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NEWSLETTER

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Why Cardio alone does not work to Burn Fat & Lose Weight

Cardio certainly has its place in every fitness program but it should be a part of a balanced program including cardio, strength training, and a healthy diet. The key to losing body fat and keeping it off is strength training. Lean muscle is the driving force behind your metabolism and the only way to increase your metabolism or burn more calories at rest, is to increase lean muscle through strength training. For the women that are afraid to get "too bulky" from strength training that is simply a myth.

When most people think of strength training and the results it yields, they think of the heavily muscled bodybuilders that plaster the covers of magazines. The models that grace the covers of those magazines are simply models that are hired to sell magazines and not a realistic result of someone who strength trains a few times a week to get healthy.

So in order to truly rev up your metabolism and get rid of body fat once and for all, there's really no substitute for resistance training. This type of training tends to be overlooked by newbies because it is believed that building muscle won't help you lose weight. Nothing could be further from the truth!

Muscle Burns Fat

The more lean muscle mass you have, the less fat you will have. The reason for this is that muscle actually burns fat. Muscle helps the body burn calories for hours after a workout. Studies have shown people who lift weights have an even lower fat mass percentage than those who do aerobic exercise alone.

Muscle Builds Strength

Most people don't stop to consider that the more strength you have, the less likely you may be to get injured. Of course, that doesn't mean you should over do the weights because this can also injure you. But, if you are an avid runner, cyclist or swimmer it might make sense to lift some weights so your body is stronger and can perform longer and more efficiently without getting injured.

Muscle Reshapes The Body

What if you just dropped fifty pounds through diet and a nightly jog through your neighborhood but when you look in the mirror, things still jiggle and you still carry weight in the same spots you always did? The best way to change this is to shape your body through building muscle. This will tighten, firm, tone, and target those trouble spots that you just can't seem to get rid of.

Muscle Fights Disease

The highest numbers of women who get osteoporosis in later years are ones of slim build. Doctors always say that one of the best ways to fight this debilitating bone loss is to do weight-bearing activities, which increase bone density. Muscle has also been shown in major studies to fight the onset of type two diabetes, build the heart muscle to fight heart disease, and even help those who suffer from arthritis to be more symptom free.

Muscle also supports overall immunity. This is because muscle supplies the immune system with the disease-fighting amino acid glutamine. So, the more muscle you have the more glutamine is supplied to the immune system.

Calories In - Calories = Your Present Body Weight

Strength training is the key to weight loss because it is the only way to maintain and build lean muscle, which boosts your metabolism. Muscle is natural and aesthetically pleasing to the eye, and it is the key to weight loss. In order to lose weight, you need to create a caloric deficit, which means you have to take in fewer calories than your body requires for metabolism and daily activity.

Cardiovascular exercise alone won't help you lose the weight and keep it off. I know you've been told thousands of times that cardiovascular exercise is the key to weight loss! That's what we were all told. But that was simply the wrong advice.

First and foremost to be perfectly clear, exercise is essential to weight loss. Without it, you are doomed to fail. Don't think you are getting off the hook by going cardio-free. You must exercise, but you must do the right kind of exercise to see and feel the results you are looking for. By committing to a mere eight weeks of the right exercises, in the right order, consistently, you'll be amazed at what you can achieve and maintain.

Anaerobic endurance training or strength training such as - body weight resistance-training, weight training, skipping, swimming, cycling or running done for short periods followed by short periods of rest, increasing the intensity and varying the duration of each interval according to your own program, can lead your heart and lungs to transform and stay fit and strong.

This kind of activity will promote "after burn". As soon as you finish exercising, your body starts burning fat to replace the carbs that you used up during your workout. After a while, your body will slow down making fat altogether. It simply will not need fat as a fuel for your exercise anymore!

We all know what food and activity are but what few are even aware of resting metabolism? Your **resting metabolic rate** is the number of calories that your body requires on a daily basis if you stay in bed all day, doing nothing. Approximately 60 to 70 percent of your daily caloric expenditure goes toward your resting metabolic rate. It includes the functioning of vital organs in your body (such as the heart, lungs, brain, liver, kidneys, and skin), temperature regulation, and -- most important to our discussion -- your muscles.

Some people say that they can't lose weight because they have a bad metabolism. But the heavier you are, the more your heart, lungs, liver, etc., have to work because of the additional size. So if you are overweight, realize you have a higher metabolism than you would have if you were lighter.

Research shows that building and maintaining muscle can speed up metabolism. This research goes on to say that "muscle burns ten to twelve times the calories per pound each day that fat does. You're boosting your metabolism not just during exercise but all day."

If muscle burns ten to twelve times the calories per pound that fat does, and most research shows that fat burns 2 to 3 calories per pound per day, then muscle must burn between 20 and 36 calories per pound per day. Tufts University states that strength training has the potential to increase your metabolism by as much as 15 percent.

Dates for your diary

May 25th - June 6th EFT Table> Find all your friendly tickets, b-day cards and rain checks and bring them to class to exchange for Jazzercise goodies, leggings and tops. For EFT students only. See insert for locations and times.

Personal Touch> Starting on w/c Monday 25th May. For more information ask a Class Manager.

Saturday classes in June> Please notice that all Saturday classes during the month of June will be held at Ruthrieston West Church. Sorry for the inconvenience this might cause.