

Fat Loss Course for Women – Day 3

Welcome back.

In the past parts we covered how to eat and what to eat for fat loss. Today we're going to discuss how to exercise for fat loss. If you want to lose body fat, exercise is critical.

It doesn't matter whether you want to:

- Lose 5kgs
- Lose 25kg

Exercise is the common denominator.

One of the problems, just like with nutrition, so much is written about exercise that it can seem like there is no chance to succeed without the perfect program. I personally do not think this is true. Fat loss comes from doing just a few simple things.

What is the first thing to know about exercising to lose fat? One needs to get moving.

Now I bet you're wondering: "what kind of exercise is best?" Well, when exercising to lose fat, there are two specific goals.

1. The first is to burn calories. The simplest way to do that? Aerobic exercise like walking, jogging, climbing stairs, or riding a bike. But here's the thing: if you only do aerobic exercise, you may also lose lean mass.
2. With aerobic exercise alone, you probably won't end up looking as good as you can – as fast as you can. So you'll also need to do some exercise that shapes your muscles, to stay strong, look good, keep your metabolism high and burn fat faster. And that means resistance exercise – like free weights, body weight training, circuit training, or group fitness classes.

In the end, if you want to lose the most fat and look your best, you have to do some calorie-burning exercise and some body-shaping exercise.

So now that you know what kind of exercise to do, let's talk about how much. The answer: 5 hours a week.

That's what works with my clients, and there's strong research to support the recommendation, too. In fact, a study was done with the University of Wyoming where we looked at 1500 people who exercised regularly. And the key result was this: those who exercised at least 5 hours a week were happiest with their bodies. While those that exercised less didn't get the results they wanted.

So here's the key takeaway: the ideal amount of exercise is around 5 hours per week, on average.

Now, some clients come to me doing almost 5 hours per week already.

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So, if they're close to the 5-hour number, I just ask them to pump up the volume a little, or maybe change the kind of exercise they're doing.

But, the truth is, other clients come to me doing a lot less, sometimes no exercise at all. So, what do I tell do with them?

Well, let me first tell you what I don't do. I don't ask them to jump to 5 hours right away, because, for most people, that's too much. Instead, I ease them into it, asking them to do just a little more than they're currently doing.

Not only is that easier for them – it's the right thing to do. In fact, it's the only thing to do. This expectation that people can make massive, instant changes to their lives — and make them last — is the biggest reason people fail to lose fat and keep it off.

If you're doing anything right now, just focus on moving a little more and exercising an hour or two each week. And if you're doing more exercise than that already, just gradually increase your volume until you reach five hours each week. And make sure you're doing both calorie burning exercise (like walking) and body shaping exercise (like training with free weights or group exercise circuits)

At this point, I want to share with you the single most important thing you will ever learn about exercise for fat loss: it's a concept called "Progressive Overload." This means: consistently challenging yourself to do a little more, or a little better.

For example, let's say yesterday you went for a 10-minute walk. Well, then today; go for 11 minutes. If in your last workout you lifted 5kg, then today; lift 6kg.

That's progressive overload. Every time you do physical activity, you write down what you did, and the next time, you do more, or do better, even in the smallest ways. It's a really powerful – and unbelievably easy – technique.

So let's recap. The simple keys to exercising for fat loss are:

- First – get moving – do some exercise and do it right away
- Next – mix calorie burning exercise (like walking) with body shaping exercise (like training with free weights or group exercise circuits)
- Next – work your way up to 5 hours of exercise per week
- Finally – track what you do, and challenge yourself to do a little more, or a little better, each time

As long as you do those 4 things, and watch what and when you eat you'll lose fat quickly and for good.