

This Free E-Book is brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

2 Ways to Start Burning fat Quickly

By Adrian Bryant

2 Ways to Start Burning fat Quickly

by: **Adrian Bryant**

1. Start Exercising first thing in the morning.

As soon as you wake up in the morning workout for at least 30min to an hour. Studies show that working out in the morning has been shown to burn up to 3x as more fat as opposed to working out at any other time during the day. Here's Why:

During the day your body's main source of energy is the carbohydrates that you get from eating your meals. As you sleep at night for 6+ hours your body uses up all those carbohydrates as energy for various bodily functions that go on even while you sleep. When you wake up in the morning your body doesn't have any carbohydrates as energy to use and it will look to burn body fat instead for energy.

For you to take advantage of this morning fat burning opportunity you have to exercise first thing in the morning. Don't eat breakfast because if you do you'll just give your body some carbohydrates as a source of energy instead of the body fat that you want to burn for energy.

Another great thing about working out first thing in the morning is that your metabolism gets revved up after your morning workout. Morning workouts keep your metabolism elevated throughout the day. An elevated metabolism throughout the day only means that you'll burn more calories and lose more weight. If you workout at night you may still burn fat while you workout but as soon as you go to sleep your metabolism will slow down and you'll miss out on all the extra fat that you can burn during the day if you had exercised in the morning. When you sleep your metabolic rate is always at its slowest.

Other reasons why its good to exercise first thing in the morning is that you get the workout out of the way, and working out in the morning will also reduce your level of stress throughout the day.

Advanced Tip: Want to burn even more fat? Add another workout to your daily routine 4-6 hours after your morning workout. Keep your already high metabolism higher by adding a 2nd workout during the

2 Ways to Start Burning fat Quickly

day. If you're seriously thinking about adding a 2nd workout to your daily routine then try to do your cardio workouts in the morning. Mostly fat calories are burned doing cardio at a moderate intensities. Make your 2nd workout of the day a workout with weights. Mostly carbohydrate is burned doing weight-training workouts. The muscle that you build from weight training will also help you burn fat. 1lb of Muscle burns 50 calories a day or 1lb of fat every 70 days. Not only will you be burning more calories, you'll look better - whatever your weight is.

2. Eat Breakfast

Another way to keep your metabolism revved up all day long is to eat breakfast. After you workout in the morning as discussed earlier, just have breakfast and you'll give your body the perfect 1-2 combination to jump start your metabolism.

Eating breakfast in the morning is what gets your metabolism started. Don't skip breakfast and wait

until mid-morning or afternoon to eat, your metabolism will run slower causing you not burn any extra fat.

Think about this way-Your metabolism is a fireplace that'll burn fat all day long for you if you operate it correctly. When you eat breakfast you are basically throwing a log onto that fireplace to get it started burning fat.

Eating breakfast will help stop those cravings you may have later on in the day and along with working out in the morning, eating breakfast will also keep you energized throughout the day and lower stress levels.

Advanced Tip: Instead of eating only 2 more meals during the day like lunch & dinner, try to eat 4-5 more small mini-meals spaced 2-3 hours apart during the day. Remember the fireplace? By eating these mini-meals you'll be throwing just the right amount of "wood" on the fireplace to keep your metabolism burning calories throughout the day. Don't shut down your metabolism by eating big lunches or dinners, keep that metabolism of yours burning fat all day long.

Morning Checklist Workout for at least 30min after waking up in the morning Eat a healthy breakfast

Burn fat & lose more weight during the day

Use these 2 tips to reveal that six-pack, fit into that dress for an upcoming event like a wedding or reunion, or to impress that special someone. Whatever your fitness goal is these 2 tips above will surely help you reach them.

Adrian Bryant is a Personal Trainer and creator of NowLoss: The World's Best Weight Loss Program. Be sure to check out his web site at

. Adrian Bryant has helped many people

reach their fitness goals in his 10+ years of personal training. Adrian holds a B.S. degree in Exercise science from Longwood University.

Fat Burning Foods

By P. Mehta

Fat Burning Foods by P. Mehta

Fat Burning Foods

Copyright P. Mehta <http://www.FatFreeKitchen.com>

[Please note that this article is not a substitute for medical advice. You have permission to publish this article in your web sites, ezines or electronic publication, as long as the piece is used in its entirety including the resource box, all hyperlinks (clickable) and references and copyright info.]

Are there any foods that burn body fat? If yes, how is it possible? It should be possible to lose weight by simply eating such foods. What are these foods?

The fat burning foods are foods that burn more calories than the calorie content of the foods itself. There are certain foods which actually burn more fat than the calorie content of the food itself. These fat burning foods or so called negative calorie foods are natural plant foods.

Fruits rich in vitamin C like limes, lemons, oranges, grapefruit and tangerines have fat burning properties. Some of the other fat burning foods are asparagus, beet root, broccoli, cabbage, carrot, apple, blueberries, and watermelon. If you eat these fat burning foods and do some exercise, it will boost your metabolism and burn calories at a faster rate for several hours even after exercise.

A recent research reports that calcium in dairy products can boost weight loss by increasing fat breakdown in fat cells. If you compare a dairy-rich versus a dairy-poor diet you can nearly double the rate of weight and fat loss with the same level of calorie restriction.

Not eating enough will slow your metabolism and deteriorating your health. Note that in order to lose weight you have to burn more calories than you consume. This can be done by eating negative calorie foods. This will help your body burning up the excessive stored fat.

This article has been written by <http://www.FatFreeKitchen.com>.

For more information, visit

<http://www.FatFreeKitchen.com/weightloss/fat-burning-foods.html>

2 Ways to Start Burning fat Quickly

For Weight Loss, visit

.

This article has been written by P. Mehta, <http://www.FatFreeKitchen.com> For more information, visit

Related Content:

Read more Content at

Related Products:

: A genuine resource center for Quality Ebooks and Softwares



This Free E-Book has been brought to you by Natural-Aging.com.

[100% Effective Natural Hormone Treatment](#)

**Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!**

