

How to Work Out Effectively to Melt Your Fat Away

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Overweight is an epidemic problem. To get back to a normal weight the best solution is to make permanent changes in the daily diet. To achieve long-term and long lasting results this change is inevitable what actually everyone knows.

Although this is common knowledge, people try to avoid it like plague. Instead, they believe they could get their weight down by working out. This is a fallacy especially because the way they exercise is completely wrong. However, that nobody tells.

So what do most people do when they start working out to lose weight? They choose the most common method they know: jogging. If they would at least jog right, it would support their weight loss efforts a little bit but it is no substitute for a different diet at all.

Working out for weight loss purposes means we want to burn fat. This requires a very special condition during the workout. Burning fat is only possible as long as the body remains in the so-called aerobic state what means the additional energy is derived from fat. However, the body is unable to take energy directly from fat. It needs glucose, sugar why the fat needs first to be re-transformed back into glucose again. This process needs a little bit of time, about 10 to 15 minutes. Once in this state we could actually go on burning fat quite long.

Reality however looks very different. Take a walk in a park and you will see them, the runners with overweight: Bright red in the face, sweating and you hear them groan because of the effort. They believe, they would lose weight and please their health; forget it, they don't.

The faster they run and the higher the effort the more energy the body needs. The organism is unable to take it from fat. The process is too slow. So where does the additional needed energy come from? The organism takes it from his glucose reserves stored in the liver and muscles. When the organism passes a certain threshold however, it takes its energy solely from these glucose depots and the fat transforming process stops completely.

Now the organism is in the anaerobe state and forms a lot of additional lactic acid, which adds to the hyperacidity most people suffer from anyway. Another unwelcomed side effect is that the glucose depots get fast empty. If this happens to often, it results in feeling permanently tired and exhausted.

The question is how you can know in which state you are. The easy indicator to differentiate between aerobic and anaerobe state is the pulse rate. The higher it gets the less fat you burn and the more glucose the body takes out of its depots. The threshold when the body is completely in the

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anaerobe state can be exactly determined. Some doctors provide this service and there are other specialists, who can make this test. But this is actually unnecessary as long as you remain within a certain pulse rate. This is above 90 and below 125 beats per minute. With that you are on the sure side.

To remain within this range is difficult with jogging especially for those who have a lot or even extreme overweight. The best alternatives are walking and hiking. Of course, this means walking faster than window-shopping and a little slower than marching pace. A speed of 2.2 to 3.2 mph (3.5 to 5 km/h) is a good range and this everyone can do. You need a pair of good walking shoes and that's all.

To get a good effect walks of 45 minutes at least 4 times a week are recommendable. Daily walks are even better. This will support your weight loss, your health and your soul will be happy as well because it can relax from the daily stress. Why don't you take your first walk tonight? Enjoy it.