

# Increasing Metabolism

We all know that men and women are different in many ways, but when it comes to weight loss, it is painfully obvious, that women get the short end of the stick. The simple fact is: It is more difficult for women to lose weight! There are always exceptions to the rule. A small percentage of women are genetically gifted, they have low body fat and nice muscle tone, without putting forth a whole lot of effort (it's ok to hate these people just a little bit). But for the majority of women, losing weight is a difficult task.

**1.) Women naturally have more body fat** - women naturally have almost twice as much body fat as men. Fat is necessary for the production of estrogen and to help nourish a growing fetus. Many women carry the majority of their body fat in their lower body. This fat is usually the last to go when losing weight and the first place you see it when you gain weight. Depending on genetics some women may carry more fat in their arms or abdominal area.

**2.) Wrong exercises** - the biggest correctable problems I see that prevents women from losing weight is using exercises that will never produce results. Sometimes the weights are not heavy enough to produce any type of changes in the body. Other times the exercises being performed don't burn enough calories to help you achieve your goals. The majority of your exercises should involve multiple muscle groups and/or large muscle groups (legs, back and chest)

**Regardless of your conditioning you must do exercises that challenge your body**



**3.) Lack of intensity** - As your conditioning improves, you **MUST** increase your intensity. In other words, you should challenge yourself every workout by using weights and performing exercises that force your body to change. If your body adapts to the same exercise routine, your progress will come to a complete standstill!

Here are a few ways to increase the intensity of your workout:

1. Use heavier weights
2. Increase the pace of your workout (do the same Workout in a shorter period of time)
3. Increase the intensity of your cardio workout (ex. If it Takes you 30 minutes to run 3 miles try to run 3 miles in 28 min, then 27 min etc.), the idea is not to necessarily work out longer ...but harder!



**Go for the heavier weights**

**4) Afraid of getting 'bulky'** - this is a very lame excuse for not working out hard, very few women have the genetics to build excessive muscle - evidenced by the lack of 'bulky' women walking around the gym. Working out hard and eating correctly, results in a tight, toned, aesthetically pleasing body, not bulkiness.

**5. Carb heavy diet** - eating too many carbs and not enough protein and vegetables is something I find in about 90% of women I talk to. Those with lower body fat, always focus on a more balanced diet with an emphasis on good protein sources (chicken breast, fish, egg whites etc.). Carbohydrates are calorie dense, replacing them with protein and vegetables cuts calories and provides more stable blood sugar levels (sugar 'highs' - caused by excess carbohydrates, will slow your metabolism down)

*If the majority of your typical breakfast, lunch and dinner are made up of the following foods - then you will have trouble changing our body. These foods may not be bad for you, but eating too many of any type of carb-dense foods will make it very hard to lose body fat.*

### Breakfast

Cereal/Oatmeal

Milk

Juice

Toast

Fruit

### Lunch

Yogurt

Fruit

Fruit Salad

Bread

Juice

### Dinner

Pasta

Potatoes

Bread

Wine/Pop/Juice

Desserts

**6) Monthly hormonal changes** - During the menstrual cycle hormones cause fat cells to retain water. Progesterone causes the increased appetite during the second half of the menstrual cycle. This hormone also causes sleepiness, sluggishness and is responsible for mood changes all of which may deter you from working out. Although there is nothing that you can do about this, it is important to realize that there may be 3-4 days per month in which you have to really focus on eating properly and making sure your intensity is where it needs to be, in order to keep seeing results.

**7) Lack of muscle** - Muscle burns fat! The importance of resistance training to preserve or increase muscle tissue cannot be stressed enough. From about the age of 25, women began to lose about 5 lbs. of muscle every 10 years. Those who are not exercising will gain at least 1-2 lbs of fat per year... not a good tradeoff. Before fat can be burned and used for energy, it has to pass through muscle tissue. The more muscle you have - the more efficient your body becomes at burning fat. The body will only hold on to muscle if you give it a reason to... lifting 2 lb. pink weights won't get it done.

### **In Conclusion:**

Although it is more difficult for women to lose weight, it is not impossible, even for the most stubborn bodies. Women must understand that they cannot follow the workouts of men because their bodies are different. It does take a longer time for some women but results will always come if you are consistent. Understanding and implementing the above 7 principles will jumpstart your fat loss and drastically change your appearance.

### **Examples calorie burning exercises:**

- A. Any type of squat or lunge
- B. Push ups
- C. Pullups/Gravitrone
- D. Rowing exercises
- E. Plyometrics
- F. Combination exercises:
  - squat press
  - squat curl
  - pushup w/row

Combining a shoulder press with a lunge is a great way to burn more calories than if you did each one separately

