be avoided are the ones that are refined: to be specific, the white carbs. Therefore, avoid white rice, white bread and white flour. These are stripped of their husks and therefore, result in low nutritional value. You should have the brown carbohydrates which are natural and high on fiber. Whole wheat bread and brown rice are the good carbs.

These foods will always ensure that you eat healthy. There will be no need to starve yourself when you go for your weight-loss program. These foods are nutritious, tasteful and highly beneficial in every possible way.

Concentrate on consuming high doses of those food items that burn fat if you simply eat them! Haven't heard of fiber and protein yet? Well, the body requires more energy to digest protein and fiber keeps you full for longer periods of time as well as cleanses the system.

The common notion about consuming eggs on a daily basis is the formation of high cholesterol level. Although the matter is not as grave as it is made out to be, it is true that excessive amount of eggs in the diet can lead to high dietary cholesterol level which is more potent and absolutely different from blood cholesterol level. In order to still benefit from the protein contained in eggs you can have the egg white by discarding the yolk. Eggs are also a great source of B12 vitamin which are mainly responsible for the break down of fat cells. Egg whites made into sandwiches can be delicious.

Proteins and fiber help to burn fat off the mid section of the body: particularly the tummy.

## **Conclusion:**

Our body functions akin to a machine. We consume food in the form of solids and liquids, convert that into “body fuel” and use that for our daily operations. Our body is equipped to burn a combination of carbohydrates, glucose and fat. What we eat and what sort of physical activity we engage in affects the amount of these important body fuel components.

Generally people will use up their stored fats and carbohydrates if the body fuel is insufficient. So your stored fat can be burned even in the absence of exercising. This occurs when you starve yourself or commence on some diet program.

Here it is important to note that genetics plays a big role in fat burning. Your body’s natural “energy burning” capacity is determined by your genetic make up. So your body’s ability to burn “fuel” depends on your genes. Your genes calculate the initial rate of your “energy deficit” or that portion of fuel that your body stores regularly. Your genes also determine your metabolic rate to some extent. If you have a higher metabolic level, your body will be able to burn fat and cholesterol at a faster pace. Thus higher metabolic rates imply slimmer bodies. Therefore some people are genetically inclined to have plump bodies and others to have lean bodies. Thus people should study their family traits before embarking on an ideal figure.

Are you losing weight for the right reason? For yourself? Don’t try to lose weight aping a celebrity or to please a friend. You are your best friend as well as worst enemy. Lose weight only for yourself. The exception being in case you are severely overweight.

So remember, to lose facial fat you have to reduce fat overall. Eating healthy food and exercising are the cornerstones of a great lifestyle. You will look great

having lost weight. And as the saying goes” health is wealth”, you will reap countless health benefits.

### **Health benefits of fat burning**

- Energy levels will rise
- Blood pressure will fall
- Cholesterol levels are lowered
- Does away with aches and pains
- Better mobility
- Improves respiration
- Improves quality of sleep
- Wake up feeling refreshed
- Prevents angina caused by lack of oxygen supply to heart
- Risk of sudden death by stroke/attack is reduced
- Type 2 Diabetes is prevented
- Improves blood sugar level

### ***Time for a Change***

Have you seen people gawking at you and excitedly whispering behind your back as you walk down the street? Have you heard the woman next to you ‘tut’ ting loudly as you are about to grasp those tempting packs of chocolates? Have you felt it difficult to breathe in your old shirts and decided that the pants were too snug for your belly to wobble freely? If the answer to all these questions is “Yes”, it is time for you to go have a look at the mirror first.

Today’s fashion fiesta serves the ‘stick-thin’, ‘lanky-lean’ and ‘hep-pep’ alley walkers. If you are not one of them, you are not fashionable at all. You are behind times. You are un-cool. To be one of the ‘in-people’ in this trend-craze world, you have to get rid of all those wobbles in your belly, underarms and

thighs. You have to work off the fat, and step up in the process that you need to follow to rip through to the fashion top-lists chart.

When you are told to rip through, it means that you have push harder on the accelerator; you have to zip through like those bullet trains. The first thing would be to enroll into one of the gym classes, and work out daily. There are certain regimens like the above mentioned in this eBook that can always help you the best. You can follow them for the maximum benefit.

Good Luck with Your Fat Burning Efforts!