

The York University Staff Association Health & Wellness News & Views

Well the new year is upon us and we've all stuck to our resolutions... right? Everyone has their own resolutions/goals for their own personal health and wellness, and those goals vary from person to person. I get that not everyone is focused on losing body fat, and that's A-OK. But since some people do want to change their body composition, whether for health reasons, athletic performance, aesthetic purposes, or some other reason, here are a few simple tips to help you burn fat effectively. Hopefully they will have you on your way to the healthy body you have always wanted in no time!

The multi-billion dollar weight loss industry is so riddled with false promises and flat out lies and most people have no clue where to begin or who to listen to. The honest truth is that if you want to burn fat, you don't need to buy any fat burning supplements or fall victim to all the hype and fairy tales. Learning how to burn body fat is not rocket science. That's not saying it's easy, but from a fundamental perspective it is not complicated. All it takes to burn fat is the consistent application of a few simple techniques along with some discipline and focus.

Most people make the mistake of going on extremely low calorie diets when trying to burn fat. This can actually end up doing more harm than good. If you don't give your body enough calories it can go into "starvation mode". Essentially, what this means is that your body begins to think you are starving so it slows down your metabolism to try to compensate and conserve energy. It really is true... It doesn't matter that your brain knows that you can get more food anytime you want – your body just reacts to what it senses which is that you aren't getting enough calories. When your metabolism slows down it means that it will be harder to lose weight no matter how little you eat and much easier to put weight back on when you finally go off the diet and go back to eating normally. Rather than going on a very low calorie diet, focus instead on eating small, healthy, balanced meals 5-6 times per day. This will give your body the nutrition and energy that it needs. Breaking down your eating into small meals and giving your body the proper nutrition will help to boost your metabolism and make fat burning a whole lot easier.

You don't need to slave away running for hours on a treadmill if you want to burn fat. Instead you would be better off committing to a properly structured weight or resistance training program. The more

lean muscle that your body has the faster your metabolism will run, meaning that it is easier and quicker for you to burn fat and lose weight. Not only that but it increases the odds that the weight that you lose will be pure fat rather than just water or muscle. With more lean muscle on your body you will burn more calories throughout the day even just sitting on your duff. Lift weights, use resistance bands, do isometric exercises that build muscle, or try adding push-ups squats and lunges to your workout. Often body weight is enough. This will really give your metabolism a kick!



The most important tool to help you burn fat and transform your body is FOOD. In my opinion there is no pill or powder that can ever take the place of proper nutrition and a training plan to burn fat.

When it comes to the question of supplements, there is no simple answer. Sure most supplemental weight loss products claim to help, but if they have made claims that are far more deniable than realistic, then they most likely aren't going to get the job done. In fact they may do more harm than good. To sum up the question: Supplements may help assist to kick start any fat burning or diet plan, But "THERE ARE NO SHORT CUTS TO ANY PLACE WORTH GOING", and if you truly want to burn fat and improve your health then you will need to work for it!

Looking forward to seeing everyone at the YUSA fitness classes.

January 2017