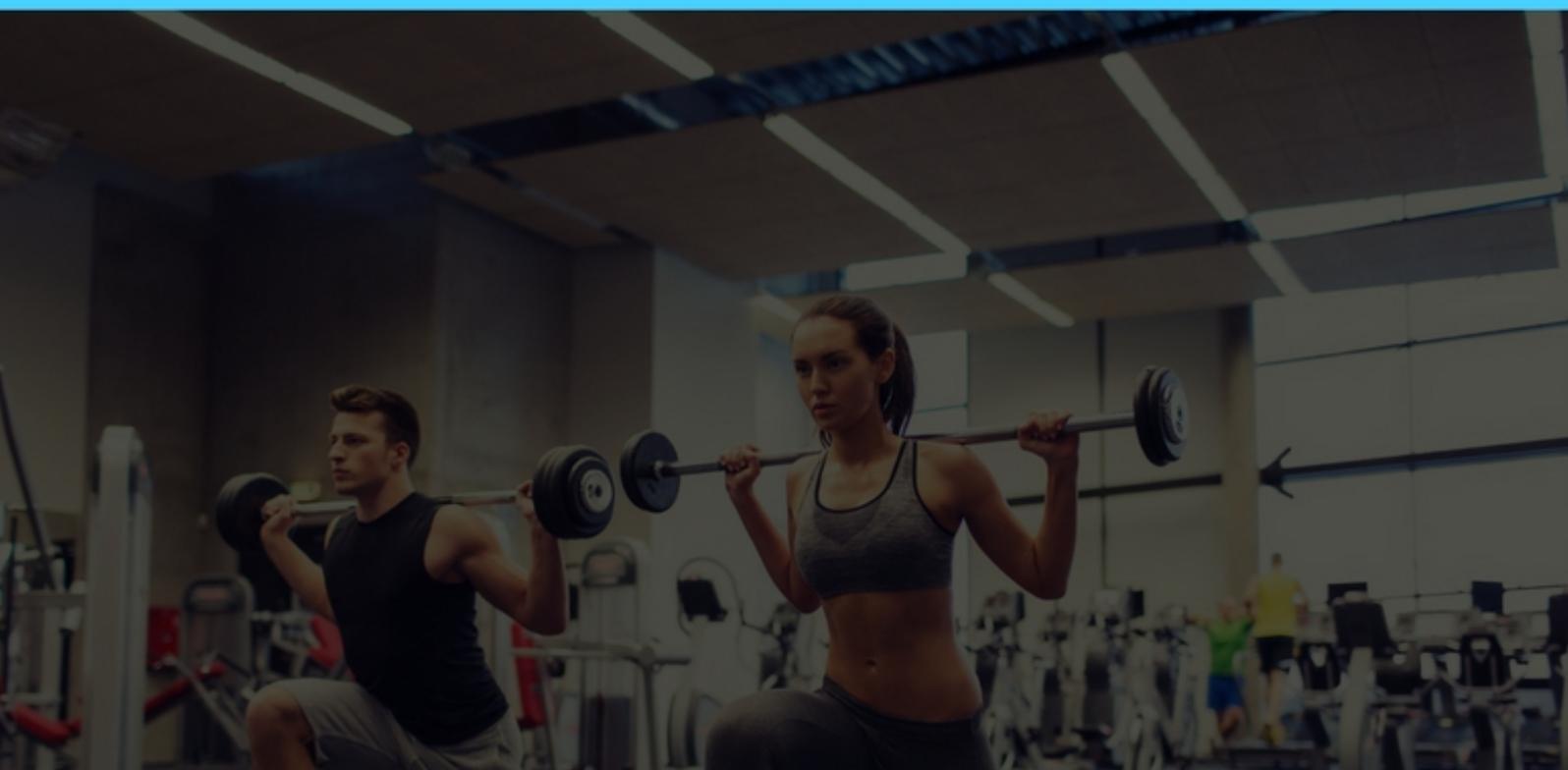




Calumn Duthie
PERSONAL TRAINING

23 TIPS TO BURN FAT FAST

BY CALUMN DUTHIE



23 Fitness Tips to Burn Fat Fast

1. Go for a walk

Did you know that going for a walk for 10-15 will help improve circulation, your energy levels will improve along with your sleep, thus making you sleep for longer more achievable.

2. Shorten Rest Periods

Only rest just long enough to get your breathe back between sets will allow you to keep you heart rate high which will allow you to burn more calories. No texting or scrolling through Facebook.

3. Increase Protein

Up Your protein intake by 25% - a lot of us do not get enough protein in our diets. Not getting enough protein rich foods leaves us with food cravings.

4. Cut out liquid calories

These calories come from soda drinks and alcohol. If you cut back on these you will notice the fat drop off.

5. Replace Soda with Water

Not all liquid calories are bad, replace your soda drinks with water. If you need a sweetener in the water, try adding fruits like watermelon, strawberries or cucumber.

6. Veggies

Eat at least 5 portions of veggies every day - eating a variety of veggies not only increase the amount of fibre you consume but it also provides the body with a variety of vital nutrients. The more colours you eat the more varied nutrients you are giving the body.

7. Cut the Fruit

Looking at eating more veggies than fruit, fruits contain lots of natural sugars but eating too much of those fruits can lead to fat gain.

8. Car Parking

Park your car further away than you usually would a couple times a week. This will help increase your N.E.A.T (Non Exercise Activity Thermogenesis. This is the amount of energy expended for everything that we do that is not specifically exercising.

9. Shopping List

Make a shopping list before you go to the supermarket - this will help prevent you picking up those little naughty extras that you don't need. Not only will you not eat those biscuits you will also save some money not buying them. That's a win win in my book

10. Intense Cardio

Do some kind of intense cardio - This will help boost your metabolism and shed those extra kg of body fat.

11. Train Major Muscles

Hit Major Muscle 2 or 3 times a week - Working major muscles require a great effort and there for improve the amount of calories you burn. The witch craft happens after a workout when theses muscles are still burning calories when you have left the gym. Go figure.

12. Train Major Muscles

Remember working major muscles require compound exercises, work the movement not the muscles - Deadlift (Hinge), Squats (Squat) Bench Press (Push)

13. Don't Neglect Auxiliary Exercises

Other great movements and exercises to work on are over head pressing, chin ups, rowing and lunging.

14. Drink More Water

Drink plenty water throughout the day, This will help facilitate fat loss as it will help curb cravings and improve levels of concentration.

15. Create a Goal

Figure out exactly why you want to lose fat - Having a goal in mind like a wedding or holiday is great motivation to you on track. If you don't have any goals then it may be hard to stay motivated.

16. Use a Diary

Write down in your diary why you are going to train/workout. When you do this you make a promise to yourself. After all you wouldn't cancel a doctors appointment if it was in your diary.

17. Early Nights

Get to bed by 10pm. This will ensure you get 7-9 hrs of sleep in a night. Sleep in the number one recovery tool when it comes to exercise and fat loss.

18. Follow a Programme

Follow a training programme, how are you supposed to keep track of progress if you don't track what you do.

19. Track Your Calories

Track you calories intake. How can you know what you are consuming if you don't track the right amount of calories. Most of us think we eat pretty well but the numbers do not lie.

20. Be Patient

Patience is key, you have to trust the process. If you have fat to lose theres a good chance you didn't put all that fat on in 2 weeks so why do you think it's going to come off in 2 weeks. Consistency and patience is key.

21. Don't Overcomplicate

Don't make things more complicated than it needs to be. Don't cut out your favourite foods from your diet. Up your protein and consume less calories its that easy.

22. Don't beat yourself up

If you slip - you're only human at the end of the day.

23. Choose Exercises You Like

Don't get in to the habit of thinking that you need to do exercises you don't like. Feel free to swap cardio on a treadmill for a game of badminton with your friends. The key to long term success is enjoying the process as much as you can.

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Want to talk to a professional about your health and fitness goals? Connect with me personally here:

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