



FIERCE BABES

Empowering Single Women

CARDIO FOR FAT LOSS

So what is the best cardio for **FAT LOSS**?

Let me debunk this for you.

It is commonly thought that the best type of cardio to do to lose weight is running.

When you go for a long jog you get puffed and you sweat so most people think that you are literally sweating off your fat.

NOT TRUE.

I want you to stop running now! especially if fat loss is your goal. Let me tell you why.

When we exercise our bodies use different energy systems to fuel our workouts. The type of workout that you do will determine which energy system your body will use.

Your goal is to burn FAT and create muscle tone. So when you go for a jog because this is classified as a moderate intensity level your body requires fuel right away.

Unfortunately your body doesn't release and breakdown fat quickly so it will always be the last fuel source your body will choose to use.

Instead your body will go for carbs and muscle tissue first as they are sources that are more readily available for the body to use and quicker convert to energy.

So when you go for a jog majority of what your body will use for fuel is muscle mass and carbs and only a small amount of fat.

You see if your goal is to tone up, running is only working against you. If you want to burn fat you need to hold onto as much muscle mass as possible not burn it away by doing the wrong type of exercise. The more muscle mass you have the higher your metabolism will be.

#THE BEST TYPES OF CARDIO FOR FAT LOSS

High Intensity Interval Training is short spurts of energy followed by a rest period such as sprints or stair runs. This type of cardio is a very effective way to burn fat and keeps your body burning fat for up to 48hours after the session.

However doing this type of cardio can raise cortisol levels. If your cortisol levels are already high due to life stress then doing this type of workout regularly will only add to the stress your body has to deal with. Not good for fat loss.

HIIT cardio is perfect for gaining fitness but not in the initial phases of fat loss when you have 8kgs or more to lose.

The second best type of cardio for fat loss and the type I want you to focus on for the moment is low intensity cardio also known as LISS. An example of this type of cardio is walking.

After 20mins of walking your body will start to burn fat because it is a lower intensity than your running. This allows your body the time to start to convert fat to use that as energy rather than muscle mass.

#HOW MUCH WALKING SHOULD YOU DO?

I want you to keep your walks to 30-50mins. Best time to do this is first thing in the morning on an empty stomach, after a resistance/weights workout or at least an hour after you have eaten.

This ensures that you use fat for fuel. Keeping it at a low intensity will also ensure that you use fat for fuel.

I would suggest doing 1-3 of these walks per week for the first phase of our program.

Seems counterintuitive I know but trust me when I say your running and hard core cardio workouts are doing you no good if FAT LOSS is your goal.

Train smarter not harder.