

The M2 Top 5 Ways to Bust Fat

1. START YOUR DAY WITH BREAKFAST

Most people are now aware of how important eating this first meal of the day is to overall weight loss and health long term. In knowing this, many of us still skip breakfast due to being in a rush each morning, lack of planning or just getting by on a cup of coffee for breakfast.

A balanced breakfast consisting of protein, carbohydrates and a small amount of fat is crucial to start your day. Your last meal was at least eight hours ago, so your blood sugar will be at a low in the morning. It is important to have breakfast to kick-start your metabolism and to get your blood sugar balanced so you can have sustained energy for the rest of the day and aid weight loss.

With breakfast, you may need to experiment a little to determine the best breakfast for your body. Some of us are happy with cereal and yogurt, whereas others need more protein like scrambled eggs on toast to see them through the morning. Choose breakfasts that keep your energy levels up for the next three to four hours and keep hunger pangs at bay. The less hungry you are, the less likely you are to binge or choose "junk" food to top up suppress your hunger.

As a side note, it is equally important to consume one to two litres of water a day for your body to function optimally. Increasing your water intake will aid your weight loss by encouraging your body not to store fat.

2. CONTROL BLOOD SUGAR LEVELS

As mentioned on the previous tip, it is important to keep your blood sugar levels stable. You may not be aware of or even thought about how this affects your weight loss but nutrition is the most effective way to stabilise your blood sugar levels. Nutrition is so important in the bigger picture of weight loss. You can work out for hours and intensely but if your nutrition is not right, you will not reap the rewards from your physical efforts.

It is important to eat approximately five balanced meals throughout the day. By eating every two-and-a-half to three hours, you control your blood sugar, keep your energy levels up and reduce the chance of any cravings that can lead to binge eating. Remember to eat smaller portions at each of these meals, so you are not eating more but are spreading the same amount of kilojoules throughout the day. Great snack examples are: two to three crackers plus an avocado spread, a small piece of fruit, a small handful of nuts and sultanas or a mini pita bread pocket full of salad and lean ham.

How many times have you flicked on the TV to see an infomercial promising you that you will lose ten kilos in just three minutes a day on a revolutionary new machine? What next – popping a pill before bedtime and waking up to a five-kilo weight loss?

Too often, we get caught up in a "magic bullet" approach to weight loss and miss the bigger picture. It pays to be cautious of anything that offers a quick-fix solution. With time, dedication and "know-how" to achieve weight loss and start leading a healthier lifestyle overall.

Here are five main tips to consider and implement for long-term weight loss.

3. WEIGHT TRAINING

It is very important to work out with weights at least two to three times per week on alternative days to increase your muscle mass compared to fat. Just 35 to 45 minutes each session is enough to work your entire body. The increase in muscle mass will help you to burn fat and create a slimmer and healthier body – more than cardio alone can ever do.

4. CARDIO

Weights and nutrition play an important part in overall weight loss and a healthy body. Cardio also has its place in terms of weight loss and increasing your cardiovascular fitness and health. Looking slim is deceptive, as many of us can be lean but not healthy.

Start slowly with cardio if you are new to it and aim to increase intensity rather than duration. Forty-five minutes should be the maximum amount of time for cardio at any one time, as too much can decrease muscle along with fat, which in turn, can make you look lean but "soft."

5. MINDSET

This is often an overlooked area of weight loss. This really is the most important tip of all. You need to establish the "why" or the reason you want to lose weight. Will power can be a fickle emotion and can be at the mercy of how you feel each day. If you train your mind to carry through (discipline), then you can succeed at anything!

It is important to first define how much you intend to lose and why you want to lose weight. Be specific. Are you doing it so that you can look better in clothes, have more energy or impress that certain someone? Do you plan on losing ten kilos or just bulking up?

Next, set a deadline and create steps for how to achieve your ultimate goal. When you face obstacles on the path to your goal, you should focus on your "why," which will get you to take the required action to move closer to your goal.

If you can commit to a plan and do it consistently, you will get results. It is as simple as that.

Weight loss does not need to be complicated. The "how to" can be very simple. It is the "why to" that usually stops people from getting or keeping results. Start to introduce the above tips slowly into your life and soon, it will be a lifestyle that will support your health and fitness goals. 📧

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