

How to Burn Fat Faster – 7 Effective Tips

Article © 2011 <http://www.weightlossnext.com/how-to-burn-fat-faster.html>

A lot of people want that perfectly toned body that models sport. However, not everyone is keen on going through a diet or do proper exercise. If only its possible to eat anything your heart desires, skip those exercises altogether and still stay slim and fit. However, there are a few people who are lucky enough to have naturally fast metabolism. Unless you're one of them, you have no choice but to make an effort in order to shed those unwanted pounds. Read on if you want to know **how to burn fat faster** with these 7 effective tips.

Be sporty

It is great to be physically active. The best way to really rev up your metabolism is to do cross-training. For instance, switch from your normal walking routine to biking. This way, you will be able to tap other muscles in your body, giving them an increased workout. Due to the new intense activity, more calories are burned caused by greater metabolism. So, try to switch your exercise routines and include sports in your regime. You could play basketball, go swimming, learn tennis or even enrol dancing. Do something which you enjoy the most. It will be less of an exercise if it is a sport you really love.

Fill up on protein

Protein also effectively enhances your body's metabolism. However, keep it at a moderate level since excess levels could also strain your kidney. 20-35 percent of protein level in the diet is already sufficient.

Eat more fish

Fish isn't only good for the heart, but for weight loss as well. Try to include fish in your diet, like 3-4 servings every week. Go for fatty fish, like mackerel, salmon or tuna.

Go bananas

Bananas are loaded with potassium which boosts metabolism. Fewer calories are burned when the body is dehydrated. By regularly eating bananas, you are effectively regulating the water in your system minimizing the chances of water retention.

Minimize stress and get enough rest

According to studies, stress could also contribute to weight gain. This is because stress triggers the release of cortisol, a stress hormone responsible for slow metabolism and increased appetite. Same goes for lack of sleep. When you are tired, your body has a hard time functioning well making it hard to burn calories due to lack of energy. So, manage stress in your life by listening to relaxing music or other relaxing activities. Lastly, give your body a break and get enough rest.

WeightLossExtra.com