

Beyond Barriers Personal Training

40 FAT LOSS TIPS

1. EASE OFF THE BOOZE

Alcohol acts like a plug in your bloodstream because it stops your body burning fat as fuel, undoing all the good work done by your healthy diet and exercise regime! Long term heavy drinking also causes muscle loss, leading to further weight gain because muscles help us burn calories.

2. DITCH THE FRUIT JUICE

Fruit juices are full of vitamins and minerals, but they do contain a fair amount of calories too. A 250ml glass of fresh orange has around 100 calories. 1 medium orange contains 60 calories plus lots more fiber which helps fill you up.

3. DO LOTS OF EXERCISE

When you work out, your metabolic rate rockets as much as 15 times, depending on how hard your session is. Once you stop exercising your metabolic rate stays high too, so frequent exercise will keep you firing on all fat-burning cylinders for longer.

4. COOK UP A STORM

People who cook for themselves weigh less than those who regularly eat out. Eating at home tends to involve smaller portions, less fat, and less obligation to finish every last scrap on your plate.

5. KEEP A DIARY

Record your daily calorie intake and exercise. It'll keep you motivated and help you avoid slipping back into old bad habits.

6. SWAP WHITE BREAD FOR BROWN

Foods made with white flour – such as pasta, white bread and white rice – cause your energy levels to rise rapidly and then dip, leaving you hungrier than you were in the first place. Rye bread and wholemeal flour products, such as pitas, wholemeal pasta and brown rice, will keep you fuller for longer. If you don't like the taste, try mixing white and brown rice or pasta and go for multigrain bread.

7. GO EASY ON THE POST-SWIM SNACK

Swimming is often touted as the best sport for weight loss because it burns four times as many calories as running, but research suggests some people get so hungry after swimming they reverse most of the benefits with a massive meal, whereas runners and cyclists tend to feel a drop in appetite following a workout. Don't let this keep you out of the pool but watch your portion size.

8. DON'T CUT OUT ALL FAT

You have to eat less of it to lose weight but good fats, such as those found in nuts, avocados, olive oil and oily fish, are essential for health and can help you lose weight and lower cholesterol. It's the saturated and trans fat you need to avoid.

9. GET ON YOUR BIKE

Cycling to work is a great way to fit exercise into a hectic schedule, but if that's not practical make time for it at the weekend. A 5 mile bike ride can burn up to 600 calories, even at a steady pace.

10. DOWNSIZE YOUR DINNER

One simple way to lose weight is to eat less. Smaller portions will cut your calorie intake, and one way to ensure you don't overeat is to use smaller plates. It's psychological, but it works!

11. BUY SOME SCALES

Not for your bathroom! But for your kitchen to weigh your food. This is another way to make sure you keep your portion sizes in check.

12. RACKET UP

1 Hour of tennis burns a whopping 450 calories, which is equivalent of four and a half bananas!! So play tennis if you like bananas!!!

13. HAVE A GOOD BREAKFAST

Starting the day with a good meal boosts your resting metabolic rate by 10%. Other research shows that people who skip breakfast have lower metabolisms, which makes it harder to shift weight. It's a common mistake - people think that if they skip that buttery toast or sugary cereal they will lose weight. In fact, you're more likely to binge at lunchtime and eat even more than you would have in the morning. For best results you should eat a breakfast that's high in fiber and protein, and even a little fat will help fire up your metabolism. Wholegrain cereals, wholemeal toast with cottage cheese and eggs are all great option.

14. DRINK ICED WATER

Your body will burn calories warming up the water to body temperature! Every little helps!

15. ALWAYS EXERCISE ON A MONDAY

It's the most important session of the week because it gives you a great psychological boost that will fire up your exercise regime and keep you eating the right foods for the rest of the week.

16. FUEL YOUR WORKOUTS

To get the maximum benefit out of your Monday workout, you need to eat the right balance of foods. If you don't fuel your workout properly you will end up burning muscle rather than fat. Consider a Carb rich meal 1 hour beforehand.

17. DON'T DEPEND ON SWEETNERS

Substituting sugar with artificial sweeteners may not aid weight loss because they can cause you to crave more food later. Cutting down on sugar and sweeteners rather than good fats is the best method of weight loss.

18. RELAX

Stress produces the hormone Cortisol, which causes the body to store fat, usually around the waist. Exercise is an excellent way to reverse this process because it helps you lose weight and releases feel good endorphins in your brain. Brisk walking, deep breathing and meditation can all aid relaxation too, and so can getting in the sunshine.

19. SWITCH YOUR RUNNING SURFACE

Running on grass, sand or dirt surfaces makes you work a lot harder than you would if you were pounding the pavements or a treadmill. Soft sand is best, helping you burn up to 50% more calories than you would running on concrete. Adding an incline burns 15% more calories.

20. DRINK TEA

Green tea has been proven to aid weight loss, thanks to a combination of caffeine and phytochemical catechins, which helps speed up your metabolism. Four cups a day can help you burn an extra 60 calories without you even having to break a sweat.

Ginseng tea, in addition to providing energy by stimulating metabolism, ginseng exhibits different properties that can aid in weight reduction.

“A clinical trial reported that obese women receiving Korean red ginseng experienced significant reduction in body weight, BMI, waist hip ratio and food intake in comparison to the group receiving placebo (similar but fake treatment).” Full report:

(<http://www.authorityweight.com/foods-and-herbs/is-ginseng-good-for-weight-loss-what-science-says>)

21. CAN THE POP

Fizzy drinks are full of two things: bubbles and calories. There is one simple way to carry on enjoying the fizz without the fat: a can of Cola contains more than 200 calories – a can of Diet Cola contains five! Making this one swap can shift more than three pounds in one month!

22. DON'T GIVE IN

To stop yourself giving in to temptation, you should first work out what the temptation is. If you eat out choose restaurants more carefully or ask your waiter about healthy options.

23. BALANCE YOUR ENERGY

To lose weight you need to burn more calories than you take in. It really is that simple! * **SHRINK YOUR PLATE.** Restaurants do the opposite to keep you hungry – a lone prawn and a sprig of greens on a plate the size of a satellite dish will have you salivating more! An easy way to eat less at home is simply to use smaller plates. It will reduce your portion sizes while convincing you that you've eaten a big meal.

24. DRINK WATER

Water for your body is like oil for your car. You need it for the processes that keep you ticking over, such as digestion, circulation and even breathing. Dehydration can lead to sugar cravings, fatigue and grumpiness – and it also slows down fat-burning and prevents your muscles from taking advantage of the carbs you're eating. Drink 8 glasses daily – more if you're exercising. Ice-cold water is the best for burning calories. Eight ounces of cold water will burn ten calories more than the same amount at room temperature.

25. WALK

Why Walk? The NHS scheme Live Well recommends that ideally we all walk 10,000 steps a day (about five miles), which burns up to 450-500 calories. But on average we walk only about 4,000 steps a day. It takes about ten minutes to walk 1,500 steps. 30 minutes each way walking to the train station or shops and back easily adds up. 1 hour of walking a day = up to 500 calories a day = 3,500 per week or 1lb of body fat per week. That's nearly 4 stone of weight loss in a year just incorporating a 30 min walk to the shops and back each day.

26. EAT PROTEIN

Happily, eating and digesting food in itself burns calories – and protein provides the greatest food-generated calorie burn. If you eat a 600-calorie protein-based meal, you will burn off a third of the energy contained – 180 calories – just by eating it. This is because of the digestive processes and the extra energy the liver requires to assimilate the amino acids in protein. Good protein sources include eggs, fish, poultry, lean beef and low fat dairy products such as cottage cheese and yoghurt. Less high quality proteins such as nuts and pulses, can be combined to improve their quality.

27. JUNK THE TAKEAWAYS

It sounds simple, yet it's so easily forgotten at midnight on a Friday night after five hours sinking pints of Stella down you or a barrel of wine! Then you crave for that takeaway. It's simple: Fast food makes you fat. It's the worst possible stuff you can eat if you want to maintain a healthy weight let alone lose weight. Curries, pizzas, burgers, kebabs, fried chicken.... Leaving aside the artery clogging fat content, they are all astronomically high in calories and that's before you throw in the fries, drinks, sauces and dips. If cutting out takeaways is the one change you make to your diet, you will lose weight! At least take it a step at a time and start off by cutting back. Change beef burgers for chicken alternatives, change fattening tikka masala sauce for tandoori chicken, or doner kebabs, change them for shish kebabs or chicken kebabs without the mayo.

28. AVOID PROCESSED FOODS

Basically, any food that doesn't exist in nature can be defined as 'processed'. So unless you spend your weekends in the garden pruning your biscuit tree! Or fertilising the ready meal patch! You should have a fair idea what we are talking about! Processed foods, because they have to be manufactured, have things added to them, usually 'bad' things such as hydrogenated oils (fats), sweeteners (sugar) and salt. They also tend to have many of the good things, such as vitamins, minerals and fiber removed, leaving them with a high glycaemic index. The higher the food's GI Number, the faster it's converted to glucose and absorbed into the bloodstream, triggering a heavy release of insulin, the hormone that triggers fat storage. So bin the processed foods for low-GI, unprocessed carbs such as those found in wholegrains, brown rice, beans, nuts, fruit and fresh vegetables.

29. EAT THREE LUNCHES

Breakfast isn't the only important meal. Eating little and often – five or six small meals spaced throughout the day – will keep your metabolism fired up all day long, helping you burn calories. Eating large, irregular meals or starving yourself for long periods will slow your metabolism down and just encourage your body to store fat.

30. FEAST ON FIBER

Fiber is great for helping you lose weight. It takes longer to digest, which means you feel fuller for longer, making you more energised and less likely to snack.

31. COFFEE

Drink your coffee black or if you cut out milk and sugar from 2-3 of your cups everyday over the month, you will shed a pound! You might have heard different things about coffee and the amounts of caffeine it provides. But drink up, because like green tea, coffee has fat-burning qualities that translate into big losses in calories over time. The caffeine in just one cup can boost calorie burning by four percent over the course of two and half hours.

32. CHEW MORE

Obviously you have to chew food, but try chewing for longer before swallowing. If you wolf your food down before your stomach tells your brain it is full, you will eat more. Eat slower and you'll get fuller faster.

33. EAT GOOD FATS

Your body won't thank you if you cut out all fat together. Not all of it is bad and ironically you require a certain amount of it to lose weight - if your digestive system knows dietary fat is on the way, it loosens its grasp on the body fat that it's hoarding in case of emergency. Aim to consume around 50-60grams of fat daily, but avoid hydrogenated vegetable oil – the trans-fat found in margarine, biscuits and white bread – which are bad for your heart as well as your waist line. Go instead for foods containing the healthy unsaturated fats found in olive oil, nuts and seeds, and the omega 3 fatty acids found in oily fish such as salmon, mackerel and fresh tuna, which can help you burn off fat, improve brain power and prevent the onset of heart disease.

34. TURN DOWN THE HEAT

It could be a really cool way to lose weight. Researchers say that cosy, centrally heated bedrooms may be making us fat – meaning losing weight could be as simple as turning down the radiator. Something as simple as sleeping in a cool room for a month could make major difference. While the idea may seem bizarre, the researchers say warmer homes could be a hidden contributor to the obesity epidemic.

35. GET MORE SLEEP

Losing out on sleep creates a vicious cycle in your body, making you more prone to various factors contributing to weight gain. The more sleep-deprived you are, the higher your levels of the stress hormone cortisol, which increases your appetite! A lack of sleep also hinders your body's ability to process the sweet stuff. When you're sleep deprived, the mitochondria in your cells that digest fuel start to shut down. Sugar remains in your blood, and you end up with high blood sugar. Losing out on sleep can make fat cells 30 percent less able to deal with insulin, according to studies. When you're wiped out, your hormones go a little nuts, too, boosting levels of the ghrelin, which tells you when you're hungry, and decreasing leptin, which signals satiety. In fact, sleep-deprived participants in one small study of 30 people ate an average of 300 more calories per day, according to research in *The American Journal of Clinical Nutrition*. And a larger study of 225 people found that those who only spent four hours in bed for five consecutive nights gained almost two pounds more than those who were in bed for about 10 hours, over the course of a week!

36. CHEW GUM

Daft as it sounds, it's true that you can actually burn extra calories by chewing gum – up to 11 per hour! A report by the Mayo Clinic found that chewing gum can burn around 11 calories per hour – this may not seem like a lot but simply chewing gum every day for 4 hours would equal roughly 308 calories burned at the end of the week and 1,232 every month or roughly 1/3 of a pound.

37. GRAPEFRUIT

The grapefruit diet is apparently not a myth. That's what a new study by the Nutrition and Metabolic Research Center at Scripps Clinic has suggested. Researchers there found that the simple act of adding grapefruit and grapefruit juice to one's diet can result in weight loss. "On average, participants who ate half a grapefruit with each meal lost 3.6 pounds, while those who drank a serving of grapefruit juice three times a day lost 3.3 pounds. However, many patients in the study lost more than 10 pounds." Full report (<http://www.medicalnewstoday.com/releases/5495.php>)

One serving of grapefruit has only 53 calories and about 2 grams of fiber. While trying this at every meal may be a bit extreme, this tactic would work well for breakfast. Always check with your GP before adding Grapefruit to your diet, medications can have harmful interactions with Grapefruit.

38. TECHNOLOGY

These days technology is everywhere. It can also motivate, educate and help us to loose fat too. Modern fitness bands can often accurately calculate our daily calorific expenditure. Most notably FitBit has arguably the best software on the market at the moment and can establish your resting heart rate which is a good measure of overall fitness level.

Apps have appeared on the market for smartphones which act as easy to use and very accurate food diaries. These apps often scan in a foods bar code and add to your own personal food diary so at the end of the day you can establish exactly what calories you have consumed. The most recommended app at the moment is free to use "MyFitnessPal" - go check it out.

Using this technology should fully enable you to easily calculate a calorific deficit to loose body fat. Remember less calories in than calories out = weight loss. 3500 calories = 1lb of fat. Keep to the widely recommended 500 calorie deficit for safe and sustainable fat loss to loose 1lb of fat per week! It's really that simple.

39. EAT CHOCOLATE!

Yes Seriously! But not all the time mind. It contains healthy Antioxidants, whereas fast food contains nothing of any value whatsoever and is dripping with bad fats – the one type of fat the body can't burn.

40. DON'T BE PUT OFF

Be prepared to fail. Don't beat yourself up about it if you slip up occasionally by gorging on curry or binging on beers. Everybody's human and we all lapse now and then. Just make sure it doesn't signal a change in your healthy habits and keep on track the majority of the time. IF YOU FALL OFF THE HORSE GET BACK ON THE HORSE!!!

GOOD LUCK!

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Beyond Barriers Personal Training

Jonathan Kappes (Levels 1, 2 & 3 Qualified)
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