



Burn Baby, BURN

Time to turn to Gym Rat for the fastest, most furious, ways to burn fat – at all hours of the day and night! Check out just how many calories you'll be burning while you eat, sleep and – you've guessed it – have sex.

From Waking Up to Working Out

"Don't just think about fat burning in the gym environment," says the Rat. "You can burn fat all day if you eat properly and adjust your lifestyle accordingly."

Spread your eating out across the day – go for 4 to 6 smaller meals to maintain your energy levels and constantly elevate your metabolic rate, which will optimise your calorie burning. Don't neglect breakfast – muesli, brown toast and fruit are all great choices.

Getting Around

Walk It – walking is a great calorie burner and, because it's low intensity, the vast majority of calories come from fat.

WALKING

Calories burned per hour at normal walking speed

On the flat	270 Kcal
On a 4% incline	391 Kcal
On an 8% incline	526 Kcal
On a 12% incline	662 Kcal

Bike It – "If you can cycle to work, college or the shops, then get on your bike," says the Rat. Cycling is a more intense form of exercise than walking, so the calorie burn will be higher. Expect to expend 400-500 calories an hour at a comfortable pace. Although more intense efforts burn more carbohydrate than fat calories, you'll be burning more calories in total. As the Rat points out: "If you want to lose weight, you need to create a positive energy balance, which means expending more calories through everyday activity and proper exercise."

The best way to do this is to cut back your calorific consumption by no more than 10-15% a day whilst maintaining a balanced diet. "Make sure you get 55-60% of your daily calories from carbohydrate, 15% from protein and the rest from fat – avoiding saturated fats in particular," explains the Rat.

Take the Stairs – why not get out of the lift a floor or two before your stop and take the stairs instead? Better still, avoid lifts altogether and, when you step on an elevator, walk up it; don't stand still! You'll burn at least an extra 20 calories for every two minutes of stair climbing you do and you'll increase your lean muscle mass, which will boost your calorie burn. Muscle is metabolic dynamite: it burns up to three times as many calories as any other body part – so reap the muscle-building benefits from

EVERYDAY ACTIVITIES

Time required to burn 100 Kcal in minutes

Shopping	15
Stacking Shelves	29
Painting	54
Digging Garden	12

everyday activity by carrying the shopping, digging the garden, or putting extra elbow-grease into the cleaning. You'll also burn substantial numbers of calories, too.

Sex It Up!

Get the heat on at any time of the day or night, encourages the Rat. "Sex burns calories because it's a form of exercise. It improves your strength, flexibility and CV ability," rants the Rat, adding cheekily, "the better your stamina, the bigger the calorie burn." The proof is here:

SEX

How long	15 minutes	30 minutes	60 minutes
Calories Burnt	23Kcal	46Kcal	92Kcal

Figures based on 68Kg person

Take It to the Gym

"I've told you how to fat-burn 24/7 through everyday activity," explains the Rat. "Now here's some great CV workouts for you to do whatever your fitness level."

FROM DUSK TILL DAWN

Try not to eat at least an hour before going to bed. When we sleep our metabolic rate slows down, which means that a late night snack will be stored overnight as fat. But this doesn't mean you shouldn't eat at all in the evening, as Rat points out: "You need to consume enough calories throughout the day to optimally fuel your body, and this includes taking an evening meal." A good food choice at this time would be lean beef or chicken, preferably with brown rice and vegetables – great protein, carbohydrate and vitamin/mineral sources. "The carbs will replenish lost muscle fuel (glycogen) and the protein will rebuild your muscles (exercise breaks down muscle protein)," adds the Rat.



Photo: Polar