

14 ways to explode calories

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Getting into tip-top condition doesn't have to be a gruelling act of strain, deprivation and misery. In actual fact it can be simple, fun and easy to incorporate into your lifestyle. By: Caroline Pearce (MSc, BSc Hons (1st class))

1. Stimulate Afterburn

Your metabolism stays elevated for several hours after a tough workout such as circuit training or boxing. Hourly calories burned post-workout can equal up to 20 per cent of the total calories burned during your workout. So if you burned 400 calories during a spin class, you could burn up to an additional 80 calories afterwards for a good number of hours. Metabolic rate can actually be revved up continually if you workout relevantly 3-4 plus times a week. So, up your intensity to maximise the 'afterburn'.

2. Discover your Inner Child

Most kids just want to play all day long, so it's little wonder that active kids are lean kids. These childhood activities all burn 100 calories:

- 10 minutes of skipping
- 15 minutes of hula hooping
- 20 minutes of playing tag.
- 25 minutes of playing catch

So lets play!

3. Drink Up!

You can burn 50 to 100 calories a day by drinking 2.5 to 4 litres of cold water a day. Try drinking water before every meal to avoid

overeating. Often we mistake thirst for hunger. And added hydration will improve you workout performance too.

4. Play some Tunes

Whether you're running, weight lifting or dancing, research shows that high-speed music increases your pace. Create your own playlist to push your workout to the limit.

5. Up your Intensity

Most people underestimate the level of intensity of their workouts. To gauge your intensity why not wear a heart rate monitor, especially when doing cardio and aim to work between 70 and 80 per cent of your maximum heart rate. Intensity is more important than duration for blasting fat and shaping up. To increase your heart rate during your strength workout integrate some active recovery between sets, such as mountain climbers or high knee lifts between overhead presses. Or super-set each main exercise with a strength exercise for a different muscle group to speed up your workout and prevent sitting around between sets. Try super-setting squats with lateral raises for example.



6. Take Notes

Logging your exercise in a journal is the best way to monitor and progress your fitness. Keep a training diary in your gym bag and record all details of your workout from cardio duration and level to weight reps, sets and recovery rates. I also note my energy levels and any other activity that day to assess and learn from why I may have felt either super-energetic or fatigued.

7. Sleep Well

Lack of sleep affects leptin and ghrelin, the hormones tied to your appetite and may cause cravings. Sleep releases growth hormone which helps with recovery and weight loss. Even if you're getting 8 hours, it's the quality of your sleep that's important. I have to remind myself to switch off my phone, shut down the computer and clear all 'chatter' in my mind related to work to ensure I feel restful and relaxed when my head hits the pillow. Oh and some low fat dairy such as cottage cheese or yogurt are great bedtime snacks.

8. Take your Partner on an Exer-Date

There are fun ways to burn calories whilst having fun together – outside the bedroom!

20 minutes salsa dancing

20 minutes ice skating

30 minutes bowling

30 minutes dog walking (dog is optional!)

All these will burn 150 plus calories

9. Get Outside

Maximise your calorie burn on the treadmill of life – the great outdoors. Uneven ground enhances your workout by engaging more muscle fibres in your core and legs. And the more muscles you involve in your workout, the more calories you burn. Stick on a pair of trainers or shoes with built in in-stability and your stabilising muscles will go into overdrive (don't wear these on rough terrain though).

10. Put on a Comfy Pair!

Most people will walk more and therefore burn more calories when they wear a comfy pair of shoes to work. Those high heels just don't encourage you to take the stairs or a midday stroll. If your tootsies must look smart then pack some comfies in your bag.

11. Have a Giggle

Go and watch a stand-up comedy act or watch your favourite funny movie. According to the European Congress on Obesity, 10-15 minutes of laughter can burn up to 50 calories.

12. Core Essentials

Spend 5 minutes a day doing the plank. This is a relatively simple way to strengthen your core. And a stronger core will improve

your posture and exercise performance. There are several ways to vary the traditional plank to increase its difficulty rating too:

- Raise a leg or an arm then opposite leg and arm for added instability.
- Tuck one knee to the opposite elbow and out again for some oblique action.
- Rock back and forth on your toes keeping your body straight to engage the lower abs.
- Rotate from front plank to side plank and back again for a more dynamic variation.

13. Team Up

Head over to your local playing field or sports hall for a few team sports. The time just flies and the calories are blasted when caught up in a good game. Try the following for burning **100 calories:**

10 minutes of football

15 minutes of volleyball

15 minutes of rounders

14. Buddy Up

Find an exercise buddy for extra-get-fit-shift-those-pounds motivation. When someone else is relying on you, waiting for you at the gym and making those intense workouts just a little bit more enjoyable, you're unlikely to make excuses to exercise. Choose somebody of similar fitness to yourself and set dates in your diary. **UF**



JustSlim

JustSlim is Caroline's very own online weight loss plan that creates a personalised nutrition plan for you, based on your activity level and body measure goals. It's packed with tasty, healthy, no nonsense recipes and tons of motivational support. Following a structured eating plan is proven to keep you on track and maximise your energy levels and lifestyle satisfaction.

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Caroline Pearce is a former International athlete, TV Gladiator, Celebrity Trainer and Nutrition Consultant. She is the creator of JustSlim, the online weight loss program

that creates a personalised nutrition plan for you, giving you the body and energy you need to enjoy your life, whatever life throws at you. You can access your JustSlim plan online anytime, anywhere.

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