

HOW TO BURN FAT FASTER: 5 WAYS TO BE MORE EFFICIENT

Our bodies tend to naturally burn fat as a fuel source, but have you ever wondered if you can train your body to burn fat more efficiently? Today, I'm going to give you a few tips on how you can better train your body to burn fat!

Today, i want to share some great ways you can help your body to become a better fat burning machine! So often in our busy lives, we want to hear about the 'quick fixes' or shortcuts to achieving our health and fitness goals. But sometimes, taking a little extra time and planning your fitness routine in advance can get you better results and help you burn fat faster.

As a speed based athlete, i was never a fan of any type of endurance style training. The idea of walking or running for more than 60 minutes sounded like torture! After having my children, however, i realized that occasional extended workout had great benefits. It was not only great for my waist line, it was great for my mind too. Now i can honestly say that i look forward to my longer training days. I have my music playlist ready and i truly enjoy my alone time running on the long trails. My cardiovascular fitness level has dramatically improved since I've started my endurance training and i feel the benefits in my shorter sessions too.

There are so many ways that you can burn fat, lose weight and tone up. It just takes the willingness to break out of your comfort zone and try adding a few of my tips into your week!

MAKE TIME FOR ENDURANCE TRAINING

Try to make time for long cardio workout sessions at least once a week. Running, walking or cycling at a comfortable pace for an extended period of time is a great way to ensure that your body is burning fat. Your body uses fat as its fuel source for the majority of your long workouts. Once you start pushing yourself and increase your intensity level, your body will tend to burn stored carbohydrate for energy. Try to stay at about a 6/10 intensity level. I believe that spending 60-90 minutes focusing on yourself each week is also healthy for your emotional well-being.

DO SOME INTERVAL BASED TRAINING

I am a huge fan of interval style training because of the post workout fat burning effects. During a high intensity interval workout, your body is using carbohydrate as a fuel source but the recovery process will burn fat. Interval style training takes less time than steady state training; and you can get incredible fat burning results from doing just a 30-minute workout. Try to train in this style two days per week. For ideas you can check out my blog on [hiit training](#).

STRENGTH TRAINING

Building lean muscle mass will help you to burn more calories even while resting. It takes more calories for your body to sustain lean muscle mass than it does to sustain fat, which means building muscle makes you a better fat burner long term. A strength-based workout also pushes your body to recover; therefore you get double the benefits, and will burn fat long after you leave the gym!

REPLENISH WELL

The fuel that you choose has a direct effect on the results you will get from your body. Focus on ensuring you have a good balance of carbohydrates, healthy fats and protein every day. Pay special attention to consuming protein within 30 minutes of your workout, especially on your long workout day. Also be sure that you have a small amount of carbohydrate after your workout to help restore your body's muscle glycogen.

GET SOME REST

During rest, your body adapts to the demands that you place on it. If you're working hard five days a week, using two days to allow your body to recover and regenerate is a good idea.

There are so many ways that you can push your body to adapt and improve. I feel that being balanced with your exercise routine and your personal nutrition is the perfect plan to become a more efficient calorie and fat burner long term. Consistency is one of the keys to success, so dedicate five days of the week to being active and exercising. If five days a week isn't possible because you have a busy schedule or you're new to fitness, remember my favorite saying: "doing something will always get you better results than doing nothing at all!"