

HOW TO EXERCISE FOR FAT LOSS

Fat loss is the most common goal shared amongst clients at Coastal Bodies! However, knowing how to exercise in order to promote and enhance fat loss is often misunderstood. So, let's try and clear a few things up!

It is often assumed that in order to burn fat one must be exercising at a low intensity. For those of you who are starting an exercise program for the first time or have a diagnosed medical condition, this is indeed the case. Untrained people should start slowly and progress according to improvements in aerobic capacity or fitness. However, for those of you who exercise regularly and have already seen improvements in your fitness, then high intensity exercise is recognised as being more beneficial for you! This is because high intensity exercise burns more calories and thus promotes more fat loss. Even though low intensity exercise uses a higher percentage of fat for fuel (i.e. almost all the energy used during low intensity exercise is fat), high intensity exercise results in a greater total amount of fat being used (i.e. the total amount of calories expended is greater and therefore total amount of fat burnt is much greater!).

So what exactly is low and high intensity exercise? Well, exercise of a low intensity is recognised to be below 65% of one's maximal heart rate and therefore, high intensity is thought to be above 65% maximal heart rate. To estimate your maximum heart rate, simply perform the following equation:

$$\text{Max Heart Rate} = 220 - \text{age}$$

E.g. A 22yr old female would have an estimated max heart rate of 198bpm (beats per minute). 65% of her max HR would be 129bpm. She should be exercising at or above this intensity to optimise and enhance fat loss.

Essential Strategies for Weight (fat) Loss

- Choose a weight that keeps you healthy in the long term.
- Choose a balanced diet.
- Eat a little less energy (kilojoules/calories) than you burn in training to achieve a slight calorie deficit, and therefore a healthy body fat loss. Don't crash diet.
- Learn how to handle eating out socially and include treats. You should not become obsessed about, or even frightened of, the occasional splurge.
- Have a training program that complements your weight (fat) loss strategies, i.e. have a well balance cardio and strength training program.
- Be wary of times when weight (fat) levels may fluctuate more, for example injury. Monitor these changes and adjust your dietary intake and training to suit.
- Gradually reduce weight. No more than 0.5-1.0 kg per week.