

# 45 FANTASTIC WAYS TO BURN CALORIES



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## **Introduction**

Calorie-burning is both an art and a science. Science dictates how our bodies burn calories, but there is an art to burning the most calories possible. By combining known science with a few tricks, you can give your own metabolism a real boost!

That's where this e-book comes in. How would you like to supercharge your metabolism and lose many more pounds per month? How would you like to burn calories all day long, even when you're resting?

This e-book will teach you how to:

- Get fit and burn calories while you work at your desk.
- Reduce the calories in cheese and other favorite foods.
- Lose pounds even if you have a baby to look after.
- Burn the most calories possible by supercharging your workouts.
- Use food to heal a sluggish metabolism.

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- Sip your way to a leaner body.
- Face holiday meals and buffets without fear.

Are you chained to a desk 8 hours a day? That's no reason to stop burning calories!

This helpful guide will show you how to burn maximum calories while you move, sit, and even while you sleep! Yes, you can burn calories all around the clock by using the tips presented below.

Are you ready to feel the burn? Let's get started!

Note: This e-book recommends specific exercises and dietary supplements to rev up your fat-burning metabolism. While these exercises and supplements are presumed safe, they can pose serious threats to someone with a health condition. Always seek a doctor's advice before starting a new diet or exercise routine.

With that understanding, here are 45 fabulous tips to help you burn more calories:

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## **Tip 1: Great Substitutes for Butter or Margarine**

Butter and margarine have developed an unhealthy reputation due to their saturated fat and/or trans fat content. Luckily, there are several alternatives that are friendlier to your heart.

Olive oil is a great savory substitute. Buy a flavored olive oil (like roasted garlic or red pepper), pour it into a sealable tub, and refrigerate it overnight. The next day it will have a margarine-like consistency and spread like butter.

Vegan spreads like hummus (made from chickpeas) and tahini (sesame seed paste) are highly edible substitutes, and can be found in health food stores.

You can also replace butter or margarine in recipes by using olive oil for savory dishes. Applesauce, mashed bananas, or fruit purees can replace butter in sweet treats.

## **Tip 2: How to Reduce the Fat in Cheese**

Cheese is delicious, but many people avoid it because of its relatively high fat and calorie content. Cheese contains saturated fat, which can harm your heart and arteries if you eat too much of it.

You can reduce the amount of fat in your cheese by selecting products that are made from skim milk, 1% milk, or 2% milk. These cheeses provide all the flavor with a fraction of the fat.

If you'd rather have full-fat cheese in a recipe, try heating it up in the microwave and then draining off the oil. The oil is liquefied fat, and getting rid of some or all of it will reduce the fat content in the cheese.

Finally, if you have the time and inclination, you can make your own low-fat cheese at home. It's a time-consuming task, though, so do a little research to see if cheese-making is something you'd like to try.

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### **Tip 3: What You Can Do with Water to Suppress Your Appetite**

Water is the absolute best fluid to hydrate the human body. It helps our organs function better, keeps our joints supple, and can even aid you in your weight loss efforts.

Here's a good water trick to suppress your appetite: Drink a glass of water before every meal. The fluid will help your stomach feel fuller, faster. Water can also take the edge off of your hunger, since thirst is often mistaken for hunger.

You can also keep a glass of water nearby during your meal. Take a couple of bites of food, then put your fork down and drink a couple of swallows of the water. You'll be satisfied more quickly, and the extra fluid will help your body digest the food more efficiently.

### **Tip 4: Smoking and Drinking Make You Fatter**

A lot of people smoke because they think it curbs their appetite. While this might be a temporary side effect, nicotine actually acts as a stimulant. Instead of relaxing you, it puts more stress on your body. This triggers the release of the stress hormone, cortisol.

The presence of cortisol encourages your body to store fat around the midsection, a particularly unhealthy place for extra pounds to accumulate.

Likewise, drinking alcoholic beverages can contribute to fat storage. The sugar in alcohol causes your body to release insulin, rapidly dropping your blood glucose level and making you hungrier. Over time, insulin resistance can occur.

### **Tip 5: The Truth about Reduced Fat Claims**

You might think that reduced-fat foods are an excellent choice for dieters, but think again! Sometimes it's better to go with the full-fat versions of your favorite foods.

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Why? Because when you remove fat from a food, you remove a lot of its flavor. To replace that flavor, food manufacturers add quite a bit of sugar. Just check the nutrition label on low-fat foods, and you might be surprised by how high the carb count is. The high number comes from the added sugar.

To qualify for a reduced fat label, a product must contain 25% less fat than the original. That's not a lot. Sometimes it makes more diet sense to stick with the original and forego the extra sugar.

## **Tip 6: How to Eat Fast Food and Still Lose Weight**

Fast food is a big no-no for many dieters. Most of it contains too much fat, sugar, sodium, and artificial flavor enhancers to be remotely healthy. Plus, the serving sizes can be ridiculously large.

But there are healthy ways to indulge in fast food on occasion. Instead of fried sandwiches, look for grilled options packed with lettuce, tomatoes, and low-fat condiments.

It's also a good idea to order off of the kid's menu. Not only are the portions smaller, but you'll often find healthier side options (like fruit, yogurt, and 2% milk) than those offered with regular meals.

Never super-size anything, and avoid sugar sodas. You'll be better off sipping water or unsweetened tea. Diet sodas are okay in moderation, but huge ones may contain too much artificial sweetener, which can lead to hunger and cravings.

## **Tip 7: How to Order when Eating Out**

You don't need to give up your favorite restaurants just because you're on a diet. All you have to do is learn how to dine out the smart way.

First, skip the bread basket. It's far too easy to overindulge, and bread is dense in carbs and calories. Second, look for entrees that feature grilled fish or chicken, with steamed vegetables on the side.

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Avoid sauces made from butter or cream, and ignore the deep-fried foods altogether. Such splurges are fine for special occasions, but if you eat them more than once a week, you might stall your weight loss.

Finally, be aware that most restaurant portion sizes are out of control. You can fight this by splitting an entrée, ordering an appetizer instead of an entrée, or boxing up half of your meal before you dig in.

## **Tip 8: How to Spice Up and Burn Calories**

You may have heard that spicy foods can help you lose weight. While the science behind this is shaky, there is plenty of anecdotal evidence to suggest that this is the case.

Spicy foods can slash your cravings by overpowering your taste buds. The fiery flavor causes you to eat less than you normally would.

Certain spices are thought to have a thermogenic effect, which means they speed up the rate at which your body converts calories into energy. Chili peppers in particular are believed to boost your metabolism by as much 50% for a couple of hours.

The faster your metabolism, the more calories you burn – and the faster you lose weight!

## **Tip 9: Why a Veggie Sandwich May Not Be the Best Choice**

Vegetables are nutrient-dense and low in calories, making them a dieter's best friend. They also make fine sandwich toppings, but you might want to add a little protein to keep your hunger under control.

If you eat a sandwich made from bread and vegetables, you're getting quite a lot of carbohydrates. While the veggies (and possibly the bread) contain some fiber, the sandwich probably won't satisfy your hunger for very long.

That's because the sandwich contains no protein or fat. Protein is important for nourishing your muscles and helping your body burn carbs at a slower

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rate, keeping your blood sugar stable. Fats do the same thing, and they help you feel fuller longer.

If you still want a 100% veggie sandwich, add some heart-healthy fats like avocado slices, 2% cheese slices, or olive oil to keep you satisfied.

## **Tip 10: The Truth about Negative Calorie Foods**

Are there actually foods that contain negative calories? That depends on how you define “negative calories”. While all foods contain a certain number of calories, many dieters like to fill up on foods that are high in fiber and low in calories – negative calorie foods.

The reasoning is that it takes more calories to digest these foods than the foods actually contain, leading to a net loss of calories. Dieters also favor foods that are rumored to speed up the metabolism, like chili peppers.

So what are some examples of negative-calorie foods? Celery, oranges, tangerines, lettuce, cucumbers, strawberries, and carrots are some of the most popular. Look for fruits and vegetables that contain few calories and plenty of water or fiber. These foods will fill you up and leave you with a calorie deficit for the day.

## **Tip 11: Using Thermogenic Foods to Burn More Calories**

Thermogenesis is the process of burning stored fat for fuel. Thermogenic foods and supplements speed up the body’s metabolism, making it burn fat faster.

It’s important to note that thermogenic supplements lose their effectiveness over time. These products are usually made from ephedra-like chemicals and herbs, plus caffeine and other stimulants. They can even be dangerous if you take too many, or take them for long periods of time.

Thermogenic foods, on the other hand, have a more subtle effect. But you can eat them indefinitely without doing harm to your nervous system. Enjoy some metabolism-boosting servings of citrus fruit, spicy peppers, and green

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tea. Just a few servings a day can make your body burn more calories and make you lose weight faster!

## **Tip 12: Foods that Fight Abdominal Fat**

Belly fat is the most dangerous kind of fat you can have. It has been linked to many diseases, including heart disease, diabetes, and cancer. Doctors aren't sure why abdominal fat poses so many health risks, but there's no doubt that it does.

You can reduce your abdominal fat by eating several portions of fat-fighting foods throughout the day. Eat lean proteins, unsaturated fats, and fibrous fruits and veggies. Nuts are a great snack, as they contain many nutrients. Low-fat dairy products are high in calcium, another belly-busting mineral.

Too many carbs can lead to bloating and even insulin resistance over time, but you need fruits, vegetables, and whole grains to stay healthy. Just limit the amount of carbs you get from sugar and refined flour, and your abdominal fat will diminish.

## **Tip 13: Eating to Heal Your Metabolism**

Have you spent years trying one diet after another? Have you lost weight – and regained it – more times than you can count? Do you find it nearly impossible to lose weight, even when you drastically reduce your calories? If so, your metabolism might be sluggish due to chronic dieting.

Luckily, the way you eat can actually heal your metabolism. Instead of eating three large meals a day, as many of us were taught to do, you can keep your metabolism in high gear by eating 6 small meals throughout the day. Eat at or just below the recommended caloric intake for someone of your weight. You might see a small initial weight gain when you start to eat this way, but soon the pounds will begin to vanish.

Be sure to drink plenty of water, too. It will keep your kidneys from becoming overburdened and prevent them from calling on your liver for backup. When the liver has to act as a secondary filtration system, it isn't doing its primary job of metabolizing fat – and the pounds will pile on as a result.

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## **Tip 14: The Facts about Fasting**

People fast for various reasons. While fasting has been a persistent approach to weight loss for countless years, the fact is that any rapid weight loss that comes from fasting is only temporary.

A lot of the initial weight loss comes from a reduction in food intake. We get quite a bit of our fluids from food, so when we don't eat, we lose water weight. Losing water is not the same as losing fat, and the water weight you lose during a fast will come back when you start eating again.

As it turns out, fasting isn't even necessary. Some people claim that it helps to give the body a break every now and then, but as long as the body is in good health, it is amazingly efficient.

If you decide to go on a fast, try doing a raw or whole food fast. This involves giving up fast food, processed foods, and even cooked foods for several days at a time. You will get plenty of nutrition without the chemical additives that so many of us have sensitivities to. Drink plenty of clean, pure water during your fast, and you will feel better in no time!

## **Tip 15: The Dangers of Trans Fats**

Did you know that many of your favorite baked goods contain a dangerous substance called trans fat? It's true; margarine, cakes, cookies, and even breakfast cereal can give you an unhealthy dose of this harmful fat.

Why is trans fat so bad for you? Unlike heart-healthy unsaturated fat, trans fats actually clog your arteries, raise your bad cholesterol, and lower your good cholesterol level. This triple-whammy is responsible for thousands of heart attacks each year. In fact, trans fats are so dangerous that experts predict the health care industry would save \$56 billion over the next 20 years if trans fats were eliminated from all foods.

You can protect yourself from trans fats by reading the labels of the food you buy. If you see margarine or hydrogenated oil on the ingredient list, the food contains trans fat.

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## **Tip 16: Enjoy Snacks Under 100 Calories Apiece**

It's been proven that eating several small meals throughout the day can keep your metabolism in overdrive. But how do you eat so much and still manage to come in under your daily calorie allotment? By eating smart snacks under 100 calories.

There are many low-calorie fruits and vegetables you can munch on between meals. Cucumber, carrot sticks, celery, and strawberries will satisfy your cravings and deliver healthy vitamins for very few calories. Sugar-free Jell-o cups weigh in at a skinny 10 calories each. Craving cheese? Try low-fat cheese wedges for 35 calories apiece, or part-skim mozzarella sticks for 80 calories.

Avoid the 100 calorie packs of cookies and chips you see at the grocery store. They are good for occasional cravings, but they don't really give you enough food to really satisfy your hunger. Plus, you'd get more nutrients by eating a sweet, crunchy apple or a low-fat yogurt cup.

## **Tip 17: Savor Desserts Under 200 Calories Each**

Have a sweet tooth? Don't let your love of desserts sabotage your diet plan! There are plenty of lower calorie alternatives that will satisfy your cravings without straining your skinny jeans.

If you're dying for some ice cream, try a Weight Watchers frozen dessert. They typically clock in under 200 calories each. Or try one of the half-cup servings of real ice cream now available in many grocery stores. The tiny serving size gives you full flavor for a fraction of the calories.

For 200 calories, you can have two 100-calorie snack cakes; plenty of sugar-free pudding with whipped topping; or even a slice of fat-free cheesecake. Try chopping up some reduced-calorie pound cake and topping it with strawberries and sugar-free Cool Whip. You'll have a virtuous strawberry shortcake that tastes like the real thing.

While some dieters avoid desserts like the plague, there's no reason why you can't indulge as long as you make smart substitutions and control your portion sizes.

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## **Tip 18: Fill Up on Low-Glycemic Fruits**

Along with vegetables, fruit is one of the healthiest foods you can eat. But all fruits are not created equal. Some are very high in sugar, which can lead to blood glucose spikes and crashes, excessive hunger, and persistent sugar cravings.

If you're limiting your sugar intake, and especially if you have a health condition like diabetes, it's a good idea to eat mostly low-glycemic fruits. These fruits don't contain as much sugar, so they don't stimulate the body to produce as much insulin – a chemical that, among other things, makes you hungrier.

In general, berries and melon are quite low in sugar when compared to other fruits. Papayas, lemons, limes, peaches, and nectarines have a low to medium sugar content. Apples also have moderate sugar, but their fiber content makes them a healthy choice.

Avoid figs, bananas, mangos, and tangerines. They tend to be very high in sugar.

## **Tip 19: How “Diet Foods” Make You Fat**

If you're on a diet, it makes sense to eat diet foods and drink diet sodas, right? The diet food industry certainly hopes you think so. In reality, diet foods and drinks can be just as bad for you as their regular counterparts.

Diet foods come in two main varieties: sugar-free and fat-free. Sugar-free foods are sweetened with artificial sweeteners like aspartame, saccharine, or sucralose. These chemicals taste so sweet that they trigger your body to produce insulin, a chemical that regulates blood glucose levels.

But since the foods don't contain sugar, the insulin doesn't have anything to do once it's in your system. This causes hunger and lethargy, and might make you eat much more than you normally would. Over time, your body could become resistant to the excess insulin, paving the way for diabetes.

Fat-free foods are typically enhanced with extra sugar and MSGs. These make the foods taste better, but they can raise the blood sugar to unhealthy

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levels. Foods with no fat content tend to get processed very quickly by the body, leaving you hungry again in short order.

## **Tip 20: Dieting During the Holidays**

Nobody relishes the idea of dieting during the holidays. With so many seasonal treats about (and several days of leftovers), it's not easy to stick to your plan. But consider the alternative: Eating whatever you want for days on end, and then starting the New Year with extra pounds to lose. Ugh!

You can celebrate with family and friends without breaking your diet. First, designate which meals will be "splurge" meals. Indulge without guilt during those meals, and eat sensibly the rest of the time.

You can keep yourself on track by filling up on low-calorie snacks before you sit down to a tempting feast. Keep your portions small, and drink plenty of water or tea between bites.

Try to stay as active as possible during the holidays. It might not be realistic to hit the gym on a holiday, but do get outside for a nice stroll and maybe a snowball fight or two.

## **Tip 21: How to Control Yourself at a Buffet**

"All you can eat!" Those four words are enough to send many dieters into a panic. Unlimited food - and the ability to serve yourself massive portions - is not conducive to losing weight. Still, you can safely navigate a buffet on occasion by following these tips:

First, don't show up hungry. If you're half-starved when you arrive at the buffet, you'll be very likely to overeat. Instead, snack on fruit and veggies before you even leave the house, to take the edge off of your hunger.

At the buffet, skip the bread basket and fill your plate with salad and vegetables drizzled in a low-calorie dressing. Get some lean protein as well. Look for grilled or roasted meats instead of fried or breaded.

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Drink water or unsweetened tea, and sip a broth-based soup to help you fill up faster. If you still have room for dessert, have something small like a half-cup of frozen yogurt with fat-free chocolate syrup.

## **Tip 22: Low Carb vs Low Fat: Which is Best?**

Dieters have many theories about the healthiest approach to weight loss. Some prefer low-fat diets because they tend to be healthier for the heart and low in calories. Others prefer low-carb diets because they are low in sugar and help ward off blood glucose instability.

So which plan is best? The surprising answer is: Neither. Diets that are too low in fat may actually cause you to eat more in an attempt to satisfy your hunger. Fat is satiating, and unsaturated fat is actually good for your heart and cholesterol levels.

Diets that are too low in carbs can leave you feeling depressed, lethargic, and just plain ill. You must also be careful not to eat too much saturated fat while following a low-carb plan. Over time, diets high in unhealthy fats can lead to obesity, heart disease, and cancer.

The very best diet plan of all is one you can stick with for life. Therefore, it's best to take a moderate approach to dieting. Eat fat and carbs, but eat the right ones: complex carbohydrates from whole grain sources, fruits and vegetables; and unsaturated fats from avocados, olive oil, and fish.

## **Tip 23: Why Mini-Meals Rev Your Metabolism**

Think of your metabolism as a sorting machine. Whenever you eat something, your metabolism takes the food and files it under 'energy' or 'stored fat'.

Now imagine what happens when that machine gets bogged down. Eating three large meals a day can throw a wrench into the works. Instead, you can keep your metabolism running smoothly by eating several mini-meals each day.

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Instead of overloading your metabolism and then giving it long breaks in between meals, mini-meals keep it working all day long. For maximum calorie-burning, never go longer than 2-3 hours between mini-meals.

Add some cardio exercise and plenty of water to keep your liver working well, and you've got a recipe for weight loss.

## **Tip 24: The Fat-Burning Powers of Protein**

Our lean muscle mass depends on protein for nourishment. Protein contains the building blocks of life, and those building blocks are vital for creating lean muscle mass. Therefore, to build more lean muscle, you'll need to eat more protein.

How does protein help you burn more calories? It's simple: Muscles burn calories even when they're at rest. The more muscle mass you have, the more calories you'll burn around the clock.

Note that women can develop a great deal of lean muscle tissue without looking bulky. So ladies, eat your protein to build muscle and burn more calories than ever!

## **Tip 25: The Best Diet Plan in the World**

When you're choosing a diet plan, the sheer number of options can be a little overwhelming. Will you cut out fat? Carbs? Will you depend on a liquid diet to get you to your weight goal? What about prepackaged meals?

Every diet plan has its pros and cons, but there are some factors you really need to consider. In order to work, a diet needs to be a lifestyle change. To stick with a diet for life, you'll need a plan that keeps you satisfied; incorporates foods from all food groups; is affordable and convenient; and doesn't leave you feeling deprived.

With a little research, you'll soon discover that the very best diet plan of all is one that you can live with. Persistence is the key to lasting weight loss.

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## **Tip 26: Drinking Ice Water to Burn Calories**

Can you really burn extra calories by drinking ice-cold water? Some dieters believe you can. Their reasoning is that it takes extra energy for the body to heat up the frigid water and digest it, resulting in more calories burned.

Dr. Roger Clemens from the USC School of Pharmacy did the math, and as it turns out, you do burn extra calories by drinking ice water – just not very many. In fact, for every 8-ounce glass of freezing water you consume, your body burns about 8 calories to heat the water before digestion.

To see a serious benefit from this approach would require you to drink a dangerous amount of water, so it's not recommended. You'd be better off limiting your calorie intake and getting a little more physical activity.

However, drinking 64 ounces of water a day, cold or otherwise, will help you lose weight and get rid of bloating, so drink up!

## **Tip 27: Exercises that Burn the Most Calories Per Hour**

Some people really enjoy sweating off the pounds. For the rest of us, exercise can get boring. We'd like to spend less time burning more calories!

Well, we're in luck. According to the Mayo Clinic web site, these are some of the most powerful exercises you can do to burn the most calories per hour:

Running at 8 miles per hour (986 calories per hour)

Rollerblading (913 calories per hour)

Tae Kwon Do or Jumping Rope (713 calories per hour)

Stair Treadmill (657 calories per hour)

Basketball, Jogging, or Singles Tennis (584 calories per hour)

Note that these calculations are for a 160 pound person. The more you weigh, the more calories you will burn during an hour of these activities.

## **Tip 28: How to Walk/Run Your Way to Weight Loss**

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Walking and running can both have seriously positive effects on your health, but you can burn even more calories by combining the two. Running at 8 mph burns nearly a thousand calories for an individual weighing 160 pounds, but you might not be able to run that fast for that long when you're just starting out. That's where interval training can help.

Interval training involves walking and running at various speeds during each session. For example, you could warm up by walking at a relaxed pace, then walk briskly for 10 minutes, jog for 5, walk for 5, sprint for 3, jog for 5 more, and so forth.

This keeps your body from becoming complacent. Keep it guessing, and you'll keep your metabolism in overdrive. Also, because there are periods of relative rest in between your jogs and sprints, you can sustain a walk/run workout longer than a simple run.

## **Tip 29: Start Your Day with Yoga**

Do you ever wake up in the morning feeling stiff and sore? Regularly stretching can help you loosen up. If you do yoga, you'll even kick-start your metabolism for the day and burn extra calories.

To start, stretch your neck, shoulders, arms, and legs. You can do this before you even get out of bed. (If you're not exactly a morning person, stretching can help you wake up faster.)

A good early morning yoga routine might start with a few Cat Pose and Child Pose stretches to relax your spine. Then move to Downward Facing Dog before lunging forward into Runner's Pose. Then do the series in reverse.

Hold each pose for 8 to 10 breaths, and focus on breathing deeply the whole time. You'll soon be stretched, relaxed, and ready to tackle your day!

## **Tip 30: Using Muscle Confusion to Burn Maximum Calories**

If you work the same muscle group over and over, you start to get diminishing rewards. Your body grows accustomed to the exercises, and stops working as hard. How would you like to transform your body without living at the gym? Check out Tom Venuto's "Burn the Fat, Feed the Muscle" powerful weight loss system:

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hard as it should. You can avoid this by using muscle confusion to get in shape fast.

Muscle confusion involves working different muscle groups on different days. You might work your core on Monday, your arms on Wednesday, and your legs on Friday. In between, you can do cardio sessions to burn more calories while you give your muscles time to repair.

Switching up your workout routine will help your body develop muscle tissue faster. The more muscle you have, the faster you'll burn calories – even when you're relaxing. Put muscle confusion to the test, and you'll see results fast!

### **Tip 31: The Best Exercises for Arms**

Working your arms will give you more than just sexy sculpted biceps: it will help you burn more calories, too!

The effect is two-fold. First, you'll actively burn calories while you do the strength-building exercises. Then, you'll passively burn more calories after you build more muscle tissue.

For stronger, leaner arms, try these classic exercises: Push-ups, starting with wall push-ups or knee push-ups if you can't do a traditional one; Pull-ups; Bicep Curls; Tricep Kickbacks; and Arm Rows.

You can find illustrated guides online to walk you through these effective exercises. Do them every other day to firm up fast and burn extra calories.

### **Tip 32: The Best Exercises for Legs**

When you're not giving your arms a workout, you can focus on building stronger legs. Like the arms, the legs can benefit from a host of classic exercises that don't require any special equipment to do.

Try these favorites: Squats; Wall-sits; and Walking Lunges. They will firm up your legs and give you more muscle mass, which increases the amount of calories you burn each day.

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Those are examples of exercises you can do anywhere. If you prefer to work your legs at the gym, try Leg Presses; Leg Curls; and the Stair-Climber. Machines that target the adductor and abductor muscles are also a good choice to round out your total leg workout.

### **Tip 33: Sculpt Your Abs to Burn More Calories**

Chiseled abs are a dream for many dieters. While they're not a realistic goal for everyone (your genetics plays a part in whether or not you can develop visible ab muscles), most people can get them by losing enough body fat and doing the right exercises.

The best ab-ripping exercises are variations on crunches and leg-lifts. Try these five great moves for sleek abs: The Bicycle Exercise; Vertical Leg Crunch; Long Arm Crunch; Reverse Crunch; and the Plank Position.

All of those exercises have been listed by the American Council for Exercise as highly effective ways to target your abdominal muscles. None of them require extra equipment, so you can do them in the comfort of your own home. A quick online search will turn up step-by-step guides with photos.

### **Tip 34: Exercising with Kids Underfoot**

As any new parent will tell you, kids are a full-time job unto themselves. But many moms and dads regard the birth of a child as a new phase in life, and they want to take the opportunity to shed excess pounds and be the best parent they can be.

So how do busy parents make time when they have a demanding infant or toddler underfoot? There are several tactics, actually.

First, try to get someone to watch the baby while you sneak in a workout. You never know; your spouse or parents might cherish the thought of having some regular one-on-one time with the new arrival.

If babysitters are scarce, try some exercises you can do with the baby. If you have an infant, join a stroller walking club for fun and fitness. If you have a

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toddler or older child, take them to the park or swimming pool. You'll have a good time while you get fit!

### **Tip 35: Burn More Calories While You Run Errands**

Your calorie burning doesn't have to be limited to workout sessions. In fact, you can burn calories all day long while you go about your daily tasks.

Think about it: How much time do you spend sitting in traffic, standing in line at the grocery store, and sitting at a desk? That's a lot of sedentary time you could spend getting a little extra calorie burn.

When you're driving around, try sitting up straight and sucking in your stomach. Visualize your bellybutton pulling back toward your spine. Hold this clench for 10 seconds, then release. Repeat as often as you can.

Butt-squeezes sound funny, but they are an excellent way to tone your backside. Plus, nobody will even realize you're doing them! While sitting or standing, clench your glutes as hard as you can. Hold for a count of 10, then release and repeat. Practice until you can hold the clench for 30 seconds.

Of course, you can always burn more calories by parking far away from store entrances and taking stairs instead of elevators. Every little bit helps!

### **Tip 36: Calculate your BMR**

Before you burn calories, you need to know how many calories your body needs in order to function properly. You can find this out by calculating your basal metabolic rate, or BMR.

There are many detailed BMR calculators online, but here are some simple rules that will give you a good estimate of your caloric needs:

- To lose weight, you need to eat 12 to 13 calories per pound of body weight.
- To maintain your weight, you need 15 to 16 calories per pound.
- To gain weight, you need 18 to 19 calories per pound.

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Thus, a 150 pound person needs at least 1,800 calories each day to lose weight and keep their body running efficiently. This requirement can vary according to gender, age, medical conditions, and activity level. You can receive more customized results from online BMR calculators or your health care provider.

### **Tip 37: Find Your Target Heart Rate**

To get the most benefit from your workouts, the American Heart Association recommends staying within your target heart rate range. Your target heart rate is your resting heart rate plus 50 – 85%. The Mayo Clinic web site has a quick target heart rate calculator you can use.

Of course, measuring your target heart rate can be a little complicated. The AHA also recommends the “conversation pace” measurement. If you can talk while you workout, you’re probably going at a good pace. If you can sing while working out, you need to push yourself a little harder. If you cannot talk without a lot of effort, you could be working out too hard.

### **Tip 38: Burn Calories While You Work**

Do you have a desk job that doesn’t provide many opportunities to be physically active? If so, don’t despair; with a little creativity, you can burn extra calories while you sit at your desk.

You can certainly stretch your arms, shoulders, and neck while sitting down. These stretches will keep you from becoming cramped, and they will also burn a few calories. Conscious fidgeting (tapping your feet, changing position, and getting up to walk around) can burn several hundreds of calories each day. Even chewing gum will burn an additional 11 calories per hour, according to Mayo Clinic researchers.

If you have the space and money, you can even find tiny exercise bikes that fit beneath a desk. You can pedal while you work, burning 200 – 300 calories per hour.

### **Tip 39: Burn Calories in Your Garden**

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Many people don't realize that gardening is hard work until they try it for themselves. But gardening is a real calorie-burner. Check out the number of calories a 150-pound person would burn during an hour of the following activities:

General gardening tasks burn about 270 calories per hour. One hour of digging and spading burns 340 calories. An hour of picking fruit, vegetables, and flowers results in a loss of 210 calories. Laying sod for an hour will burn 340 calories.

Planting trees and shrubs burns 310 calories per hour. Trimming shrubs and trees for an hour will burn 306 calories. So will an hour of weeding. Raking the lawn for an hour burns 292 calories.

And the best gardening activity for burning calories is mowing the yard with a push mower. One hour at this task will leave you with a better-looking yard and 400 calories burned!

## **Tip 40: Fun Aerobic Exercises that Won't Bore You**

Aerobic exercise doesn't have to be a chore. In fact, boredom is a leading reason why many people don't stick to their exercise routines. Who wants to jog in one place on a treadmill every day?

Luckily, some of the coolest activities are also great calorie-burners! A 150-pound person burns 408 calories an hour playing a casual game of basketball. That same person would burn 400 calories by hitting a punching bag for an hour, or 340 calories during an hour of playground games.

A touch football game burns 544 calories per hour. Horseback riding burns 270 calories per hour, and an additional 232 if you unsaddle and groom the horse afterward. Motocross also burns 270 calories an hour.

One hour of roller-skating will provide lots of entertainment (and burn 476 calories). An easy-paced game of softball or baseball burns 340 calories an hour, while a casual racquetball game burns 476.

What's a quick, easy, fun and inexpensive way to burn major calories?

Jumping rope! A 150-pound person will burn a whopping 680 calories an hour.

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## **Tip 41: Fat-Burning Green Tea**

Many weight loss supplements contain green tea extract, and green tea has definitely been promoted in the headlines as a healthy drink that can help you burn fat. But are the claims true?

Yes! Green tea can help you burn more calories in a variety of ways. First, because green tea contains caffeine, it acts as an appetite suppressant. The caffeine content can also perk you up, making you more active. And while you're working out, the caffeine in green tea can keep your heart rate up for longer periods of time.

Green tea also contains plant substances that help you burn an additional 60 calories per day, according to Swiss researchers. That's 60 calories gone, from doing nothing more than drinking a few cups of green tea.

Finally, if you substitute calorie-free green tea for sodas and creamy coffee beverages, you can save a lot of calories and still get your caffeine fix.

## **Tip 42: Ginger**

Among the foods rumored to be thermogenic, ginger stands out as a popular fat-burner. But how effective is it? Can an herb really increase the rate at which your body turns calories into energy?

While the scientific jury is still out, ginger does act as a vasodilator. It opens the veins and promotes better blood circulation. This could increase the body's metabolic rate by pumping more blood to the liver, which metabolizes fat.

Ginger also soothes the stomach and can promote more efficient digestion. Try adding some pickled ginger to salads, or sipping ginger tea before your workouts.

## **Tip 43: The Best Vitamins for Fat Burning**

We've learned about tea and herbs; now let's take a look at how vitamins can help you burn more calories.

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The B vitamins help your body metabolize the food you eat, turning it into energy rather than storing it as fat. Taking B vitamins will result in a higher level of energy and could speed up your weight loss.

Calcium is an important part of weight loss. People who consume more calcium lose more weight. Numerous studies have proven this to be the case. Make sure your multivitamin contains at least 100% of your daily calcium requirement, or drink 3 glasses of low-fat milk each day.

Vitamin C has recently been labeled a fat-burner as well. One study by the University of Colorado suggests that Vitamin C protects the body from the effects of stress, helping all functions – including metabolism – work more efficiently.

### **Tip 44: Carb & Cortisol Blockers**

There are several products on the market that claim to block the absorption of carbohydrates and the production of cortisol. In theory, they sound like a good idea; excessive carb consumption can lead to obesity, particularly in insulin-resistant individuals and diabetics. And cortisol is a hormone that tells the body to store fat in the abdominal region – not a good thing.

Unfortunately, science does not support the claims of carb and cortisol blockers. To reduce your carb intake, it's better to cut out refined sugars and white flour products, and replace them with fruits, vegetables, and whole grains. To reduce the amount of cortisol in your body, reduce your stress level by exercising regularly, getting plenty of sleep, and practicing yoga and other relaxing techniques.

### **Tip 45: What About Ephedra?**

Ephedra used to be featured in numerous weight loss products, including the popular E-P-A stack (marketed as Stacker). Due to some unfortunate side effects, the Food and Drug Administration banned the use of ephedra in diet aids.

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However, there are still some herbal equivalents in use. Fans of guarana and ma huang say that these herbs give their metabolisms a boost just like ephedra. Bitter orange peel extract acts in a similar fashion.

These supplements can be dangerous when taken in large amounts, or even when used regularly in people with heart conditions. That's because they are known to stimulate the heart and raise blood pressure. If you have any health concerns at all, please get your doctor's approval before taking ephedra or ephedra-like herbs.

## **Bonus Tip: Supercharge Your Calorie-Burning Workouts**

There are little tricks you can use to make your cardio workouts a little more heart-pounding. For example, if you like to run or jog, try doing so on a surface other than concrete. Loosely packed dirt, sand, or water will provide lots of resistance, making your body work harder than ever. Jogging through water can burn up to 17 calories a minute!

You can also add resistance by wearing wrist and ankle weights. They make it just a bit harder to lift your arms and legs, which means more calories burned during your workout.

## **Calorie-Burning Recap**

Let's review some of the many ways you can burn more calories:

- Eat the right foods, several times throughout the day.
- Use ginger and green tea to heat up your metabolism.
- Rev up your workouts with added resistance.
- Do something fun for your cardio exercise.
- Use heart-healthy fats in your meals.
- Don't cut out any food groups.
- Stay hydrated.

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- Learn to stretch and relax.
- Get plenty of Vitamin C, B complex, and calcium.
- Get adequate rest at night and between workouts.
- Know how many calories you need and how many you burn.
- Learn to work around holidays, children, and other distractions.
- Do the most effective exercises for your abs, arms, and legs.
- If you're stuck at your desk, stretch or fidget to burn calories.
- Keep burning calories by exercising while you run errands.
- Nourish your muscles with lean protein.
- Take up gardening – your lawn and your waistline will thank you!

Once you've calculated your BMR, you'll have a good idea of how many calories your body requires each day. Take into account the calories you expend during exercise. Then start keeping track of the food you eat each day.

Between diet and exercise, you'll need to create a calorie deficit of 3,500 calories per week to lose a pound of fat. That's a healthy rate of weight loss. Any faster, and you risk gaining the weight back very quickly.

Fortunately, for those of us who aren't exactly fans of exercise, you can burn hundreds of calories each hour just by doing fun things. Get inspired to dance, play childhood games, join a sports league, or dive into a pool. You'll have a great time while the calories burn away.

Good luck!

## **Recommended Reading**

**Burn The Fat, Feed The Muscle** *By Tom Venuto*

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Tom is one of the most respected names in the bodybuilding game because of the amazing physique he has built without the use of steroids or other drugs.

Here is a guy who has competed in bodybuilding 28 times at between 3.7% and 4.5% body fat, which is a phenomenal achievement when you realize that it's been done naturally.

Therefore when Tom decides to write down his fat loss secrets then you just have to take a look.

Tom's program is based on using the right type, frequency and intensity of exercise (BURN), which allows you to actually eat more (FEED) and still easily shed your unwanted body fat. There is NO starvation dieting involved.

This program also allows you to keep your muscle, which is important because most conventional diets cause you to lose at least a pound of lean tissue for every pound of fat you lose. Retaining muscle is the key to optimal fat burning metabolism.

On this webpage you can read all about Tom's new fascinating 'Burn the Fat, Feed the Muscle' principles:

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