

Easy Fat Burning Report

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Delicious Foods That Are Actually Healthy and Burn Fat Too

Many people find it hard to believe that there are tasty foods that are good for you. Some of the problem is that people are accustomed to eating foods that are high in fat and sugar. The truth is that there are foods that provide the same satisfying taste and are good for you.

Here are a few truly delicious foods that are actually healthy and burn fat too.

Eggs

Eggs are delicious. They're rich in protein and many fat burning nutrients. In fact they're high in vitamin B12 which helps regulate and increase your metabolism. You can also make an egg in a number of ways so you never get bored.

However, if you really want to burn fat and lose weight eat egg whites. One egg white has 16 calories. A whole egg has 70. You can have four egg whites instead of one whole egg. And believe it or not but four egg whites is a really filling breakfast. Couple it with whole wheat toast and fresh fruit and you have a tremendously healthy, delicious, and fat burning breakfast.

Bison/buffalo

This lean red meat is a great substitute for hamburger. It's high in protein and incredibly delicious. You can use it to make meatballs, burgers, meatloaf, steaks, and roasts. Any way you'd cook beef you can cook bison or buffalo.

Steel Cut Oats

Oatmeal has a bad reputation. It's no wonder. The instant or quick oats you can buy in the store lack flavor and the consistency isn't so appealing. However, steel cut oats are really tasty. They have a delightful almost nutty flavor.

It's high in fiber and will help you maintain an even energy level for hours. That means no mid morning cravings! Additionally, you can treat a bowl of steel cut oats like a sundae. Top it with fresh fruit, nuts and a touch of honey and you have a real breakfast treat.

Beans

Did you know that beans and rice combined provide a complete protein? And there are so many different types of beans you could spend a month eating them and never eat the same meal twice. Beans are also a super source of fiber. They help keep your blood sugar levels even and your digestive system flowing.

Additionally, there are bean recipes for every culture around the world. This means you can enjoy just about any flavor you prefer. If you love Asian food then look for soybeans and black beans. Latin cultures enjoy black beans and pinto beans. If you're from the south then look for black eyed pea recipes like Hoppin John. And if you love soups and stews then look no further than lentil or navy bean soup.

There really are so many healthy foods that support fat burning and weight loss. Make a commitment to try at least one new food each week. You'll learn more about food. Your dieting and weight loss experience will be more interesting and satisfying. And you'll find some really delicious treats along the way.

Fat Burning Hormones – How They Work and How You Can Increase Them Naturally

Your body is a complex series of processes. Each of these processes work with each other to help your body function optimally. Hormones play an important role in these systems. If you're striving to lose weight and burn fat you can use your hormones to help you. They're called fat burning hormones and they're amazing.

What are Fat Burning Hormones?

Fat burning hormones are hormones that regulate your metabolism. There are many. Most of them occur naturally in your body and a few habits or activities can boost them. Others are not commonly present in your body, at least not all the time or at high levels. You can also add these types of hormones to your body. However, it's important to know that when you're adding hormones to your body there are often side effects.

Common Fat Burning Hormones

Testosterone

Testosterone is a male sex hormone. It is, however, present in both men and women. Testosterone helps build muscle mass. Muscle boosts metabolism and burns fat. You can boost your testosterone levels by strength training and building muscle mass.

Thyroid

Your thyroid is a gland that regulates metabolism. When it's off and your body is producing too much or too little your weight can be adversely affected. However, thyroid cannot be added to your body unless your gland isn't functioning properly. If you suspect your thyroid is too low or too high, consult a doctor. When this gland is functioning properly it will help keep your metabolism humming and your fat burning.

Adrenaline

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Adrenaline is a hormone that when released causes an increase in your blood sugar. It also causes fatty acids to be released. All of this is to provide energy in a fight or flight situation. When adrenaline is released you're burning more fat and calories. So how do you increase your adrenaline levels? Exercise and take part in activities that are exciting and get your blood racing. Mountain biking, rock climbing, snowboarding and even football or martial arts can all be adrenaline releases.

Human Growth Hormone (HGH) and Insulin-Like Growth Factor

Both of these hormones work together to prevent your blood from absorbing fat. HGH also helps your body break down stored fat. HGH is something you can purchase over the counter or you can visit a nutritionist or physician. It's generally administered daily in the form of an injection. It burns the brown fat in your body and generally, with a restricted caloric intake and diet, results in tremendous weight loss.

However, there are side effects and some people can experience serious health complications. If you're interested in HGH or increasing any fat burning hormone, seek the advice of your physician.

Nine Metabolism Boosters

If you're trying to lose weight then it's important to take advantage of all your resources. One of your biggest resources is your metabolism. Boost your metabolism and you boost your weight loss efforts.

Here are Nine Metabolism Boosters to Help You Burn Fat and Lose Weight

1. Intervals

When you exercise at a moderate rate with intervals of intense effort, you'll burn the most calories. You'll also boost your metabolism.

2. Coffee and Tea

Both coffee and tea have caffeine. Caffeine is a stimulant that boosts your metabolism. Couple that with the thermogenic, fat burning, properties of green tea and you can really boost your metabolism and burn fat.

3. Hot Peppers

Capsaicin, found in hot peppers, can double your energy expenditure for up to three hours after a meal. That means you're really boosting your metabolism. Additionally, capsaicin is known to suppress appetite. This means you won't be hungry for hours.

4. Ginger

Ginger increases your body's temperature. This boosts your metabolism and the number of calories you burn.

5. B Vitamins

Vitamin B is required for metabolism. It also helps you manage stress and aids in the synthesis of DNA. It's important to get enough B. Not enough and you'll feel lethargic and sluggish.

6. Magnesium

Magnesium is one of the most important minerals your body needs. It facilitates metabolism and proper protein synthesis. If you want to give your metabolism a boost, make sure you're getting your magnesium. Many supplements combine calcium and magnesium together for a powerful supplement.

7. Eat Breakfast

Breakfast really is the most important meal of the day. It starts your body, your blood sugar and your metabolism off right. Eating a healthy breakfast every day is a surefire way to keep your metabolism humming. Skip breakfast and you'll actually slow your metabolism down.

8. Eat Protein

Protein aids digestion and helps your body maintain balanced blood sugar levels. Studies have found that when you eat lean protein with every snack and meal your metabolism can jump twice as much as it would with a carbohydrate only snack.

9. Build Muscle

Muscle burns more calories than fat. The more muscle you have, the more calories you'll burn. The more effective and efficient your metabolism will run. When you build muscle you'll actually burn more calories when you're resting, sleeping and sitting at your desk at work.

Simple things can help boost your metabolism. With just a little extra sleep, a little more protein in your diet and a little more muscle you can really see results. Embrace a few metabolism boosters. Start losing more weight today.

Sleep Your Way to Skinny - How Better Sleep Helps You Burn Fat

You might be surprised to learn that your sleep affects your weight. Studies have shown that people who get better sleep weigh less. Similar studies have shown that by taking measures to improve your sleep can help you lose weight.

Why Sleep Matters

When you sleep your body spends that time recovering from the day. Your organs, hormonal systems and your cells take your down time to regroup. If you're not getting enough sleep or you're not getting good quality sleep your body cannot recover. This means your body spends the day struggling.

Your metabolism is affected. Studies have found that people who sleep poorly eat more during the day. Some of this can be attributed to the fact that these people are turning to food for energy. However, it's not really food they need, it's better sleep. According to a study published on BBC News, researchers suggest "the key might be that sleep deprivation alters the balance of hormones which control the rate at which we burn off calories."

It may also be that when you don't get enough sleep your body switches to survival mode. It stores more fat. Not good for weight loss!

Regardless of the reasons behind the sleep/weight loss correlation the facts are the same. If you don't get good sleep you're more prone to weight gain.

How to Get Better Sleep

If you want to lose weight then, it makes sense to take measures to improve your sleep. Here are some tried and true success strategies to consider:

- * Don't eat or drink two to three hours before bedtime. You'll reduce your body's need to digest and you won't have to get up to go to the bathroom in the middle of the night.
- * Create a sleep ritual. Go to bed and wake up at the same time every night. Follow the same pattern of behavior. For example, when you go to bed you might brush your teeth, wash your face and read a book for ten minutes before turning the lights out.
- * Aim for seven hours of sleep a night.
- * Don't use electronics in the bedroom. Electronics stimulate. You want to relax. Eliminate watching television, surfing or social networking on your mobile device before bed.

* Avoid stimulants in the afternoon. If you routinely drink a cup of coffee or tea in the afternoon then consider switching to decaf. Or move your habit up an hour or two. Caffeine can stay in your system for several hours and can affect sleep.

If you're not sleeping well and cannot improve your sleep with these simple steps consider seeking a doctor's help. Good sleep is important for overall mental and physical health. Once you're able to sleep better you will also find you're better able to lose weight and burn fat.

Five Fat Burning Habits to Start Right Now

Trying to lose weight? If you are you might be happy to learn a few habits can speed the process. There are things you can do to make weight loss easier and faster. In fact, a few lifestyle changes and new habits can make a huge difference. Here are five great fat burning habits to consider adding to your daily routine right now.

1. Eat often. It may sound strange but if you eat more frequently you can help your body burn fat and lose weight. The key is to make smart food choices. Additionally, you'll want to take care to eat smaller meals.

If you generally eat three larger meals each day, try eating 5-6 smaller meals. Make sure each meal has protein, a fruit or a vegetable. Nuts for example are a great snack. So too are apples and cheese. Choose whole grains, fruits and veggies. They fill you up quickly and keep your appetite at bay for hours.

2. Eat protein. Protein helps balance your blood sugar. Instead of the spikes and plunges you experience with starchy carbohydrates and sugary snacks, you feel full and satisfied. You have an even level of energy for longer. And you don't get hungry or experience cravings.

3. Drink water and green tea. Often thirst is mistaken for hunger. Drinking more fluid each day can help you feel full. Water and green tea can also help flush the toxins from your body. Many toxins affect metabolism, inflammation and the release of fat into your body. Additionally, green tea has fat burning properties. It actually stimulates your metabolism. Finally, green tea also has caffeine which suppresses appetite. All in all green tea is a fantastic fat burning habit to adopt.

4. Walk – a lot. Bodies in motion have faster metabolisms. The more you move the more you burn. Experts recommend walking ten thousand steps a day. That's about five miles. If you can squeeze in a few ten minute walks throughout your day, you're going to make that quota easily. You'll likely also find you're going to feel better too.

5. Lift weights. Muscle burns fat faster than other tissues. Additionally, a strength training workout can burn a lot of calories while you're working out, and after. Add a few

strength training workouts to your week or lift weights for twenty minutes before your cardio workout. You'll burn fat faster.

Dieting and fitness experts know. The best way to burn fat, lose weight and keep it off is to change your lifestyle. Adopt healthy habits. Get rid of the unhealthy ones. These five habits are a great start to losing the weight you want to lose. And keeping it off for good.

How to Have a Skinny Mind – Strategies to Change Your Mindset and Think Yourself Thin

You might be surprised to learn that your mindset has a lot to do with your weight loss success. When you envision yourself as skinny, you actually behave differently. You have more success losing weight. Mindset turns into reality and you will achieve your weight loss goals. Here's how to have a skinny mind.

#1 Visualization. Olympic athletes use visualization to win. They imagine themselves crossing the finish line victorious. You can embrace this same effective strategy to visualize yourself at your ideal weight. Imagine how you will look. Place yourself in a social situation or on vacation at the beach. What do you hear? What do you smell? How do you feel and how are people responding to you.

Use visualization on a daily basis. Embrace it when you're feeling challenged or unmotivated. It can not only help you make better decisions about diet and exercise, it may actually change your body's chemistry to support weight loss.

#2 Affirmations. Affirmations are positive statements that support success. They're often used to replace negative thoughts or emotions. For example, if you find yourself thinking, "I hate my big stomach," you might replace that thought with, "I love my body." These positive affirmations help change how you look and feel about yourself. When you love your body, you make different choices. You eat better. You exercise. You simply treat yourself better.

Create affirmations that support you to love your own body. Repeat the affirmation on a daily basis. Say them aloud or replace negative thoughts with a positive affirmation. Use an affirmation to support your lifestyle changes. For example, "I have control over my diet. I make smart food choices." Or "I love how exercise makes my body feel."

#3 Set small goals. One of the things successful dieters learn is that small goals equal consistent success. It's very difficult to follow through on a goal of losing 100 pounds. The goal feels very large and difficult to manage. However, if you break that goal down into smaller, goals then it becomes much easier to achieve. A smaller goal might be to lose five pounds a month or a pound a week.

When you set small goals you create a pattern of success. Each time you achieve a small

goal you're one step closer to achieving the large goal. Try it, it works!

Skinny people also eat when they're hungry and they snack. In fact, skinny people tend to eat more often than larger people. Eating smaller meals several times a day helps keep the blood sugar balanced, energy levels even and hunger at bay.

Use your brain to help you burn fat and lose weight. It's a powerful tool in the goal to lose weight and burn fat. Embrace these skinny thinking strategies and achieve your weight loss goals.

Simple Steps to Burn More Fat Each Day

Wouldn't it be great if there were simple things you could do to boost your weight loss results? Good news, there are. In fact, when combined with a healthy diet and fitness program a few simple steps can really amplify your results. Take a look at these seven simple steps to burn more fat each day.

1. Move your body just a little bit more. It's been proven that people who move a lot during the day are healthier and skinner than those who sit. Even if those who sit consume fewer calories. Why? Because our bodies are designed to move. Add steps to your day. In fact, aim to take at least 10,000 steps a day. Walk more. Take the stairs. It really can make a difference.

2. Eat with consciousness. A hectic and busy life often means you don't spend much time eating your food. In fact, if you timed how long it takes you to eat your biggest meal you'd be surprised. It's likely less than five to ten minutes. When it takes twenty minutes for your body to register that you're full. Eat more slowly and deliberately. Eat foods that promote fat burning. For example, eat more whole grains.

3. Take advantage of time pockets. If you're like most people then you have pockets of time during your day. Maybe you're waiting for a phone call. Maybe you're waiting for a meeting or an appointment. While you're waiting, do a few squats. Do some pushups or take a quick walk. Use your free time to squeeze in a few exercises or movements.

4. Movement, movement, movement. The more you move your body the more fat you're going to burn. In fact, studies have shown that continuous movement throughout the day is better for weight loss than a sedentary lifestyle supplemented with a daily workout. Aim to walk at least 10,000 steps each day. Exercise. Lift weights. Get your body moving!

5. Sleep well. Sleep helps you burn fat on many levels. On a very basic level it gives you more energy. This means you have energy to get and stay active all day long. On another level, sleep helps optimize your body's metabolism and other systems. According to a study by the American Journal of Epidemiology and reported in Women's Health,

when you don't get enough sleep your brain thinks you're low on fuel. In turn it triggers your stomach to start growling. You think you're hungry and you eat. The study found that women who slept for 5 hours or less were an average of 5 pounds heavier than women who snoozed for 7 hours.

6. Drink water and green tea. Green tea is a natural fat burner. Additionally, the caffeine may rev your metabolism. And drinking a glass of water or green tea before a meal or a snack will help you feel fuller.

7. Eat several times a day. It sounds strange. When you eat more often you can lose weight. The key is the size of your meals and what you eat. When you eat smaller healthy meals with whole grains, protein and fruits or vegetables you balance your blood sugar. This helps keep your metabolism humming and burning fat. Instead of eating three larger meals, eat five to six smaller meals.

Fat burning is a combination of eating well and exercising. However, you can add a few simple steps to amplify your efforts. Get burning that fat and reach your weight loss goals more quickly.

The Best Exercises and Fitness Programs to Burn Fat Fast

If you're looking to burn fat quickly then there are a few fitness programs to consider. The key to a high fat burning workout is intensity. Take a look at these high impact fitness programs.

Running. Running is great for fat burning. It's one of the most effective and efficient exercises you can do. It embraces both weight bearing activities and cardiovascular. Each time your foot strikes the ground you're bearing your own weight. This is good for muscle strength and bone strength. The cardiovascular is good for your heart and lungs. Combined, running is superior for burning fat fast.

Cross country skiing. You might think that cross country skiing is only good for the winter months. Actually, with the use of indoor fitness equipment or outdoor roller skis you can actually participate in this activity year round. It's easy on your joints, unlike running. And it's fantastic for your cardiovascular fitness. It builds muscle, burns fat and improves your health. It's also fun.

Swimming. If you love the water then you can't go wrong with swimming. Swimming is a whole body workout. It strengthens your upper and lower body. It builds your core muscles – the muscles on your stomach and back. It also provides a complete cardiovascular workout. Swimming is a significant fat burner. It's also great to help quiet the world.

Dancing. Dancing is so much fun. It's great for the spirit. It's also good for your body.

PLUS SIZE BLOGGERS

{tracking your progress} {rewarding your efforts}

And perhaps even better, it burns fat. There are many different dance fitness programs you can choose from.

Zumba is a particularly popular fitness program right now. It blends Latin rhythms and dance steps with a fun filled and exciting fat burning workout. There's also Soul Sweat if you prefer a more soulful style of dance and music. And of course any jazzercise or dance aerobic class is going to be good for your body and mind.

Strength training. Finally, you may be aware that muscle burns more calories than fat. This means if you add a strength training workout to your fitness routine you're able to increase your fat burning results. One easy way to add strength training to your routine is to purchase and use a fitness ball. You can also lift weights. If those ideas don't appeal to you consider rock climbing, yoga, Pilates, or boxing and martial arts.

If you want to burn fat fast, consider adding one of these fantastic fitness programs to your routine. The more energy you put into your fitness program, the more you'll get out of it. Take a look at your perceived effort. If it's less than a five, kick your effort up a notch. Enjoy the results.

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