

# This is How to Burn Fat

At Fusion Fit, we've found a way to live the fat loss lifestyle. A way of living where you can naturally, simply, enjoyably, and sustainably achieve your body change, weight management, and fat loss goals and live your best life. Whether you have a few pounds you'd like to shed, want to completely transform your body, or simply want to tone up or maintain your physique, health, and wellness, the Fat Loss Lifestyle approach is the way to go.

Teaching your body to burn fat is important for both achieving body change and fat loss AND maintaining your current weight and body composition if you are already happy and at a healthy weight. Having a healthy metabolism is about optimizing fat loss and being able to burn body fat and use the food you consume naturally and without effort.

The Fat Loss Lifestyle moves you away from extremes, dieting, restriction, and yo-yo patterns that are not sustainable. Instead, the FLL is about moderation and balance, understanding your body and creating a way of living (eating, moving, thinking, etc) that works for you AND gets you the results you want.

## So how do you teach your body to burn fat?

Here are the five things you need to know to optimally burn fat so you can reach and maintain a healthy weight.

### Lift weights –

Strength training and weight lifting is the number one form of exercise for a healthy metabolism, fat loss and weight management. When you lift weights, you create changes in your muscle. Muscle = better functioning metabolism, one that burns more calories both at work and at rest. You need to lift heavy enough weights to overload and stimulate your muscles to the point where you feel that burning sensation. You don't get this same effect by doing cardio to burn calories and lose weight. Lifting weights and building lean muscle tissue also creates positive body change. Think shapely curves for women and a lean and strong physique for men.

**How:** Aim for 2-5 days of strength training workouts a week.

### Walk and move –

The magic and benefit of lifting weights happens outside of your training sessions when you are recovering and resting. Rest and recovery don't only come in the form of sitting around, sleeping and eating well. It comes from movement that gets the blood flowing throughout the body which helps shuttle mobilized fat stores to be removed via sweat or urine. Movement from light physical activity, leisure walking, and restorative practices like yoga and tai chi also serves to keep your body mobile and functioning so that you can lift heavy enough weights during your training session needed to get results. The Human body is made to move and be active, not sit around and be sedentary.

**How:** Do 60 minutes of leisure walking or light physical activity of choices daily. You don't need to break a sweat and should be able to carry a conversation fairly easily.

## Sleep and manage stress –

When you sleep you are resetting your metabolism and hormones so they are able to optimally burn fat and build and maintain lean muscle tissue. Stress raises cortisol and when cortisol is high, fat use and burning is low and muscle building is limited. High cortisol, the stress hormone, limits other hormones like growth hormone and thyroid hormone functioning that support fat use and weight management. Stress comes in the form of physical, mental and emotional stressors. Exercise does stress the body, and short periods of elevated cortisol are normal, but when that stress becomes chronic and remains high you get into trouble. Dieting also can raise cortisol because you are stressing the body by eating significantly less than your body needs. Do this long enough and your body thinks it is 'starving' and in turn slows down it's fat burning (aka your metabolism).

**How:** Manage stress through various techniques. Get 7-8 hours of sleep. Exercise smarter and eat wiser – this means stimulating the body just enough to create positive changes, and eating just enough to sustain your needs without consuming too much. A less significant calorie deficit if you are going for weight loss is more reasonable and effective.

## Eat when hungry not when not –

The food you eat when not hungry has to go somewhere, and you may as well have it go somewhere useful. If you are an athlete or have a decent amount of muscle and lift weights regularly, there's a greater chance you will be able to use what you eat as fuel or store it as glycogen (a fuel source needed for exercise and training). But if you consume too much, aren't able to use what you eat, and don't regularly lift weights you're more likely to store any excess food you eat as fat. Overeating is one of the greatest causes of weight gain and fat storage. Ultimately, weight management and fat loss comes down to calorie balance. Your body has a way of telling you when it needs fuel – through hunger, but when we ignore these cues by either eating when not hungry, eating past fullness, or waiting too long when we do feel hunger, these innate signals become impaired.

**How:** Simple, eat when hungry, not when not. Doing so and consuming the RIGHT types of food (see below).

## Consume the right type of food –

Good food choices are satiating (turn off and manage hunger) and satisfying (curb cravings and appetite). Pair both of these factors into what you eat and you're on the right track.

**How:** Choose primarily quality protein, healthy fat, and some nutrient dense produce (veggies and some fruit), round out your meals with some flavor and maybe some starch (carbs). Choose foods that are personally satisfying and appealing to you so you are enjoying what you eat.

Want more specific coaching, guidance and accountability? Fusion Fit has various options from DIY Training Programs, Group Training, Online Coaching, and eCourses or programs. Learn more at [www.fusionfitgym.com](http://www.fusionfitgym.com).