

45 FANTASTIC WAYS TO BURN CALORIES



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Introduction

Calorie-burning is both an art and a science. Science dictates how our bodies burn calories, but there is an art to burning the most calories possible. By combining known science with a few tricks, you can give your own metabolism a real boost!

That's where this e-book comes in. How would you like to supercharge your metabolism and lose many more pounds per month? How would you like to burn calories all day long, even when you're resting?

This e-book will teach you how to:

- Get fit and burn calories while you work at your desk.
- Reduce the calories in cheese and other favorite foods.
- Lose pounds even if you have a baby to look after.
- Burn the most calories possible by supercharging your workouts.
- Use food to heal a sluggish metabolism.
- Sip your way to a leaner body.
- Face holiday meals and buffets without fear.

Are you chained to a desk 8 hours a day? That's no reason to stop burning calories!

This helpful guide will show you how to burn maximum calories while you move, sit, and even while you sleep! Yes, you can burn calories all around the clock by using the tips presented below.

Are you ready to feel the burn? Let's get started!

Note: This e-book recommends specific exercises and dietary supplements to rev up your fat-burning metabolism. While these exercises and supplements are presumed safe, they can pose serious threats to someone with a health condition. Always seek a doctor's advice before starting a new diet or exercise routine.

With that understanding, here are 45 fabulous tips to help you burn more calories:

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FOR COMMERCIAL PRACTISE ! - PLEASE KEEP THIS IN MIND !**

**Ok, it's time to read it chapter per chapter
and do some**

“Immediate Action”

Tip 1: Great Substitutes for Butter or Margarine

Butter and margarine have developed an unhealthy reputation due to their saturated fat and/or trans fat content. Luckily, there are several alternatives that are friendlier to your heart.

Olive oil is a great savory substitute. Buy a flavored olive oil (like roasted garlic or red pepper), pour it into a sealable tub, and refrigerate it overnight. The next day it will have a margarine-like consistency and spread like butter.

Vegan spreads like hummus (made from chickpeas) and tahini (sesame seed paste) are highly edible substitutes, and can be found in health food stores.

You can also replace butter or margarine in recipes by using olive oil for savory dishes. Applesauce, mashed bananas, or fruit purees can replace butter in sweet treats.

Tip 2: How to Reduce the Fat in Cheese

Cheese is delicious, but many people avoid it because of its relatively high fat and calorie content. Cheese contains saturated fat, which can harm your heart and arteries if you eat too much of it.

You can reduce the amount of fat in your cheese by selecting products that are made from skim milk, 1% milk, or 2% milk. These cheeses provide all the flavor with a fraction of the fat.

If you'd rather have full-fat cheese in a recipe, try heating it up in the microwave and then draining off the oil. The oil is liquefied fat, and getting rid of some or all of it will reduce the fat content in the cheese.

Finally, if you have the time and inclination, you can make your own low-fat cheese at home. It's a time-consuming task, though, so do a little research to see if cheese-making is something you'd like to try.

Tip 3: What You Can Do with Water to Suppress Your Appetite

Water is the absolute best fluid to hydrate the human body. It helps our organs function better, keeps our joints supple, and can even aid you in your weight loss efforts.

Here's a good water trick to suppress your appetite: Drink a glass of water before every meal. The fluid will help your stomach feel fuller, faster. Water can also take the edge off of your hunger, since thirst is often mistaken for hunger.

You can also keep a glass of water nearby during your meal. Take a couple of bites of food, then put your fork down and drink a couple of swallows of the water. You'll be satisfied more quickly, and the extra fluid will help your body digest the food more efficiently.

Tip 4: Smoking and Drinking Make You Fatter

A lot of people smoke because they think it curbs their appetite. While this might be a temporary side effect, nicotine actually acts as a stimulant. Instead of relaxing you, it puts more stress on your body. This triggers the release of the stress hormone, cortisol.

The presence of cortisol encourages your body to store fat around the midsection, a particularly unhealthy place for extra pounds go accumulate.

Likewise, drinking alcoholic beverages can contribute to fat storage. The sugar in alcohol causes your body to release insulin, rapidly dropping your blood glucose level and making you hungrier. Over time, insulin resistance can occur.

Tip 5: The Truth about Reduced Fat Claims

You might think that reduced-fat foods are an excellent choice for dieters, but think again! Sometimes it's better to go with the full-fat versions of your favorite foods.

Why? Because when you remove fat from a food, you remove a lot of its flavor. To replace that flavor, food manufacturers add quite a bit of sugar. Just check the nutrition label on low-fat foods, and you might be surprised by how high the carb count is. The high number comes from the added sugar.

To qualify for a reduced fat label, a product must contain 25% less fat than the original. That's not a lot. Sometimes it makes more diet sense to stick with the original and forego the extra sugar.

Tip 6: How to Eat Fast Food and Still Lose Weight

Fast food is a big no-no for many dieters. Most of it contains too much fat, sugar, sodium, and artificial flavor enhancers to be remotely healthy. Plus, the serving sizes can be ridiculously large.

But there are healthy ways to indulge in fast food on occasion. Instead of fried sandwiches, look for grilled options packed with lettuce, tomatoes, and low-fat condiments.

It's also a good idea to order off of the kid's menu. Not only are the portions smaller, but you'll often find healthier side options (like fruit, yogurt, and 2% milk) than those offered with regular meals.

Never super-size anything, and avoid sugar sodas. You'll be better off sipping water or unsweetened tea. Diet sodas are okay in moderation, but huge ones may contain too much artificial sweetener, which can lead to hunger and cravings.

Tip 7: How to Order when Eating Out

You don't need to give up your favorite restaurants just because you're on a diet. All you have to do is learn how to dine out the smart way.

First, skip the bread basket. It's far too easy to overindulge, and bread is dense in carbs and calories. Second, look for entrees that feature grilled fish or chicken, with steamed vegetables on the side.

Avoid sauces made from butter or cream, and ignore the deep-fried foods altogether. Such splurges are fine for special occasions, but if you eat them more than once a week, you might stall your weight loss.

Finally, be aware that most restaurant portion sizes are out of control. You can fight this by splitting an entrée, ordering an appetizer instead of an entrée, or boxing up half of your meal before you dig in.

Tip 8: How to Spice Up and Burn Calories

You may have heard that spicy foods can help you lose weight. While the science behind this is shaky, there is plenty of anecdotal evidence to suggest that this is the case.

Spicy foods can slash your cravings by overpowering your taste buds. The fiery flavor causes you to eat less than you normally would.

Certain spices are thought to have a thermogenic effect, which means they speed up the rate at which your body converts calories into energy. Chili peppers in particular are believed to boost your metabolism by as much 50% for a couple of hours.

The faster your metabolism, the more calories you burn – and the faster you lose weight!

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Tip 9: Why a Veggie Sandwich May Not Be the Best Choice

Vegetables are nutrient-dense and low in calories, making them a dieter's best friend. They also make fine sandwich toppings, but you might want to add a little protein to keep your hunger under control.

If you eat a sandwich made from bread and vegetables, you're getting quite a lot of carbohydrates. While the veggies (and possibly the bread) contain some fiber, the sandwich probably won't satisfy your hunger for very long.

That's because the sandwich contains no protein or fat. Protein is important for nourishing your muscles and helping your body burn carbs at a slower rate, keeping your blood sugar stable. Fats do the same thing, and they help you feel fuller longer.

If you still want a 100% veggie sandwich, add some heart-healthy fats like avocado slices, 2% cheese slices, or olive oil to keep you satisfied.

Tip 10: The Truth about Negative Calorie Foods

Are there actually foods that contain negative calories? That depends on how you define “negative calories”. While all foods contain a certain number of calories, many dieters like to fill up on foods that are high in fiber and low in calories – negative calorie foods.

The reasoning is that it takes more calories to digest these foods than the foods actually contain, leading to a net loss of calories. Dieters also favor foods that are rumored to speed up the metabolism, like chili peppers.

So what are some examples of negative-calorie foods? Celery, oranges, tangerines, lettuce, cucumbers, strawberries, and carrots are some of the most popular. Look for fruits and vegetables that contain few calories and plenty of water or fiber. These foods will fill you up and leave you with a calorie deficit for the day.

Tip 11: Using Thermogenic Foods to Burn More Calories

Thermogenesis is the process of burning stored fat for fuel. Thermogenic foods and supplements speed up the body’s metabolism, making it burn fat faster.

It’s important to note that thermogenic supplements lose their effectiveness over time. These products are usually made from ephedra-like chemicals and herbs, plus caffeine and other stimulants. They can even be dangerous if you take too many, or take them for long periods of time.

Thermogenic foods, on the other hand, have a more subtle effect. But you can eat them indefinitely without doing harm to your nervous system. Enjoy some metabolism-boosting servings of citrus fruit, spicy peppers, and green tea. Just a few servings a day can make your body burn more calories and make you lose weight faster!

Tip 12: Foods that Fight Abdominal Fat

Belly fat is the most dangerous kind of fat you can have. It has been linked to many diseases, including heart disease, diabetes, and cancer. Doctors aren’t sure why abdominal fat poses so many health risks, but there’s no doubt that it does.

You can reduce your abdominal fat by eating several portions of fat-fighting foods throughout the day. Eat lean proteins, unsaturated fats, and fibrous fruits and veggies. Nuts are a great snack, as they contain many nutrients. Low-fat dairy products are high in calcium, another belly-busting mineral.

Too many carbs can lead to bloating and even insulin resistance over time, but you need fruits, vegetables, and whole grains to stay healthy. Just limit the amount of carbs you get from sugar and refined flour, and your abdominal fat will diminish.

Tip 13: Eating to Heal Your Metabolism

Have you spent years trying one diet after another? Have you lost weight – and regained it – more times than you can count? Do you find it nearly impossible to lose weight, even when you drastically reduce your calories? If so, your metabolism might be sluggish due to chronic dieting.

Luckily, the way you eat can actually heal your metabolism. Instead of eating three large meals a day, as many of us were taught to do, you can keep your metabolism in high gear by eating 6 small meals throughout the day. Eat at or just below the recommended caloric intake for someone of your weight. You might see a small initial weight gain when you start to eat this way, but soon the pounds will begin to vanish.

Be sure to drink plenty of water, too. It will keep your kidneys from becoming overburdened and prevent them from calling on your liver for backup. When the liver has to act as a secondary filtration system, it isn't doing its primary job of metabolizing fat – and the pounds will pile on as a result.

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Tip 14: The Facts about Fasting

People fast for various reasons. While fasting has been a persistent approach to weight loss for countless years, the fact is that any rapid weight loss that comes from fasting is only temporary.

A lot of the initial weight loss comes from a reduction in food intake. We get quite a bit of our fluids from food, so when we don't eat, we lose water weight. Losing water is not the same as losing fat, and the water weight you lose during a fast will come back when you start eating again.

As it turns out, fasting isn't even necessary. Some people claim that it helps to give the body a break every now and then, but as long as the body is in good health, it is amazingly efficient.

If you decide to go on a fast, try doing a raw or whole food fast. This involves giving up fast food, processed foods, and even cooked foods for several days at a time. You will get plenty of nutrition without the chemical additives that so many of us have sensitivities to. Drink plenty of clean, pure water during your fast, and you will feel better in no time!

Tip 15: The Dangers of Trans Fats

Did you know that many of your favorite baked goods contain a dangerous substance called trans fat? It's true; margarine, cakes, cookies, and even breakfast cereal can give you an unhealthy dose of this harmful fat.

Why is trans fat so bad for you? Unlike heart-healthy unsaturated fat, trans fats actually clog your arteries, raise your bad cholesterol, and lower your good cholesterol level. This triple-whammy is responsible for thousands of heart attacks each year. In fact, trans fats are so dangerous that experts predict the health care industry would save \$56 billion over the next 20 years if trans fats were eliminated from all foods.

You can protect yourself from trans fats by reading the labels of the food you buy. If you see margarine or hydrogenated oil on the ingredient list, the food contains trans fat.

Tip 16: Enjoy Snacks Under 100 Calories Apiece

It's been proven that eating several small meals throughout the day can keep your metabolism in overdrive. But how do you eat so much and still manage to come in under your daily calorie allotment? By eating smart snacks under 100 calories.

There are many low-calorie fruits and vegetables you can munch on between meals. Cucumber, carrot sticks, celery, and strawberries will satisfy your

cravings and deliver healthy vitamins for very few calories. Sugar-free Jell-o cups weigh in at a skinny 10 calories each. Craving cheese? Try low-fat cheese wedges for 35 calories apiece, or part-skim mozzarella sticks for 80 calories.

Avoid the 100 calorie packs of cookies and chips you see at the grocery store. They are good for occasional cravings, but they don't really give you enough food to really satisfy your hunger. Plus, you'd get more nutrients by eating a sweet, crunchy apple or a low-fat yogurt cup.

Tip 17: Savor Desserts Under 200 Calories Each

Have a sweet tooth? Don't let your love of desserts sabotage your diet plan! There are plenty of lower calorie alternatives that will satisfy your cravings without straining your skinny jeans.

If you're dying for some ice cream, try a Weight Watchers frozen dessert. They typically clock in under 200 calories each. Or try one of the half-cup servings of real ice cream now available in many grocery stores. The tiny serving size gives you full flavor for a fraction of the calories.

For 200 calories, you can have two 100-calorie snack cakes; plenty of sugar-free pudding with whipped topping; or even a slice of fat-free cheesecake. Try chopping up some reduced-calorie pound cake and topping it with strawberries and sugar-free Cool Whip. You'll have a virtuous strawberry shortcake that tastes like the real thing.

While some dieters avoid desserts like the plague, there's no reason why you can't indulge as long as you make smart substitutions and control your portion sizes.

Tip 18: Fill Up on Low-Glycemic Fruits

Along with vegetables, fruit is one of the healthiest foods you can eat. But all fruits are not created equal. Some are very high in sugar, which can lead to blood glucose spikes and crashes, excessive hunger, and persistent sugar cravings.

If you're limiting your sugar intake, and especially if you have a health condition like diabetes, it's a good idea to eat mostly low-glycemic fruits. These fruits don't contain as much sugar, so they don't stimulate the body to

produce as much insulin – a chemical that, among other things, makes you hungrier.

In general, berries and melon are quite low in sugar when compared to other fruits. Papayas, lemons, limes, peaches, and nectarines have a low to medium sugar content. Apples also have moderate sugar, but their fiber content makes them a healthy choice.

Avoid figs, bananas, mangos, and tangerines. They tend to be very high in sugar.

Tip 19: How “Diet Foods” Make You Fat

If you’re on a diet, it makes sense to eat diet foods and drink diet sodas, right? The diet food industry certainly hopes you think so. In reality, diet foods and drinks can be just as bad for you as their regular counterparts.

Diet foods come in two main varieties: sugar-free and fat-free. Sugar-free foods are sweetened with artificial sweeteners like aspartame, saccharine, or sucralose. These chemicals taste so sweet that they trigger your body to produce insulin, a chemical that regulates blood glucose levels.

But since the foods don’t contain sugar, the insulin doesn’t have anything to do once it’s in your system. This causes hunger and lethargy, and might make you eat much more than you normally would. Over time, your body could become resistant to the excess insulin, paving the way for diabetes.

Fat-free foods are typically enhanced with extra sugar and MSGs. These make the foods taste better, but they can raise the blood sugar to unhealthy levels. Foods with no fat content tend to get processed very quickly by the body, leaving you hungry again in short order.

Tip 20: Dieting During the Holidays

Nobody relishes the idea of dieting during the holidays. With so many seasonal treats about (and several days of leftovers), it’s not easy to stick to your plan. But consider the alternative: Eating whatever you want for days on end, and then starting the New Year with extra pounds to lose. Ugh!

You can celebrate with family and friends without breaking your diet. First, designate which meals will be “splurge” meals. Indulge without guilt during those meals, and eat sensibly the rest of the time.

You can keep yourself on track by filling up on low-calorie snacks before you sit down to a tempting feast. Keep your portions small, and drink plenty of water or tea between bites.

Try to stay as active as possible during the holidays. It might not be realistic to hit the gym on a holiday, but do get outside for a nice stroll and maybe a snowball fight or two.

Tip 21: How to Control Yourself at a Buffet

“All you can eat!” Those four words are enough to send many dieters into a panic. Unlimited food - and the ability to serve yourself massive portions - is not conducive to losing weight. Still, you can safely navigate a buffet on occasion by following these tips:

First, don’t show up hungry. If you’re half-starved when you arrive at the buffet, you’ll be very likely to overeat. Instead, snack on fruit and veggies before you even leave the house, to take the edge off of your hunger.

At the buffet, skip the bread basket and fill your plate with salad and vegetables drizzled in a low-calorie dressing. Get some lean protein as well. Look for grilled or roasted meats instead of fried or breaded.

Drink water or unsweetened tea, and sip a broth-based soup to help you fill up faster. If you still have room for dessert, have something small like a half-cup of frozen yogurt with fat-free chocolate syrup.

Tip 22: Low Carb vs Low Fat: Which is Best?

Dieters have many theories about the healthiest approach to weight loss. Some prefer low-fat diets because they tend to be healthier for the heart and low in calories. Others prefer low-carb diets because they are low in sugar and help ward off blood glucose instability.

So which plan is best? The surprising answer is: Neither. Diets that are too low in fat may actually cause you to eat more in an attempt to satisfy your

hunger. Fat is satiating, and unsaturated fat is actually good for your heart and cholesterol levels.

Diets that are too low in carbs can leave you feeling depressed, lethargic, and just plain ill. You must also be careful not to eat too much saturated fat while following a low-carb plan. Over time, diets high in unhealthy fats can lead to obesity, heart disease, and cancer.

The very best diet plan of all is one you can stick with for life. Therefore, it's best to take a moderate approach to dieting. Eat fat and carbs, but eat the right ones: complex carbohydrates from whole grain sources, fruits and vegetables; and unsaturated fats from avocados, olive oil, and fish.

Tip 23: Why Mini-Meals Rev Your Metabolism

Think of your metabolism as a sorting machine. Whenever you eat something, your metabolism takes the food and files it under 'energy' or 'stored fat'.

Now imagine what happens when that machine gets bogged down. Eating three large meals a day can throw a wrench into the works. Instead, you can keep your metabolism running smoothly by eating several mini-meals each day.

Instead of overloading your metabolism and then giving it long breaks in between meals, mini-meals keep it working all day long. For maximum calorie-burning, never go longer than 2-3 hours between mini-meals.

Add some cardio exercise and plenty of water to keep your liver working well, and you've got a recipe for weight loss.

Tip 24: The Fat-Burning Powers of Protein

Our lean muscle mass depends on protein for nourishment. Protein contains the building blocks of life, and those building blocks are vital for creating lean muscle mass. Therefore, to build more lean muscle, you'll need to eat more protein.

How does protein help you burn more calories? It's simple: Muscles burn calories even when they're at rest. The more muscle mass you have, the more calories you'll burn around the clock.

Note that women can develop a great deal of lean muscle tissue without looking bulky. So ladies, eat your protein to build muscle and burn more calories than ever!

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Tip 25: The Best Diet Plan in the World

When you're choosing a diet plan, the sheer number of options can be a little overwhelming. Will you cut out fat? Carbs? Will you depend on a liquid diet to get you to your weight goal? What about prepackaged meals?

Every diet plan has its pros and cons, but there are some factors you really need to consider. In order to work, a diet needs to be a lifestyle change. To stick with a diet for life, you'll need a plan that keeps you satisfied; incorporates foods from all food groups; is affordable and convenient; and doesn't leave you feeling deprived.

With a little research, you'll soon discover that the very best diet plan of all is one that you can live with. Persistence is the key to lasting weight loss.

Tip 26: Drinking Ice Water to Burn Calories

Can you really burn extra calories by drinking ice-cold water? Some dieters believe you can. Their reasoning is that it takes extra energy for the body to heat up the frigid water and digest it, resulting in more calories burned.

Dr. Roger Clemens from the USC School of Pharmacy did the math, and as it turns out, you do burn extra calories by drinking ice water – just not very many. In fact, for every 8-ounce glass of freezing water you consume, your body burns about 8 calories to heat the water before digestion.

To see a serious benefit from this approach would require you to drink a dangerous amount of water, so it's not recommended. You'd be better off limiting your calorie intake and getting a little more physical activity.

However, drinking 64 ounces of water a day, cold or otherwise, will help you lose weight and get rid of bloating, so drink up!

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