



Fighting Fit

Fitness Gym and Martial Arts Academy

The Hierarchy of Fat Loss

When it comes to fat loss training, there is a lot of conflicting information presented to us through magazines, T.V. programmes and even from gym to gym and trainer to trainer! Heck, even most fitness trainer courses contradict each other, depending on who runs the course! This dire strates of a situation leaves many people feeling confused and disheartened, with loads of passion to change and feel great about themselves, but with no clue where to start! Well, after over 8 years in this industry and getting great results with my clients in the gym for the last 4 years, I'm here to help set the record straight for the confused masses!

With fat loss training, many things work. They just dont all work equally well. Modern day research studies have really served to highlight the direction we should be taking in terms of our fat loss efforts, and combined with many years of in the trenches experience working with real people, im here to offer a Hierarchy of fat loss, to let you know the best way to begin your fat loss journey and reach your fat loss goals.

1. Nutrition

Its what everyone knows is true but no one wants to hear. No matter who you are or where you come from, you just cannot out train a bad diet. Yes some teenagers and early 20 somethings can get away with it, but once past 25, the scoff down three chocolate bars and then go to the gym to burn them off approach just doesnt work. More and more it is coming into the mainstream that dieting for fat loss is not just about calories in vs. calories out - its about the type of food consumed and the quality of the calories as well as the amount. Changes to nutritional habits need to be gradual and long term, so that a permanent shift in habits is achieved to maintain fat loss over the long term. Eating plans should strive to include more lean protein (nearly all dieting females in the UK and USA are protein malnourished), fruits and vegetables, wholegrain and high fibre foods and key supplements such as fish oil. This should be accompanied by a reduction in processed foods and junk foods, which over time cant help but produce lasting results in relation to physique and health enhancements.

2. Resistance Training

Without a doubt, resistance training is the no.1 method of physical training to shift the fat off your body! Resistance training, which refers to contracting your muscles against resistance such as a dumbbell or even your own bodyweight, is so effective primarily because it addresses the core of the fat loss problem...the rate at which your body uses energy. Muscle mass is known as active tissue, meaning it uses calories or energy just to survive and exist.



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It's our muscle mass that determines our metabolic rate, and the more we have, the more calories we will burn just walking around day to day. Now I know what you're thinking - I don't want muscles like Arnie! I want to be lean! Well, don't worry, you won't end up looking like Arnie. Resistance training from a fat loss point of view is used to maintain existing muscle mass, not necessarily build more. This means that as we lose weight, the vast majority will be fat as we are maintaining all our muscle mass, and we will avoid any metabolic slowing as we get lighter, which would normally lead to results slowing down and then stopping for the average dieter. Furthermore, resistance training elevates metabolism for up to 2 days following a hard session, and provides us with that lean and toned look, as opposed to the thin and saggy look so many traditional dieters end up with.

3. Interval Training

Interval training, or alternating periods of very hard work with periods of rest, has been shown to elicit a fat burning effect 9 times more powerful than steady state aerobic training. This is primarily due to the fact that whilst it burns less calories per session, it elevates metabolism for a long period following the exercise session (in a similar way to resistance training, but not quite as powerful). The best example as to the effectiveness of intervals is to compare sprinters with distance runners. Whilst both populations are very lean, research has shown that the sprinters consistently carry less body fat than the long distance runners. Why? The sprinters perform interval work, whilst the distance runners perform steady state cardio!

4. Aerobic Exercise

Now while aerobic exercise might have been left until last, it can still be used as an effective fat loss tool. It is also fantastic for heart health and general fitness training. Some individuals prosper very well on traditional cardio training, and it has produced many lean physiques throughout history. That being said, there are better and quicker, more effective ways to achieve maximum fat loss in minimum time, as outlined in this article.

Remember, knowledge is useless unless you implement it! So take this new found knowledge and start applying it to your workouts! Don't forget, at Fighting Fit we can structure a complete programme for you addressing all of the above factors to maximise your results in minimum time whilst also ensuring on-going progress and results, taking all the hassle and complicated stuff out of your hands. If you are finally ready to achieve the physique of your dreams, call in and talk to one of our friendly expert staff today!