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How to Turn Your Body Into a 24/7 Fat Burning Machine

If you struggle to burn fat at all, or you find it difficult to get enough exercise into your daily schedule then you're gonna love what I have to tell you today! This is something that you probably already know, but you probably aren't applying (or at least you're not applying it as effectively as you could).

What I want to tell you today will turn your body into a machine that burns fat 24/7 whether you are exercising or not.

Let's get on with it!

The "secret" to turning your body into a fat burning machine is...muscle. Muscle is one of your most powerful allies (if not the most powerful) against unwanted fat.

Muscle burns 14 calories/day at rest per pound of muscle. So the more muscle you have, the more calories you burn without any extra exercise.

Now for the women out there who are worried about "bulking up" – don't be. Your genetics don't physically allow you to. The only girls that get bulky are those that take steroids. Building muscle will simply burn your fat and make you more toned (and able to lift heavier things).

And men, I'm sure you're ok with building muscle anyways.

So how do you apply this knowledge for your benefit? You need to add resistance training & follow a workout program that is designed to build muscle as well as burn fat.

Running, swimming and such is great for burning fat, but once you stop exercising, the fat burning stops. However, when you perform specifically designed workouts that burn fat AND build muscle, you burn fat while you are working out, and then the muscle you built from the workout continues to burn more calories 24/7.

So instead of focusing entirely on fat loss, look at what you can do to build muscle as well. This is another reason why protein is amazing for losing weight. Not only does it have a high thermic effect (meaning it takes more energy to digest so it boosts your metabolism), it also aids your muscle repair so you can build muscle effectively.

Make muscle your friend!

I follow Jeff Anderson's [Combat the Fat](#) program as it's based off Military techniques to get you in shape fast. Look at the people in the military - they are ripped and in great shape. With [Combat the Fat](#) you can get the military body without the drill sergeant, early mornings and uncomfortable living conditions!

Shawn

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