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The Top 5 Fat Burners

by Craig Ballantyne, CSCS, MS (with comments from Shawn Horwood)

www.TurbulenceTraining.com

My comments will be italicized so it's easy to tell what Craig is saying and what I'm saying. I've added comments throughout this article to share some of my thoughts (I even slightly disagree with Craig at one point!).

That being said, take it away Craig!

Let's get right to it...here are 5 ways to make this a great fat-burning day...

1) Do Something You Love

If you are a beginner and you hate the gym, just do something you love! Don't make your healthy lifestyle a prison sentence. Enjoy what you eat and do. Just don't eat garbage and don't look at exercise as punishment.

This is basically my training philosophy. I don't have a gym membership and I never have. I've only been in a full gym once (I've been in a "gym" a few times at a resort in Banff, but it was just waiting for my turn to play squash and had nothing to do with actually working out).

I try to do things I love that keep me in great shape. I love playing soccer, skiing, playing squash (which I do almost every time after I ski) and playing other sports when I can. Even if you don't like playing sports, you can still find ways to get exercise that you enjoy.

2) Strength Training

A study (published in the May issue of the Journal of Applied Physiology 102:1 767, 2007) showed that resistance training boosts metabolism by 10% and increases fat burning by 100%!

There's also the side benefit that muscle mass burns more calories at a standstill, so you keep burning more fat as you build more muscle. I'm not sure if that was included in the metabolism increase mentioned above (I didn't read the study), but it's definitely a good reason to do resistance training.

3) Interval Training

The latest research from Australia showed a more weight loss from interval training than from long, slow cardio. In fact, the long, slow cardio group didn't lose any weight. AND - this study was done in women...so yes, Turbulence Training works for women. Strength training and interval training are the 1-2 punch that blowtorch fat off your body.

4) Eat 6 Small Meals of Whole, Natural Foods

Fruits and vegetables, protein, nuts, and healthy fats. It's that simple. Don't spend another dollar on "the latest diet". You ALREADY KNOW what to do!

This is an area where I disagree with Craig. I don't believe eating 6 meals a day is as beneficial as a lot of people believe for a number of reasons. First, many cultures don't eat 6 meals a day and they are in good shape (excluding malnourished cultures). It's only recently (in terms of human history) that we decided we should be eating 6 meals a day.

Second, trying to eat more meals/day is added stress. Most jobs don't make it easy to get 6 meals a day and if you're cooking/making 6 different meals/day then you've got to do a lot more thinking and meal planning. I don't know about you, but for me the added stress (which causes fat gain) is not worth the benefits.

I only eat 3 meals a day (sometimes only 2 and sometimes eating snacks) - I've never eaten 6 meals a day - and I've been in better shape than most people I know my whole life. It's all about the quality of your food.

So this one I don't think is so crucial. But if it fits your lifestyle and you love cooking then go ahead and eat 6 meals a day.

5) Avoid Booze, Sugar, Trans-Fats, & Inactivity

Yeah, I know, real "secrets" here, CB. "Thanks", you're thinking sarcastically. Listen, sometimes we just need the motivation. Maybe there is a donut within reach, or you're thinking about watching the tube instead of exercising, or you've got a cookie in one hand and an apple in the other.

Let this be a simple reminder to make the right choice.

Everything you do takes you closer to OR away from fat loss.

That last statement is powerful. The same principle applies in most areas of life. Your decisions either benefit you or hurt you - few are neutral. Remember that throughout your day. I suggest keeping a journal for a week and writing down pretty much everything you do. Then separate everything you did into stuff that helped you and stuff that hurt you. Take a good look at that list and then see how you need to adjust your lifestyle.

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About the Author

Craig Ballantyne is a Certified Strength & Conditioning Specialist and writes for Men's Health, Men's Fitness, Maximum Fitness, Muscle and Fitness Hers, and Oxygen magazines. His trademarked Turbulence Training fat loss workouts have been featured multiple times in Men's Fitness and Maximum Fitness magazines, and have helped thousands of men and women around the world lose fat, gain muscle, and get lean in less than 45 minutes three times per week. For more information on the Turbulence Training workouts that will help you burn fat without long, slow cardio sessions or fancy equipment, visit www.TurbulenceTraining.com

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