

What is the best type of diet?

By André Fergus

Now this is where most people tend to run into problems. There is no best type of diet! Don't believe me?

Ok, think about it from this perspective how many of you have either been yourselves or know someone who has been dieting every year for the last 5,10 even 15 years and still hasn't managed to get that perfect figure.

That is because in the long term diets don't work!

There are a number of factors that affect your body's ability to regulate weight. One of the most misunderstood and often overlooked is something called your lean muscle mass. Put simply these are the muscles that support your skeleton and help you to perform day to day actions such as walking or running.

Imagine that these muscles are the engine of your body; now think about this engine being very smart; if you starve it of fuel it will slow down and become sluggish. Also if you overfill it the engine rather than cutting out will just add a few spare fuel tanks.

So if food is our fuel the best way to keep our body's engine running at its best is to top it up regularly say once every 3 hours and not to overfill it with food. This means that if you have to eat out opt for the smaller portion because to be honest your body responds more to the taste of the food rather than a set amount. Also try to avoid having too many so called "banned" foods as all you will do in the end is build up such a huge craving that you are almost certain to overindulge.

For a person to put on weight there are a number of things that may have happened.

For example they may have a medical condition such as an under active thyroid or diabetes. Certain types of medication can also promote weight gain or a woman could simply be going through the menopause.

Another reason could be that the body has become inactive meaning that you don't take part in any regular exercise.

If you are healthy and exercise regularly but still can't shift the weight then you are either under or over eating. Alternatively you may need to change your exercise routine because your body has become used to it. For example you might walk about a lot in your day but are still unable to lose weight, this could easily be because your body has adapted to this walking and thinks that this is part of your daily routine and not a fat burning exercise.

What is the best fat burning exercise?

Over the last decade I have been approached by many people in the gym; both clients and gym members alike and have been asked the same question by all: What is the best type of exercise to burn fat?

There were those who favour cardio over weight training claiming that this type of exercise burns a greater amount of calories over a 30-40 minute period. While in part this is true cardio exercise only raises your metabolic rate during the time of exercise and shortly after while research has shown that weight training causes you to burn more calories in a 24 hour period after exercise, in fact 1lb of muscle can burn up to 50 calories ,while you are sitting still!

If you perform only aerobic exercise (and no weight training) yet still follow a sensible diet you will run the risk of breaking down and using your muscle tissue as fuel

Avoid muscle loss

Adults who do not resistance train lose between 4lbs and 7lbs of muscle every decade after age 40.

Although aerobic exercise improves our cardio vascular fitness, it does not prevent the loss of muscle tissue. Only resistance training maintains our muscle mass and strength throughout our mid life years.



Andre Fergus

Personal Training - Sports Massage -
Postural Correction

T +44(0)23 80227474

M +44(0)7765856199

www.andrefergus.com