

# UNLEASH YOUR CALORIE BURNING POWER

Losing weight may seem daunting if you think you must commit to a complete overhaul of your life in order to achieve major results. But Nick Nicholson, M.D., medical director of the Baylor Plano weight loss surgery program, explains how you can get maximum results out of your daily exercise routine. It's always important to check with a physician before you begin an exercise program.



## #1: Early bird gets the workout.

Exercising in the morning will increase your chances of maintaining a consistent exercise routine. A recent study showed that three fourths of the people who exercised in the morning, exercised regularly, whereas only half of those who exercised in the afternoon worked out regularly. The longer you go throughout your day, the more excuses for not exercising you will develop. Help eliminate the excuse of sleeping in too late by setting your alarm to snooze five minutes or less so that your body will not fall back into a deep sleep. There are other added benefits to exercising in the morning too. Research shows that those who exercise in the morning also feel more focused throughout the day. And it doesn't take that much to make a big difference. Just 20 minutes of aerobic exercise can improve attentiveness, reading understanding, and cognitive ability. A Study by Northwestern University found that inactive women who began exercising in the morning experienced improved sleep habits.

## #2: Grab some metal before you pedal.

Most women will begin losing muscle mass once they reach age 45 if they don't regularly lift weights, and they often lose most of the muscle from the lower body. Doing a brief weight lifting routine prior to your cardio session can help you maintain your muscle mass and burn more calories because increased muscle mass can help boost your metabolism.

A study at the University of Tokyo found that those who biked within 20 minutes of weight lifting burned more body fat than those who did not weight lift prior to biking. In addition, weight lifting requires good technique for maximum and safe results, and you'll get more out of it if your body is full of energy. Cardio takes less skill and concentration to perform than weight lifting exercises, so it is easier to do cardio when your body is tired from lifting weights rather than the other way around.



## #3: Push yourself.

You can burn more calories if you push yourself to work out at a higher intensity level. When you increase your intensity, fat cells rally together, converting to fuel your body can use for energy. Plus, you can help extend the time your metabolism will stay elevated based upon how hard you work out. The longer your metabolism is elevated, the greater number of calories you will burn throughout the day. To get the most benefits out of your workout, exercise at a level that you feel is challenging. Studies show that obese women who will exercise at a high intensity three days a week and at a low intensity two days a week, will lose an inch and a half more from their waist line than women who only exercise at a low intensity five days a week. Interval training, alternating between sprinting and jogging, is also an effective way to burn more calories.

## #4: Add a little power to your step.

Research shows that walking for just 20 minutes can increase your energy by 20 percent. Some research shows that when you exercise chemicals in your brain like dopamine and serotonin are altered, leading to increased energy. So instead of taking a quick nap next time you're tired, do your body a favor and take a quick walk around the block or office. You'll be recharged and will have burned about 75 calories.



## #5: Make it double time.

Next time you're facing a trip up a flight or two of stairs, activate the fast-twitch muscle fibers in your legs by taking two steps at a time. You will burn more calories than if you only used the slow-twitch fibers in your legs by taking one step at a time. This is also important because the fast-twitch muscle fibers, in charge of generating power, are the most likely to be lost as we age. These muscles give us the ability to jump far and punch fast, moves we do less as we grow older. The fast muscles in our bodies often get overlooked when we exercise so it's a good idea to make an effort to use them when we can.



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