

## The Low Down on Fat Loss

Lets face it, a large majority of people carry out their exercise routine week in week out with one goal in mind....fat loss! Everybody wants that ideal body that you see in all the magazines, one which you would be proud to unveil at the beach on your summer holidays. People refer to this goal as all manner of things, weight loss or 'toning up' being the most popular. However the most accurate term is fat loss, it is the excess body fat that you are carrying around that is not only hiding the inner hunk or goddess within but also having a negative impact on your health.

So if it's such a common goal and there are so many 'experts' and wonder products out there to help us, how come so many people never achieve that dream body??

Well there are multiple reasons, but the most important are that the whole issue has been over complicated meaning that the average person just does not know what they should or shouldn't be doing! Secondly, because it is hard work! Unfortunately we see so many stories about miracle fat loss products and quick fixes that most people enter into their new years fat loss resolutions without a true understanding of the hard work and commitment involved.

But fear not, below I am going to outline some very simple rules that when followed correctly can't fail to stimulate fat loss.

Ok here's the big revelation....Fat Loss is all about calories. I know it's boring, but it really is that simple, without creating a calorie deficit you are never going to drop that body fat. But how much of a calorie deficit do you need?

- Begin by reducing your daily calorie intake by 15% (the attached equation will help you work this out)
- Any more than this will be counterproductive, with your body conserving fat in 'starvation mode'.
- Try to achieve this by swapping processed high fat/sugar foods for fresh fruit and veg – This will allow you to eat more and stay fuller as these foods are less calorie dense.
- Be wary of nutrition labels on food, many only give the values for a small proportion of the product your about to eat, such as 100g of that 500g cake!
- Try to increase your protein intake slightly to help conserve your precious, calorie burning muscles. Foods such as white meat, fish, eggs and a handful of nuts can help.
- Finally try to make these changes gradually, it will then be much easier to maintain than if you make drastic changes.

Ok, the other valuable tool for fat loss is exercise. Below are some more simple guidelines:

- Aim to complete a 40minute session 3-4 times a week.
- The overall aim is to burn calories to help create that deficit, so any activity is beneficial!

- Higher intensity intervals are most effective, try exercising hard for 30 seconds followed by 90 seconds recovery and then repeat for a given period.
- You should also aim to complete 2 resistance training sessions a week to help preserve your muscle and even promote growth to help burn more calories.

The outdoor gyms are a great way to achieve all the benefits of exercise necessary to lose fat. The organised sessions will incorporate resistance and cardiovascular machines in a format that is ideal to shift that excess fat! Each session is also different from the last so you can get a lot more variety in your exercise to help keep it interesting!

For more information or if you have specific questions, feel free to email me at [jusmi@braintree.gov.uk](mailto:jusmi@braintree.gov.uk) or alternatively come along to one of the outdoor gym sessions I run:

Meadowside playing field, Coldnailhurst avenue, Braintree – Thursdays 14:30-15:30  
Spa Road, Witham – Wednesdays - 09:30-10:30.