

## An Alternative Approach to Fat Loss

One of the most common goals in the fitness world is fat loss. Whether it comes in the form of 'toning up' or shedding unwanted bulges it equates to the same thing. Typically the approach that most people take is to hit the treadmill or start doing CV training of some sort. If you have been sedentary for a long period the introduction of any physical exertion is going to impact your body and usually result in an initial fat loss period. Unfortunately with steady state training any longer than six weeks of this and you are going to be wasting your time as there are much more effective ways. The problem with steady state training (if you can sustain that pace for longer than 10 minutes it is going to be on the lower end of the intensity scale and therefore considered steady state) is that it is not optimal for fat oxidation. Numerous studies have concluded that working at higher intensities burns more fat in the long run through a process called EPOC (Excess post-exercise oxygen consumption). Training in the form of high-intensity interval training (HIIT) in one study resulted in fat loss at a rate of nine times faster than the low intensity group. The average sprinter has a much lower body fat percentage than the average endurance runner.

Another approach which is usually unfairly overlooked is the role of weight training for fat loss. Including resistance training in some form can work wonders for a plethora of reasons.

- It can build lean tissue. The more muscle mass you have the faster your resting metabolic rate will be. In short this means that muscle tissue will keep you leaner.
- It can stimulate the same fat loss hormones that good quality CV training will and can be in greater quantities.
- It is much less of a contributor to adrenal fatigue. Adrenal fatigue happens when your body suffers constant stress resulting in suboptimal production of cortisol levels. This occurrence can leave you feeling lethargic as well as hosting a multitude of other symptoms.
- It can promote joint integrity. Taking joints through their appropriate range of motion (ROM) helps maintain properly functioning joints whereas repeating movements in the long run is associated with joint health deterioration.
- It can improve posture and correct muscular imbalances whereas repetitive CV training causes muscular imbalances (runners knee anyone?)
- It improves bone density offsetting the chances of osteoporosis.
- It allows you to stimulate the muscles you want to stimulate. If you are happy with the muscle size of your legs but want to tone your upper body you can do this through weight training.

This should have helped clear up any confusion you had on the subject and hopefully will enable you to achieve superior results in your training than you were obtaining prior to reading this.

As always, if you want to discuss any part of this article or ask for advice please feel free to contact me.