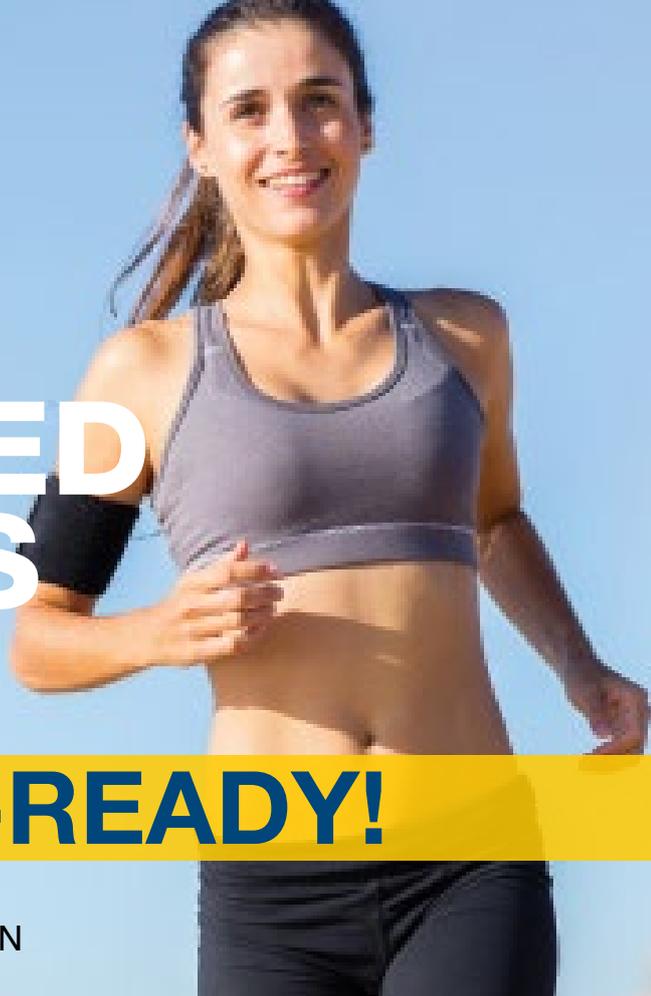


HOW TO SHED THE EXCESS WEIGHT

AND BE BEACH-READY!

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With Summer arriving, many of us want to shape up and get beach-body-ready! Although there is no miracle pill or fat loss formula, enough research has been produced over the years that we can without a doubt, point you in the right direction.

Remember, no two persons are the same, so when considering any training or nutritional advice be aware what works for one person may not work for another.

The simple fact is your goal can be achieved with trial and error, as well as perseverance.

First, let's look at cardio

Did you know that by spending 20 hours a week in the "fat burning zone" leads to very little fat loss, if any at all, and a lot of muscle loss.

The result? Often, this can result in the appearance of a 'flabby' runner.

When it comes to continuous steady state cardio, this should be kept to the endurance athletes, not for those seeking fat loss or a more positive body composition.

Interval training assists with the metabolic process far more effectively

Options you may lean towards for interval training are:

- a) Advanced Interval Training
- b) Set Work and Set Recovery – Using a fixed

- c) time such as 30 seconds work to 60 seconds rest
- c) Set Work and Variable Recovery – using a heart rate monitor you recover as long as needed after the bout of set workload
- d) Set Work and Increasing Recovery – Use a progressive rest period that increases each interval
- e) Random Work and Random Recovery – Again using a heart rate monitor we work to the desired load and recover to the desired heart rate. Between 60% and 90% heart rate maximum.

Group Fitness classes are great at promotion of interval training. Classes such as tabata, boxing, and freestyle group personal training usually incorporate more interval training than most others.

Kettlebells, ropes and deadballs

The advantage of using a tool such as a kettlebell is the ability to change the exercise rapidly without interruption to the workout.

With ease, you can change through exercises such as swings to presses to cleans to deadlifts all whilst the heart rate is elevated. Studies have proven that coupling exercises, including resistance training increase your metabolic rate during and post workout at a higher level and with a longer lasting effect.

Steady state cardio will often lead to increased appetite. Be careful about tracking your intake.

Next, let's look at changing your lifestyle

A "program" to lose body fat is a certainty to set yourself up for failure. A program implies an endpoint, which is when most people return to their previous habits. If your idea of losing fat is keeping it off for the long term then make changes that you can live with indefinitely.

Over-restriction of calories, and not having a challenging program that you can stick to, provides little to no progression and offers insufficient variety.

You are most certainly going to move on from what will seem like a chore to a more exciting activity like going out for dinner and drinks.



Increase your water consumption

Water is where most cellular activities take place, including the transport and burning of fat. In addition, quite often when you feel hungry, you are in actual fact dehydrated. Drink at least 50ml of water per 1kg of bodyweight a day (that's 5 litres for a 100kg person). Keep a large water bottle at your side, fill it five times a day, and the rest is easy.

Create a calorie deficit with your nutrition

To figure out how many calories you burn a day, calculate your Resting Metabolic Rate (RMR) x the number of calories you burn daily doing routine activities, not including formal exercise using the following formula: $RMR = \text{bodyweight (kg)} \times 28.5$. Next, determine how many calories you burn through exercise.

A half hour of moderate intensity aerobic exercise burns around 350 calories in the average man, and a half hour of weight training burns around 200. Add your RMR to the calories you burn during a workout, and keep your daily calorie consumption below that total.

Reduce the starchy carbs

Consuming too many starchy foods such as potatoes, rice, pasta and breads, provides your body with more than it needs for energy and glycogen stores. Surprise surprise, anything left over will be stored as fat.

You don't have to eliminate starchy carbs completely, but you should cut back on them when trying to reduce body fat. In fact, carbs are an important part of muscle recovery.

With faster recovering muscles you will in turn increase lean muscle mass, thus increasing your metabolic rate. All you need do now is find that fine line between too many carbs and a decent set of abs!

Stop skipping breakfast

Your body has been starving all night long, and it needs nutrients to rebuild itself. If you just catch something quick on the run instead of eating a full meal, it negatively impacts your workout, and everything else you do during the day. Eat sufficient protein (30 to 40 grams), a complex carbohydrate, like oatmeal, and a piece of fruit to start your day off right.

Watch your sugar intake

Taking in simple carbs right after weight training replenishes muscle and liver glycogen stores. For other times of the day this is pointless.

Excess sugar consumed will be stored as fat. Try limiting your intake of sugar to fresh fruit, and hopefully this will help the sweet tooth in you get by day to day.

A personal trainers pet hate. Drastic calorie restriction. I should follow that up by saying a 'good' personal trainers pet hate! With drastic restrictions you end up looking flat and depleted and quite often soft skinned (back to the flabby runner mentioned earlier).

Aim for a modest decrease in calories instead. Limit your decrease in calories to 200 to 300 calories per day as an average person. Those that are much larger can increase to 500. Fat loss is a slow process that requires dedication and hard work. Not a quick fix. Slow and steady will win this race.

So you've heard eat five to six meals a day from the muscle bound Adonis at the gym? Listen to him. Your goal is to lose body fat, he has none. This may be why!





Those attempting to lose fat often decrease the number of daily meals in an attempt to reduce calories. This has failure written all over it. When you eat, your body becomes more thermogenic (heating up due to energy expenditure).

To return to its normal core temperature the body must work hard to reduce the heat through evaporation, condensation, etc. Calculate how many calories you want to consume per day (see RMR from earlier) and spread them evenly across 5 – 6 meals.

Eat more vegetables

Vegetables are nutrient dense, meaning they have more to offer your body in terms of nutrients. This will leave you more full on fewer calories. Order your next burger with fresh vegetables instead of French fries.

Fibre lowers insulin levels. Account for fibre in your daily nutrition and it will play a large part in how lean you'll get. Fibre absorbs water and takes up more space in your stomach, which will assist in stopping the cravings. Anyone seen BodyTrim?

Unlike vegetables, junk food is food that offers almost nothing but calories. These include chips, potato cakes etc. Cheat foods, on the other hand, like pizza and hamburgers, have some nutritional benefit, and eating them once in a while can really help when you're on a diet.

Protein is gold for saving muscle mass and preventing hunger. But, protein has calories, too, which can be stored as fat if overconsumed. Take in 1.5 - 2 grams of protein per kg of bodyweight each day, (200grams for a 100kg person). This provides sufficient amino acids to maintain muscle mass, while keeping your total calorie count under control.

Now for some healthy fats

When it comes to dieting they are underutilised by most persons due to the word 'fat'.

Fats take longer to break down in your stomach and help control blood-sugar levels, leaving you more satisfied and reducing your cravings. Good fats may also increase metabolism. Ensure you learn which are good and which are bad.

To summarise

In summary, to lose fat, we must simply perform the following:

- 1. Interval training** – Steady-state or long duration cardio will most certainly help you lose weight, but this will typically be a loss of muscle mass and not body fat.
- 2. Control your nutrition** – Create a caloric deficit through training and nutrition. Do not drastically reduce your calories. This will leave you in the same state as the above point, but most definitely malnourished.
- 3. Understand what you are eating** – We all like to educate ourselves on the things we love. For your own health and wellbeing, educate yourself on what you are putting in to your body. This will all but guarantee you results
- 4. Lastly, challenge yourself** – Make the changes and enjoy the results.

At times, this will hurt, but it may also be enjoyable sometimes too! You wont make any changes doing what your body is already capable of.

Make the changes and you will enjoy the results!

References:

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The Death of Steady state cardio, Rachel Cosgrove, www.t-nation.com/, 2014