



How to Reduce Body Fat

Don't trust gimmicks

Don't believe the latest industry fad that claims miracle results in a very short amount of time. Always check the research, evidence base and scientific rigour behind any claims. Only use information from trusted websites such as NHS or British Heart Foundation.

Get some sleep

Aim for 7-9 hours sleep per night. Poor sleep quality releases more of the bodies hunger hormone ghrelin. This increases the temptation to overeat. Also, our bodies like routine so try to keep bedtime and the time you wake up consistent each day.

Strength training

Lean muscle tissue burns 5 ½ times the calories than body fat. Large compound body movements such as squats, deadlifts and press ups will help to maintain muscle mass whilst trying to create a calorie deficit.

Calories and weight loss

Quite simply if you consistently burn more calories than you consume each day, you will lose weight (unless there are underlying health conditions preventing this).

HIIT

During 'High Intensity Interval Training' your bodies preferred source of energy such is carbohydrate. When your body recovers it mainly burns fat. This 'fat burning' process continues for hours after training, which can aid weight loss (providing you maintain a calorie-controlled diet). **Please consult your GP and/or qualified fitness professional before undertaking an exercise programme based around the HIIT principles.**