

# 10 Simple Ways to Drop Body Fat

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By Lauren Parsons

There are a number of ways to reduce body fat, with the main principle being changing the balance between the energy we take in (food and drinks) and the energy we use (through everyday life, movement and exercise.) The aim is to increase the energy we use and/or reduce the energy we take in. As well as this basic principle, a good aim is to keep your blood sugar levels steady. Certain foods spike body sugar levels which cause insulin levels to rise. While insulin is not always bad, it must be kept under control as it is a fat storing hormone.

## **1 Find ways you love to get moving!**

Increasing the energy we use can be done in literally hundreds of ways. Why not take up dancing, a new social sport, starting walking to the corner shop, biking to work or using the stairs? Any extra movement will increase the energy you use every day! 😊

## **2 Don't skip meals!**

Starving yourself to lose body fat is not the answer. Your body will go into starvation-mode and will store body fat instead of losing it!

## **3 Drink water rather than fruit juice!**

If it's freshly squeezed, go ahead but the fruit juices easily available in the supermarkets often contain very high sugar levels which will cause blood sugar levels to spike.

## **3 Eat real meals when you can**

Protein shakes supplement meals, not replace them. Real foods contain a whole range of important minerals & vitamins that the body needs!

## **4 Eat more fibre!**

Fibre makes you feel fuller for longer & assists with great digestive health.

## **6 Eat more green veggies**

Green veggies help keep you full and increase the absorption rates of protein. There are also lots of vitamins and minerals in vegetables e.g. broccoli, asparagus, etc.

## **7 Cut down on alcohol**

While alcohol itself cannot be stored as fat, the body will burn any alcohol consumed off as the first energy source and as drinking can often lead to poor food choices and food binges, the food consumed while drinking will likely lead to fat storage.

## **8 Drink more fluid! (Aim for 2.5 L per day)**

Water is best! Try it for a couple of weeks and see the difference it will make!



**9 Eat Breakfast every day!** It's the most important meal of day! You need to stabilise blood sugar levels after a nights sleep and set yourself up well for the day.

## **10 Increase your lean muscle mass!**

Approximately 70% of the energy we use each day is just to maintain our normal body functions (this is your base metabolic rate.) You can increase this by doing regular resistance training, increasing your lean muscle tissue (which burns lots of energy.) You will be stronger and you'll turn yourself into a fat burning machine!!!

**Simple and effective! 😊**