



Question: **What exercise is most effective for WEIGHT-LOSS?**

Answer: **Muscle Building!**

Why: **Read on.**

Honestly if you can take 5 minutes to read the information below I can save you so much time and frustration by guiding you to the best and most efficient method of training, you will be glad you did.

We all live very busy lives and can afford to waste time in the effort to live at a healthy weight and not have to starve yourself. As a personal trainer I still really enjoy a regular beer of an evening to unwind. You can also without having to worry about stepping away from your ideal weight. Read on.

I think that the fundamentals for body fat loss have been drowned in an enormous mass of information. Most of it is great and can definitely help but there is a major misconception about weight training and it's "weight gaining" effects. A lot of my clients first say they don't want to do weights because they don't want to appear muscular. Once we have worked together for a while they all understand why this first perception was not only wrong but detrimental to effective fat loss. They very quickly learn that a bit of knowledge saves them having to get smashed by a ridiculously high intensive aerobic session.

Remember that Marathon type fitness and weight loss or weight control are two very different things.

We've been lead to believe that aerobic exercise is necessary for weight loss. Common prescription for weight loss is walking, running or other cardio type exercises. "You run to lose weight" is the common thinking. While this may work in some cases, research has shown that aerobic exercise alone is not sufficient for weight loss.

How can this be possible? Everyone else says different!

Although you burn calories when training aerobically, you only burn a relatively small amount. For example in a 30 min jogging session you may burn around 200-300 calories depending on your body weight, age and other things. What you've just burned is the equivalent of a couple of pieces of fruit. Consider the

calories in some of the other foods that we eat and drink (such as fast food) and you can easily see how that's a relatively small amount.

Don't misunderstand, Aerobic exercise has many benefits, it has been shown in numerous scientific studies to reduce the risk of cardiovascular disease, assist in the control of cholesterol and prevent the onset of diabetes (With regards to the prevention of diabetes I am not totally convinced it is the cardio effects that provide the benefits or whether it is weight loss in general), prevent some cancers and many other health benefits. But aerobic exercise alone is not the most effective way to lose bodyfat or "lose weight". And again science has proven this.

The problem with relying on aerobic exercise for weight loss is two fold: 1. The relatively small amount of calories burned.
2. There is also potential loss of muscle mass.

Aerobic exercise, especially heavy exercise may increase your chances of burning muscle. This muscle burning effect is further enhanced when coupling aerobic exercise with a reduced calorie diet. This is a situation you want to avoid at all costs.

When aerobic exercise is performed your body burns both carbohydrate and fat. But when you increase the aerobic/cardio intensity your body also switches to burning more carbohydrates and less bodyfat proportionately. If not enough carbohydrates are consumed your body will switch to making carbohydrates from protein. That is called catabolism and results in losing muscle mass, which is the exact opposite of what you should be aiming for. Therefore, if you are already on a low calorie diet and you add aerobic exercise, you will further accelerate this catastrophe.

But wait, you say, wouldn't that lead to more weight loss and thus quicker and faster results?

While this may look good from a bathroom scale perspective, I assure you that this is detrimental to your ability to achieve permanent weight loss. That's because if you lose muscle, you lose your ability to burn calories. With less muscle, you burn less calories. It's that simple. People trying to lose weight should stop and think about that last statement.

And what happens when you now burn fewer calories?

You need to eat less compared to before your training program. This means that you are now more susceptible to gaining back your bodyfat and more. Oh yeah, and it doesn't do anything in helping you control appetite and in developing healthy eating habits.

Eating extra protein will not counteract this destruction because total dietary energy must be first increased to meet the body's energy needs. Fat, be in dietary or bodyfat, will not stop this muscle wasting because some tissues such as the brain need energy as glucose. While amino acids, which come from muscle protein can be metabolised to produce glucose, fats cannot. As a consequence, a person with more than adequate fat stores may suffer loss of muscle and other tissue if the diet is too restricted in calories.

The primary exercise prescription for people wanting to lose weight must be weight training or resistance training or strength training.

I know there are some out there, particularly women, who seem to think that their muscles grow like weeds and are afraid of becoming too big or masculine. While the men usually can't get enough and many unfortunately turn to anabolics. I can assure you that it's not easy to gain lean muscle. Losing body fat is the easy bit. Gaining muscle is the hard part. I laugh privately when a beginner comes to me and says that he doesn't want to get too big. To get a massive and amazing physique you have to work extremely hard, be extremely psychologically, mentally strong and focused and of course follow a relevant "supplementation" program.

According to many sources, the perception seems to be that all the bodybuilders appearing in magazines these days are on or have used anabolic steroids. Some say that at least 85% of all bodybuilders in magazines today and if they include those taking prohormones the number could go as high as 95%. (Prohormones are biological substances one step away from testosterone or closely mimic it. These are deemed illegal in Australia, and in most sports organizations but are freely available in the US as sport supplements. They have been found to increase LDL or 'bad' cholesterol and other negative side effects which leads to cardiovascular problems.)

The experts say that the ones that do it naturally would have had to work out optimally for at least 3 years with a sound diet before you can achieve anywhere near that. I'm not being negative I'm being real. But of course there are the genetically gifted ones that gain considerable muscle after a year or two training naturally. For that to happen you must be on the right program for you. The gym floor can be a terrible place for reliable health information. It is best to speak with a fully qualified instructor for a serious program and safe course of supplementation if you are interested in getting big.

This is why we have structured our fitness business as "One Stop" health, fitness & personal training. You can get accurate information and quality legal supplementation in one place.

Bodybuilding women on the other hands, especially those that appear in magazines are on a very tough diet and strength program and it appears that

some even supplement with the illegal steroid testosterone. Testosterone obviously is a predominantly male hormone and even though jokingly said otherwise about individuals, it is not plentiful in women. In fact males have around 18 times the testosterone of women. Without it, your body has a hard time building lean muscle mass. So we have been talking a lot about muscle, why? What advantage will having more muscle bring apart from being stronger, after all you're probably saying to yourself, "I work in an office I don't need to lift a 70kg jack hammer or pile of bricks".

Building muscle is an essential part in controlling body fat. Apart from increasing strength, preventing osteoporosis (which two in three women will develop and 3 out of four guys) and other health related benefits which even go so far as to conditioning the heart and the respiratory system. If you want to lose body fat and more specifically keep it off forever, you must perform muscle building exercises such as weight or resistance training.

Muscle causes your body to burn more calories, so that less excess calories remain to be stored, usually as body fat. Muscle is a vital component in your body's furnace (Metabolism). Put simply the more muscle you have, the more furnaces you have operating in burning energy or food. In fact putting on more muscle will allow you to eat extra without affecting your weight. This inevitably allows you to control body fat by allowing you to eat more and still stay lean. Yes, you'll be able to eat more, stay lean and feeling great. Is this really possible? Absolutely!

Surveys from the Australian Bureau of Statistics* have confirmed this. They discovered that men with body mass index (BMI) call Lance to work out yours) in the acceptable range reported having the largest intakes of energy as well as most vitamins and minerals. Conversely obese males reported the smallest intakes of energy. Wow, how's that for radical thinking! So I know you love to eat, everybody does?

Need more evidence?

That's the reason bodybuilders eat two chickens, one kilo of rice, twenty egg whites and seven rolls plus 2 protein shakes and that's just his desert, yet they're still leaner than you and even me. Clearly, muscle mass is proportional to metabolic rate. The more active muscle you have the more calories you burn throughout the day.

Metabolism or metabolic rate is the rate at which your body uses energy while your at rest. This energy is burned in order to keep your body functioning normally. Many people believe that as far as metabolism you've got what you were born with. Rubbish.

When you increase muscle mass you increase metabolism. Since most of our day is spent at rest, in a chair, on the train, in the car like many sales reps or at a desk, by simply having more muscle, you burn more calories compared to your less muscular self. I will say it again, more muscle means more calories will be burned/consumed by your body. It's as simple as that. (Think a V8 car's fuel economy versus a 4 cylinder. The V8 puts out much more energy and understandably uses more fuel)

Conversely, this also means that those with a high bodyfat level, have a lower metabolic rate and therefore burn less calories. They burn less calories while driving, sitting, walking, or whatever the activity. They burn less calories when compared to an identical individual, at the same weight but with lower bodyfat.

The common theme throughout is GET MORE MUSCLE!!! Don't worry, this doesn't mean you will look like an idiot. For most people more muscle just means your muscle gets denser, not bigger!

I have seen this very sensible formula in a number of publications.

**MORE MUSCLE = INCREASE METABOLISM = MORE CALORIES BURNED =
INCREASE FOOD INTAKE = LESS BODYFAT**

Many people have said to me that if I were to stop my strength training I will get fat? Not true, you just need to re-adjust your calorie intake. But why remove a critical and successful component of the above formula.

Your metabolic rate increases as you achieve maturity but it's downhill from there. In fact by the age of 65, some 25% of peak force will be lost. This is almost all due to the loss of muscle mass as you age, A great contributor to this is inactivity. Thus if you reduce muscle, you reduce metabolic rate and we all know what happens next. Calorie accrual, leading to higher bodyfat levels and overall weight increases!

Don't blame your slow metabolism or your body type, and shift your focus to what can be done about it. Weight loss cannot be found in a 30 min cardio session or in severely reducing calories (which a big industry is built around). Stop looking to burn calories or severely reducing them.

You will be better served building a better body that allows you to eat more and stay lean. Building muscle is perhaps the most fundamental component in staying lean. Of course if you want help building a plan and setting some realistic and informed goals specific to please don't hesitate to call.