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# Foreword

So, you wish to burn body fat. Not a day passes when I don't come across somebody who does. As a matter of fact, it's among the most frequently asked questions I get. And I'm certain you know there are lots of books, videos, programs, foods, pills and authorities that have the answer.

While I'd love to be able to state, "Take this pill and you'll burn all the fat you wish", I can't. It simply doesn't work that way. Let's face it - if it was that simple everybody would be doing it, we'd all be thin, and the dieting industry would be out of business. I've come across myth after myth about burning body fat. My hope for you is that after reading this e-book, you'll understand how to exercise and alter your life-style to get the most results possible - without spending a lot of money or spending hours a day to accomplish it.



So let's advance to the myths and facts about burning body fat. I hope you find this info informative and that you finish inspired to take action.

***The Lean, Mean Body Machine***

***The Art Of Burning Excess Fats & Long Term Maintenance.***

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# **Chapter 1:**

## ***Low Intensity Work Outs***

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# Synopsis

***Myth: you'll burn off more fat if you work out at lower intensities versus higher intensities during cardiovascular activities.***

***Reality: all right, this is technically true, but you have to look at the total picture to comprehend why this would really work against you if you're attempting to slim down.***





## **Choose Wisely**

This info that I'm going to share with you is based on scientific research and is instructed in every exercise physiology college course.

If you're working out at a low intensity, say 50-60% of your maximum pulse, we're probably safe to say that more than one-half of the calories you're burning off come from fat (let's suppose 60%), and the remainder (approximately 40%) come from sugar, or carbs, in your bloodstream and in your muscles. Bottom line, you burn a greater share of fat at this intensity level than carbs.)

In case you aren't acquainted with intensity based on pulse, 50-60% of your maximum pulse is an easy pace, something you likely could sustain for a long time, perhaps hours.

When you're exercising at greater intensities (suppose 70%-80%), we're safe to state that most individuals are burning off a higher percentage of carbs than fat. Now, simply from this info alone, it may be easy for individuals to believe they're burning more fat at the lower intensities, correct?

The percentages are sure enough greater at the lower intensities. So you may see why so many individuals thought this was the better way to burn fat.

Well, let's have a closer look at what is truly occurring. Let's suppose you've a choice to work out at lower or higher intensity, and let's presume two additional things: 1) among your fitness goals is to drop off body fat and 2) you've a particular amount of time to do your

aerobic training; for the sake of this illustration, let's suppose you only have a half-hour. Let's utilize a real world example. We'll call her Joan. One day, Joan works out at 60% (low intensity) of her maximum pulse on the treadmill and she burns off 150 calories. If we may safely say she's burning about 60% of her calories from fat, then she burned off about 90 of those calories from her fat stores. And, if the other 40% of calories burned off came from carbs, then she burned 60 calories from carbs.

The following day, Joan does a higher intensity (80% max pulse) exercise on the treadmill (you have to compare utilizing the same mode of exercise), and she burns 310 calories in a half-hour. If 40% of those calories hailed from fat and 60% from carbs, then she burned 124 calories of fat, and that leaves 186 from carbs.

So, while Joan burned a greater portion of calories from fat with a lower intensity exercise (60% vs. 40%), her absolute value of calories burned off of fat was better in the higher intensity exercise (124 fat calories) versus the lower intensity exercise (90 fat calories). Do you understand why this is a myth and where it may have come from?

Let me make this truly simple. In terms of dropping off body fat, it is not the absolute number of fat calories that counts as much as the absolute number of calories altogether. To exercise off one pound of body fat you have to burn an additional 3500 calories, whether you accomplish it with low intensity or high intensity. I'm sure you are able to see that if you're a busy individual, it pays to get fitter so that you may burn more calories in less time.

However, there's a crucial point about fat burning and intensity level. It has to do with "time to fatigue". Fatigue may impact how many calories you burn. Let me explain.

When Joan is walking at 111 bpm, or 60% of her maximum pulse, if she had the time, she could continue going and going, for a really long time without getting tired. But when she's moving on the treadmill at 148 bpm (80% of her maximum pulse), after a half-hour, she's dog-tired! She's very little energy left. She wasn't fit enough to do that.

Let me explain how fat and carbs get into play here. When you're chiefly utilizing fat as an energy source, as in the case of Joan exercising at 111 bpm, a lower intensity for her, your body may continue to manufacture energy without running out of it. Put differently, it will take a while to tire. However, when you work out at greater intensities, you utilize a bigger percentage of carbs. As the percentage of carbs increases, the sooner you'll tire.

Why is this crucial? I want you to fully comprehend how fat and carbs play a role in exercise and weight loss. Firstly, fats and carbs are equally crucial as energy sources when it comes to exercise.

Secondly, one supplies slow, long-term energy (fat) and the other supplies quick and powerful energy (carbs). Intensity of work out impacts which energy source will prevail over the other.

Thirdly, your intensity level ought to be based on your goals. If your goal is to burn off as many calories as possible in the quickest amount of time, you need to exercise closer to the top end of your capacity.

If your goal is to exercise for a lengthy time period and optimize the number of calories you burn, you'll need to pace yourself. If you merely wish the health benefits, you need to accumulate half-hour a day of activity, which may include exercise and general activity.

Note that the better way to avoid burn out but sustain high levels of fitness and calorie burn is to use interval training, interchanging short bursts of higher intensity training with longer periods of lower intensity training.

Finally, don't forget that the first goal of any exercise program is consistency. It's crucial to begin at your current fitness level and slowly progress in little increments.



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## **Chapter 2:**

### ***Fat Burning During Sleep***

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# Synopsis

*You already burn up fat while you catch some Z's, without any trick pill or potion.*



## Great News

You don't have to fess up, but how many times have you tested some burn-fat-while-sleeping merchandise? It's understandable why you'd do so. It appears simple, it doesn't require any time, and it appears to work for famous persons! As we talked about earlier, at lower levels of activity, or no activity in the least, we're predominantly utilizing fat as our fuel. As a matter of fact, you're burning fat right now while reading this book (you are able to thank me later...). When you sleep, you're likewise burning off fat.

As a matter of fact, researchers have now discovered a link between the length of sleep you get every night and your weight. In one field of study, over 68,000 ladies were asked to describe how much sleep they got as a rule every night. For sixteen years, the research workers tracked the participants' weight. Final results demonstrate that ladies who got 5 to 6 hours of sleep a night gained more weight than those who slept at least 7 hours every night. One researcher, stated, "Short rest duration is an independent predictor of later weight gain and incident obesity".

In a different study, both gentlemen and ladies were queried about their rest patterns. They discovered that those who got 7 to 8 hours a night were thinner than those who slept 5 to 6 hours. They likewise discovered that those who got less sleep likewise had lower levels of leptin, a hormone that plays a role in body fat and appetite. It's believed that these individuals might be leptin resistant, and consequently they don't get the appetite-suppressing result from it. Now, what if you could burn off more fat while you rest? You may accomplish this by increasing your metabolism. I understand, easier

said than done. It calls for work and patience for this to occur. And, if you slim down, your metabolism really drops as your body has less weight to carry around. All the same, there's a way around this. The way to supercharge metabolism is to increase the total of muscle you have on your body. Now don't panic about becoming bulky or looking like those ladies in the muscle building magazines. They get that way through a lot of hours daily at the gym, a really stern diet, and occasionally a little help from a few banned substances. Most ladies could never look like that, even the ones who wish to.

So, to step-up the amount of muscle you have, you have to integrate strength training. The crucial thing to remember is that for each pound of muscle you have on your body, you'll burn around thirty-five to fifty extra calories a day. This number is deliberated inside the exercise physiology world, but each pound of fat you have will burn off only two calories a day. So whatever number of calories it truly is that muscle burns, it will be entirely more than fat. If you're active and utilizing your muscles (during exercise, for instance) you'll burn off even more calories per pound during the activity.

And so the bottom line here is that in order to burn more fat while you sleep and all throughout the day, you have to strength train to better muscle and your metabolism. Next time you discover a commercial for the new metabolism increaser, spend your cash on some dumbbells alternatively.



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# **Chapter 3:**

*When To Exercise*

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# Synopsis

*Is morning is the better time of day to work out to burn body fat.*

*Well if you aren't a morning person, then morning isn't the best time to work out!*



## **What's Best**

As you are able to imagine, there has been far-reaching research on this subject. A few of the research studies recommend that we work out in the mid-afternoon for the most beneficial results. There are a lot of reasons for this, but one is that this time of day falls under the correct time based on our innate biorhythms.

So that's great, let's all go exercise at 2pm each day! Perhaps these researchers may take the time to work out at 2pm, but most individuals I know can't. They have occupations, or they have to fit in workouts around their children's agenda, and a lot of additional reasons.

I don't know who began the idea that it's better to exercise in the morning. Wherever it came from, I've seen this recommendation a lot of times. I read once that you'll burn more fat in the morning as long as you don't consume anything before exercising. There's no way that's going to work for me! For one thing, I have to eat something before I exercise; it's simply the way I am. Second, I'm not a morning individual. It takes a few hours for me to maneuver at full power. If I work out at this time, I really end up burning less calories and I don't get my pulse to the intensity I wish. I'm not burning off much fat this way! It's a big waste of time.

By trial and error, I've found that 10am is the most beneficial time for me to work out. Luckily, I have the sort of schedule that I may fit it in at that time. If I worked regular hours at an office, I'd exercise at lunch, as that was the closest to my ideal time.

So one matter to think about when attempting to ascertain the most beneficial time for you to work out is what time of day you feel your finest. A different way is to determine what time of day you'll really follow through with your work out.

A lot of individuals discover they need to exercise first thing in the morning as if they hold off, the whole day will go by and they'll find excuses for not working out. Others like to work out when they get home to work off tension from their jobs.

I recently met someone who had trouble sticking with a work out schedule. This had been an issue for years; she would exercise for about 3 weeks, then it would go to pieces. She liked to work out after work as she has a nerve-racking job. This worked for a while as she was motivated and she had a coach to hold her accountable.

Finally, she found more and more reasons to skip her exercises. She decided to attempt working out in the morning prior to leaving for work. After a few weeks of getting used to it, she discovered that the exercise truly helped her by giving her the energy she required to deal with her job. She ultimately found a schedule that would work for her.

And so the bottom line is, if you limit yourself to working out when the so-called authorities say you ought to, you'll find yet another barrier to taking control of your personal health. Let your body and your life-style dictate the best time for you. Don't fret about burning fat better at one time or another.

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## **Chapter 4:**

*What's The Best Workout*

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# Synopsis

*Is the treadmill is the most beneficial way to burn off body fat?*

*It doesn't matter - just do it!*



## **Get Moving**

There are gobs of cardiovascular activities that may help you burn off fat. Cardiovascular activities help you burn off calories, make you more fit, and better your health. Everybody wishes to know which one is the most beneficial for his or her specific goals.

Let's have a look at what cardiovascular activity is first off. Plainly put, cardiovascular exercise is movement that utilizes the major muscle groups of your body in a rhythmical pattern.

When identifying the activity, we utilize duration (how long), intensity level (pulse, rating of perceived effort), frequency (times per week), and mode (sort of activity).

As we talked about earlier, intensity and length are related to one another. You are able to work out longer at lower intensities, but you'll burn off more calories in a shorter time period at a higher intensity.

As for frequency, authorities deviate in their recommendations. The scope tends to be anyplace from 3 to 5 days a week. The last element of cardiovascular activity is mode.

Here are a few modes of cardiovascular action:

- Walking (outdoors or treadmill)
- Running (outdoors or treadmill)
- Swimming
- Rollerblading

- Step climbing
- Elliptical conditioning
- Water aerobic exercise
- Aerobic exercise/step classes
- Biking

There are a lot more! I'm certain you are able to think of a few I didn't include on this list. Which of these actions do you believe will be most effective for slimming down? How about for bringing down cholesterol? Toning your body? Increasing vitality? Most crucial to our discussion, which action is best for burning off fat?

Well, the reality is, it's a trick question-- they're all equally effective. Just like picking out the best time of day for you to exercise, you need to pick the type of cardiovascular activity that you like the most and are most likely to follow. You'll be much more consistent and reap more advantages when your activity is pleasurable.

Let me interject one crucial detail. As you advance through your workouts, you'll have to add and keep assortment in your exercise routine. If you only walk on the treadmill, after some time your body will get used to it and no longer continue to better.

Pick a 2nd activity like rollerblading or biking so your body has to adjust to new activities. This is called cross-training and it's crucial to utilize so your body doesn't get used to one activity. It's likewise crucial so you don't get a repetitive motion injury from exercising only one way.

Consider your present exercise routine:



- Do you utilize mostly front to back movements, like running, walking or elliptical training? If so, attempt rollerblading, sliding, or tennis. These actions add a sideways element for variety.
- Are you working out inside? Attempt walking or running outside. It's surprising how much tougher it can be to run outdoors when you're used to simply utilizing the treadmill.
- Are you only exercising at the gym? Discover an alternate activity you may do at home in case of inclemency or if you just don't feel like getting out.
- Are you merely utilizing the bike? Begin walking and add some impact to your workout - your bones will appreciate it! If you're participating in all impact activities, take a look at swimming or bicycling one or two times a week to prevent injury.

The primary point here is that the most effective cardiovascular training is the one you like to do and will do on a steady basis, and don't forget to find a few different activities for cross-training.

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# **Chapter 5:**

## ***Eating Around Exercise Time***

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# Synopsis

*Should you or shouldn't you eat right before/after exercise?*

*Unless you're an athlete, there are no rules!*



## **When?**

This isn't precisely about burning off fat. But if you're attempting to slim down, I'm certain you have wondered about this. I've heard that you ought to eat following exercise to replace glucose and glycogen supplies. I've likewise been told not to eat following exercise in order to heighten calorie burn. To be truthful, I don't know what you ought to do or shouldn't do. I truly don't think anybody does.

Here is just a little sample of advice from a lot of respected authors and health associations:

- Avoid arduous exercise for at least 2 hours following eating a meal.
- Wait approximately twenty minutes before eating following exercise.
- Eat something light 30 minutes prior to exercising in the morning. Make sure to eat inside 2 hours after to restore fuel to your muscles.
- Work out in the morning on an empty stomach.
- Consume a low fat, complex-carbohydrate meal or snack one to four hours prior to exercise.
- Eat .45 gm of carbs per pound of bodyweight one hour prior to exercise.

Like I stated, I truly don't think anybody knows for certain. In my judgment and experience, everybody is different, you have to experiment with when, and what you ought to eat before and/or following exercise. If you eat prior to exercise and you feel sick to your stomach or sluggish, you likely should cut down on the amount or not

eat at all. If you feel dizzy or weak, you might have to eat more or eat closer to working out. If you're hungry following exercise, that's a great indication that you ought to eat! In all cases, make sure to eat when you're hungry and stop when you're full.

The concept of intuitive eating works here, too. If you feed your body established on its physical needs and demands, you'll eventually return to your natural weight. Bottom line, you'll have to experiment with when you eat and the sorts of food you eat to ascertain what is best for your body.

