The body burns 2 kinds of fuel: Sugars and Fats.

**Sugars**
- are stored in the blood as “blood sugars” or in the liver and muscles as “glycogen”
- are the body’s preferred source of fuel because they are fast and ready to go
- are the fuel that feed the brain

**Fats**
- are large, complex molecules in fat cells or as floating triglycerides in blood
- are less preferred by the body since they take a long time to deliver energy
- once converted to energy, provide a concentrated source

Which fuels your burn shifts depending on your activity.

**Feel the Burn**
- Go aerobic 60-90 minutes, 5 days per week. The more you do, the more fat you burn
- Work out at moderate intensities and throw in higher-intensity intervals. Make sure you’re not panting. Burning fat requires oxygen
- Increase muscle mass with weight training and other strengthening exercises. Muscle is what needs to be fueled. More muscle, more fuel burned
- Get good at it. The better trained your muscles get, the better they are at utilizing fat for energy
Foods that Burn

Rev up your metabolism with these HOT ideas

- Substitute hot spices for salt in dishes. Try chili peppers in salads, salsa and stir fry.
- B vitamins release energy. Get your Bs from dark-colored vegetables and 100% whole grains.
- Cut the fat. Use less oils and solid fats and substitute small amounts of “food fats” like nuts, seeds, avocado and olives for flavor and texture.
- Make your meals consist of mostly plants like vegetables, whole grains and fruits. These high-fiber, high nutrient foods provide lower Calories, forcing your body to get it’s energy from stored sources.
- Reduce sugars and enriched processed foods. These cause large amounts of insulin which helps your body store excess Calories as fat.
- Water helps the body break down fat as energy. 8 glasses per day is minimum. If you are overweight, add one glass more for every 10 pounds over ideal weight.

Burning off Steam

Stress releases hormones that cause the body to store fat, especially in the abdominal region where it is more dangerous to your health.

- Cool the automatic stress responses with practice... Try meditation, positive thinking and laughter.
- Cardio exercise helps stress hormone levels return to normal. When you’re angry or upset, take a brisk walk or a kick-boxing class.
- Dance or sing. It’s nearly impossible to harbor stressful thoughts and emotions when engaged in these activities.

Burning fat takes time so do it for life.