

KEEPING YOUR WEIGHT IN CONTROL

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I want to lose weight! I exercise 3x/week and burn 300kcal each session!

Before putting any goals, and build expectations in terms of weight loss, it is very important to understand a few things. You have to get it right that weight loss today has to be measured in inches and not in kilograms. Exercising 3 times a week, burning 300Kcal per workout session is unfortunately not enough exercise to accomplish what you like to achieve. First of all, because you do not know what kind of fuel your body uses to burn 300Kcal. The body will start burning fat only after 30 minutes of continuous exercise. It also depends on what kind of exercise you do. If you do weight training you will build muscle and use mostly carbohydrate for fuel and not fat.



Fat burning, however, depends on a few things. You need to choose a cardio exercise -- which is low intensity and long enough, so your body will start to use your fat depot for energy, and eventually burn off your problematic areas. This will result in inches of loss from your abdomen, hip and thigh. Using fat for energy will be possible in the body if your cardio workout accumulates large amounts of energy cost. For this, you need to exercise 45-60 minutes and every day. It has to be low intensity -- you work as hard as you can talk but cannot sing-- This exercise does not have to be involving going to the gym. The best fat burning exercise is brisk walk, but every day for 45-60 minutes.

Secondly, burning fat depends on what you eat, starting from 2-4 hours before exercise. If you eat high Glycemic index carbohydrates (rice, ripe banana, white bread, or drink sport drink or juice) the consequent high blood sugar and insulin does not let you use fat for fuel--you will only use your stored carbohydrate and the food you ate during workout. If you eat a low Glycemic index meal (whole meal bread sandwich, veggies with dhal and fish, oatmeal) 2 hours before workout and a low GI snack (one piece of fruit like orange, apple, pear, pine apple, guava) the slow release of carbohydrates will keep your blood sugar and insulin level stable, so your body will be able to use your own stored body fat for fuel.



Having appetite for rich food is okay as long as the food is flavor rich, fatty and oily. Fatty food is usually comforting and most people eat these foods to compensate for something else. You also need to distribute your kcal evenly during the day, and eat most of your food before 7pm. You should eat dinner by 7pm and have only light snack, a fruit after that time.

Look into the psychological part of your eating. Get that sort out then look into lower fat but flavorful cooking and do your walk every day. Go to the gym for weight training twice a week -- using low weight with high repetition, to shape your muscles. You will see the amazing result. You will have a clear head, healthy body and optimized body weight body shape and most of all optimal body fat content. Target your health and weight loss will be by product.

