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An Advertising feature of The Markham Economist & Sun/ Stouffville Sun-Tribune

A fitness approach to weight loss

Fill out this ballot to WIN 3 FREE Sessions at Sisters Pace Fitness Drop Ballot @ 6545 Hwy. 7E, Unit 14 Deadline July 31, 2003

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Submitted by: Sisters Pace Fitness-6545 Hwy #7 East, Unit #14. They can be reached at 905-472-1978

A lot has been said lately about diets not working - when it comes to successful and permanent weight loss. You almost wonder if there is such a thing as permanent weight loss! What causes the weight to keep coming back?

Your metabolism is the total amount of energy required by all your bodily functions. Efficient metabolism is the key to keeping extra pounds at bay. In order to make a positive change (whether fat loss or muscle gain) your body requires a certain amount of metabolic expenditure and calorie consumption in order for that change to occur.

Two activities occur in the human body that contribute to energy expenditure. One is fueling the basal metabolism and the second is fueling the voluntary activities we perform daily. Basal metabolism is the energy required to keep the body alive and functioning; heartbeat, breathing, regulation of body temperature etc.

Increasing the number of calories you burn each day doing voluntary activities will also change your basal metabolic rate as your body composition shifts away from fat and more toward lean.

There are two basic components of body composition: fat-free weight, and fat weight. Fat-free weight consists of muscle, bone, blood, and organs. Fat weight is made up of essential and non-essential fat. These tissues influence your basal metabolic rate, and your metabolism as you conduct your daily and physical activities.

When calorie expenditure exceeds calorie intake weight loss occurs, but is this fat loss? Not necessarily, when calories consumed fall below those required for basal metabolism, muscle loss occurs instead.

The cycle begins. By lowering your metabolism, the body now requires fewer calories. If calorie consumption increases correspondingly. Each round of weight loss is followed by a rebound effect in which more weight is gained back than was lost. The only way to break this cycle is to change your body composition.

Activities, which last less than three minutes in continuous duration, are anaerobic exercises. During anaerobic exercise sugar (or glucose) is burned without the presence of oxygen. For activities more than three minutes in duration the body continues to burn sugar, but it does so in the presence of oxygen, which is known as Aerobic Glycolysis.

In general, the longer the duration of exercise, the greater the percentage of energy produced by fat. Keep in mind, during the first 20 minutes the body is merely preparing to burn fat at a more efficient rate.

Since our muscles are the fat burners in our bodies, you can see how strength and weight training is important for fat burning as well as muscle building. Muscle requires energy to function. Fat can only be burned by the lean tissue of our body like muscles. Therefore, the more muscle you have, the more fat you can burn. Improving your muscular condition will improve your basal metabolic rate, thus increasing the body's ability to burn calories, anytime, not only during exercise.



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If you're interested in sponsoring me you can visit www.endcancer.ca click on sponsor, name, enter "Jennifer Nichols"