

The 30 Pound Club

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Fat Burning

The other day my brother-in-law, Steve, said something that threw off what I was going to write today. He had finished snowblowing part of the driveway, but he said he couldn't do the rest—he was out of energy and needed to eat breakfast.

That threw me for a loop because in this message I was planning to recommend manipulating the diet in conjunction with interval training in order to burn more fat. By manipulate, I mean not eat. At all. For at least a few hours after the workout. But that may not be possible for everyone, so I had to re-group. Steve probably saved you all a lot of unnecessary stress.

The Research Update section has the complete **Interval Training** workout. But before you start, make sure you're fit enough to do the workout. If you're not sure, time to check with your doctor. You can read the report for the details on how to do the workout; what I'm going to do today is tell you how to use it to maximize fat loss.

1. Don't eat anything before the workout for a minimum of 4 hours. If you do the workout when you get up in the morning, no problem—just don't eat first. If you do it at noon, eat only a very light breakfast. If you do the workout in the evening, no dinner. If you have an energy issue, then use the example from last Wednesday's message: drink a sports drink with about 15 grams of carbohydrates before the workout, but no more. You need only enough to get going.

2. Do the interval workout your preferred way. For example, I'd probably do hill repeats now that the footing is better. If I couldn't go outside, I'd use the recumbent bike. Extend the interval workout from 20 minutes to 30 or even 40 minutes by adding interval-rest periods; they're 2-minute periods of work and rest combined, so it's easy to add more. If you want to make the interval 1 minute, use 2 minutes for the rest period.

When you do the intervals, don't play games. You should feel like you can barely finish each interval and you need to rest. And by rest, I don't mean sit down—keep moving but slower.

3. This is the critical part: Don't eat anything until it's time for your next meal. Preferably, that's 4 hours, but if you're doing intervals in the evening, that might not work. If you have to eat something, limit it to 100 to 200 calories and keep it higher in protein with a little fat and as few carbohydrates as possible; no carbs would be better.

Why would this work? When you do interval training you break down muscle fibers, and they need energy to repair themselves. The protein pool that your body typically has contains enough amino acids for the muscles to repair themselves without additional protein intake. This is not the same situation as an athlete who is trying to build muscle mass after weight lifting—the purpose is to burn fat. The workout will also deplete much of the sugar stored in the muscle. In order to get energy for repair, the body has to use fat as a fuel. The longer you can keep from eating carbohydrates, the more fat you'll burn. But don't go past 4 hours—that's enough time to get significant fat burning done.

While the Interval Training report says to do the workout only once a week, you can do it twice with two or three days between, such as on Monday and again on Thursday. You want to burn some major fat? This is the way to do it.

Want to know how you should exercise to get the fitness and fat loss you want? Sign up for my webinar called **Effective Exercise for Weight Loss and Fitness** on Sunday, March 21, at 3 p.m. Eastern Time, which is noon Pacific Time—that will give people on the West Coast a chance to get home from church or at least get up and be completely awake. You can sign up for the webinar beginning Sunday, March 14; registration will close one hour before the webinar begins. The cost will be \$19.95. If you've been frustrated with exercise and how you respond to it, this is one event you won't want to miss.

What are you prepared to do today?

Dr. Chet

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