

Fat Burner's Bible

FBB

EDITED BY WESLEY DOYLE

DESIGNED BY KEREM SHEFIK



SCIENCE Get the skinny on Christian Bale, Prof Fat Loss speaks, and *MH*'s calorie-culling mantra



DIGITAL You are what you Tweet: *MH* readers provide the fat-loss lore from cyberspace



NUTRITION How to survive a BBQ and harness the fat-burning power of blueberries



PLANNER A month of kicking your fat-furnace into overdrive. Plus, the breakfast of slimmers

➔ As Neil Young once said: "Eat a peach". Although we're sure the curmudgeonly crooner wasn't praising the fruit's fat-burning polyphenols, his words still ring true. (p118)

65

The number of minutes you need to play favourite 1970's pastime in order to burn off one BBQ staple sausage-in-a-bun. Half as much again will incinerate that can of Cresta, too. (p120)

"I ate burgers most lunch-times as a student and my weight piled on. I took no notice of the nutritional content of what I was eating."
(p121)



METHOD ACTING

The technique where an actor aims to achieve complete emotional identification with a character. Based on the system evolved by Stanislavski and brought into prominence in the US in the 1930s. It may involve dieting. (p125)



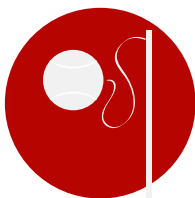
KETOSIS /kē'tōsis/ noun

A condition of raised levels of ketone bodies in the body, associated with abnormal fat metabolism, diabetes mellitus and bad breath. (p122)

FAT-BURNER'S PHRASE BOOK
THE FIRST IN AN OCCASIONAL SERIES

Refined

Desirable behaviour in public, but to be avoided when it comes to sugars and carbs. (p122)



You eat the prime, you do the time. Four easy ways to burn off a BBQ. (p122)



517

The calories you'll burn per hour from a game of tennis. So don't just watch it this month, get out and play. (If you can find a free court.) (p118)

ALL THE NUTRITION AND TRAINING ADVICE YOU NEED TO LOSE WEIGHT THIS MONTH ➔



31 DAYS TO...

HOT-WIRE YOUR METABOLISM

A month's-worth of timely tips and tricks that'll optimise your fat-burning, to strip your belly quicker

5th Smash your calorie count

So long, Wimbledon. Get yourself ready for next year with a game of tennis to lob away 517 calories per hour – and earn yourself a guilt-free helping of strawberries and cream. The strawberries stimulate production of fat-burning hormone adiponectin.

7th Make massive improvements

Lift weights to shift weight? You'll burn an extra 100 calories after a weights session. But annoyingly, two new studies say drastically upping your training won't lead to any further acceleration of post-workout metabolism. However you can burn more calories during the actual workout by increasing your reps or weights.

10th Cram that cholesterol

If you fancy a full English this weekend, go ahead. New research suggests LDL cholesterol might not be all that "bad" after all. Among older men, participants with higher LDL levels built more metabolism-raising muscle. But excessive LDL is still linked to heart disease, so grill rather than fry and watch your dairy intake.

12th Sleep more, get leaner

Sleep deprivation messes up your metabolism, which can lead to weight gain. Study subjects were in trouble after just a week of four-hours-per-night kips. So tuck up early, then treat yourself to a fat-burning breakfast (see right).

Fat-Burning Breakfast **KEDGEREE**



Fry ½ chopped onion, ½ tsp coriander, ½ tsp turmeric, 1tsp curry powder. Add 150g rice and cook. Add a handful of frozen peas in the last 5min, then a tin of mackerel and two chopped hard-boiled eggs.

1 EGGS

A breakfast rich in egg protein helps regulate glucose response, even in healthy men, reports *Diabetes Care*. That means stable energy levels and less weight gain.

2 MACKEREL

Oily fish like mackerel helps regulate your body's levels of leptin, the hormone that decides whether you burn calories or store them as fat.

3 PEAS

Rich in cholesterol-lowering soluble fibre, peas also help to control blood sugar spikes, stabilising your mood and your waist, says *The American Journal of Clinical Nutrition*.

4 SPICES

Coriander has been proved to lower cholesterol, while studies link turmeric (the main ingredient in curry powder) to improved metabolism of fats and sugars.

14th Coffee + gym = good

Before hitting the gym today, take a detour to the coffee shop. *The Journal of Sports Medicine and Physical Fitness* says a pre-workout espresso can increase your metabolism by 15% for the following hour. Just one thing...

15th Coffee + junk = bad

...skip the coffee after your next trip to Maccy Ds. High-fat meals make blood sugar levels spike as the body struggles to regulate insulin levels. Caffeine makes this worse. In one study, blood sugar levels went up an extra 65% after fat plus coffee, compared to 32% after fat alone.

17th Chill out, weight off

Take your time over that Sunday lie-in. In one study, people with the lowest stress levels were twice as likely to meet their 10lb weight loss target after six months, when compared to their tooth-grindingly stressed-out peers.

21st Eat peaches not pills

Ditch the supps for some seasonal summer fruit today. Researchers found peaches and nectarines lock up to five sixths of their fat-busting polyphenols away in a non-extractable form. So if you want the hit of the whole fruit, you're going to have to eat it.

23rd Beat fat with fruit

Feeling guilty about that Friday night kebab? Peel a tangerine. The little oranges are full of nobiletin, a flavonoid that slows the build-up of fat in the liver caused by a greasy diet. For bonus points, nobiletin stimulates the genes involved in fat burning, too.

24th Crank up your pace

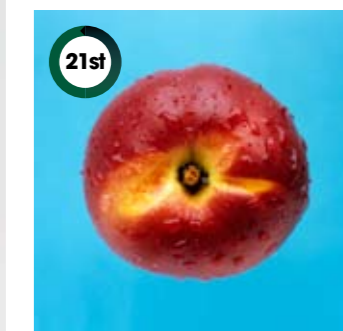
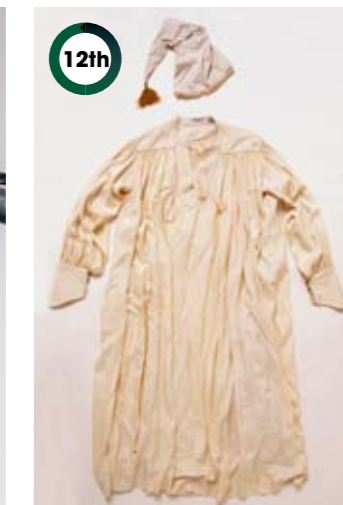
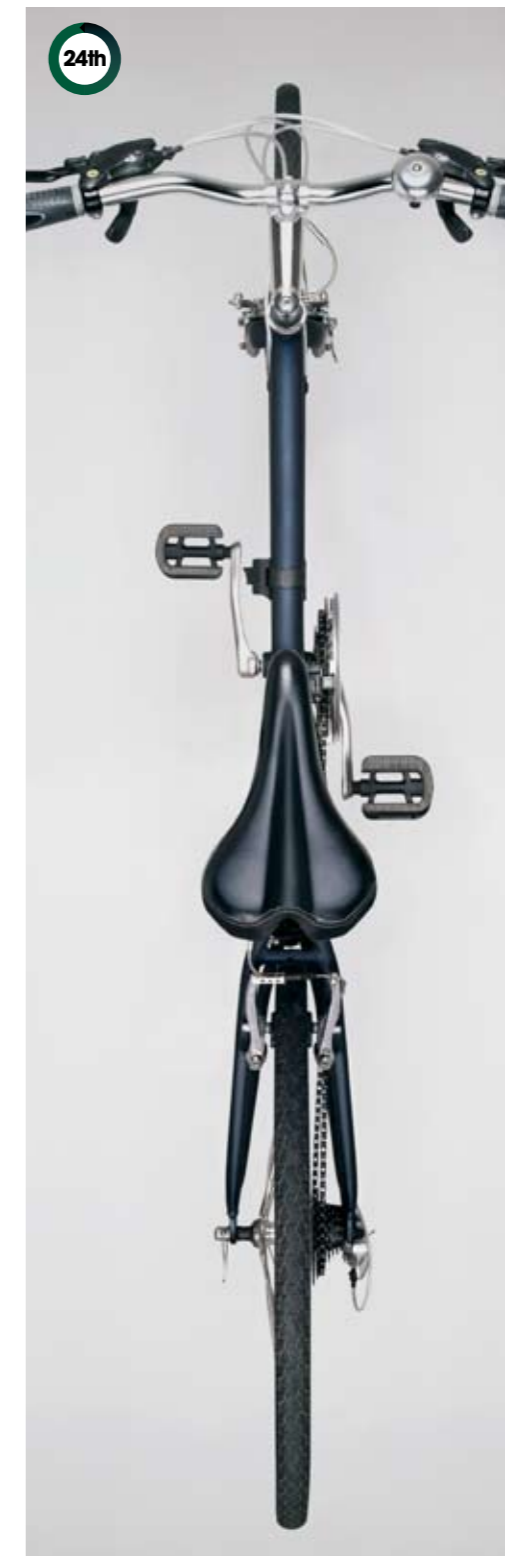
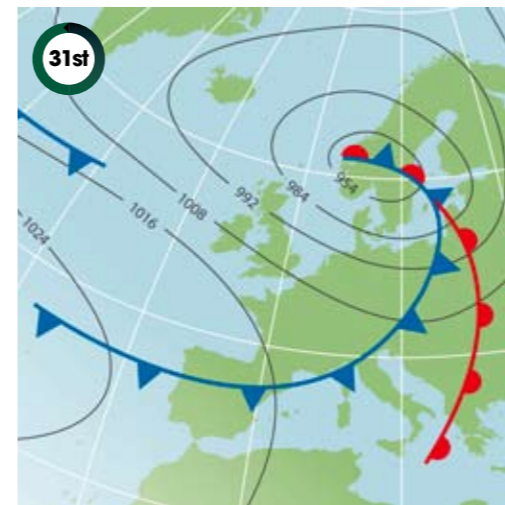
On the last day of the Tour de France, try 45min of intense cycling (on a scale of one to ten, you should feel like you're hitting a seven). Researchers found this was enough to lift metabolism for 14 hours and study subjects burned an extra 190 calories.

30th Get what you're 'du'

If you're inspired by today's London Triathlon – but squeamish about the open water swim – dip your toes in by signing up for a duathlon instead. A 16-stone racer will burn over 1,800 calories over the standard 10Krun, 40Kcycle, 10Krun. No wetsuit needed.

31st Drink water to slim down

The Met Office reckons next week could bring the hottest day of 2011. Even if that prediction's a damp squib, stay hydrated. One study found downing half a litre of water raised metabolism (slightly) for half an hour.



1st Here's the formula to calculate your basic metabolic rate: $(10 \times \text{your weight in kg}) + (6.25 \times \text{your height in cm}) - (5 \times \text{your age}) + 5$. Multiply by 1.375 if you work-out one to three days a week, or 1.55 if you're more active. The result is the calories you need per day to preserve your current weight.

WORDS RUTH EMMETT. PHOTOGRAPHY GETTY IMAGES



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FAT-BURNING FOOD

BLUEBERRIES

OF THE MONTH

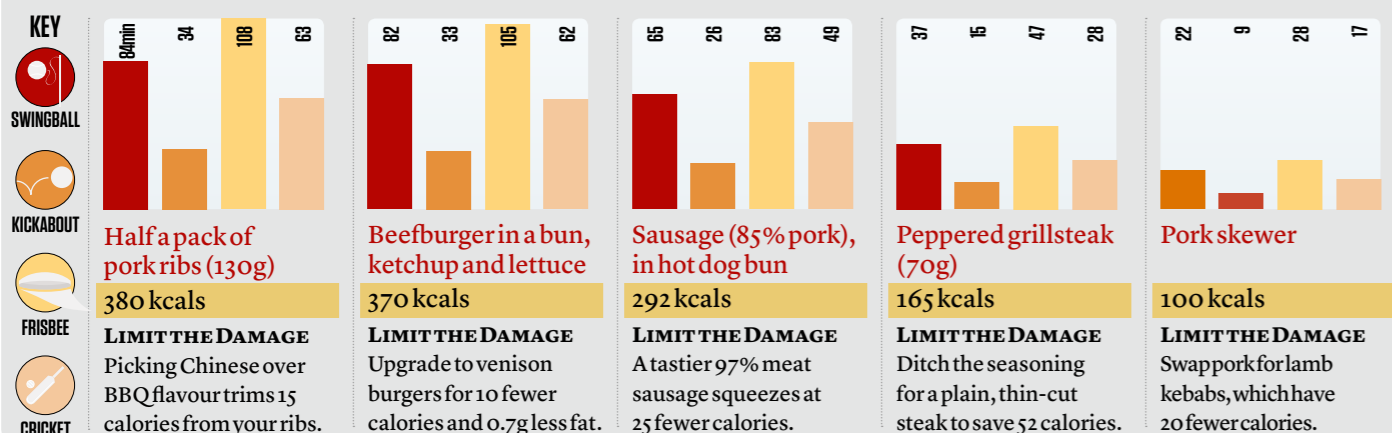
FEEL THE BERRY BURN

Unlike VioletBeauregarde, eating blueberries will deflate you with their fat-burning properties. In one study, they inhibited fat cell development to the tune of 73%. Berry eaters gained sleeker physiques, lower cholesterol and better insulin sensitivity, leading to improved energy conversion from carbs. A study in the *Journal of Nutrition* found eating berries twice daily got results Here are four ways to make your quota.

- BREAKFAST**
Blueberry bircher
For a great fat-burning kickstart to the day, mix a handful of blueberries with one small peeled and grated apple in a bowl. Add 2tbsp rolled oats and 1tbsp Greek yoghurt.
- LUNCH**
Blueberry salad
To keep the pound-shedding going all afternoon mix a handful of spinach and rocket leaves with ½ sliced avocado, a handful of blueberries and a scattering of crumbled blue cheese.
- DINNER**
Fruity couscous
Cook 100g couscous according to packet instructions, mix with a sprinkling of raisins, blueberries and chopped dried apricots. Top with almonds and serve with lamb chops.
- DESSERT**
Iced berries
Treat yourself to a fat-searing dessert to top the day off. Heat 25g white chocolate with 1tbsp single cream in the microwave for one minute. Stir and pour the sauce over 200g frozen berries.

HOW TO LOSE WEIGHT IN BARBECUE SEASON

Turn your lawn into a fat-burning zone. These four *al fresco* activities burn more calories than swatting at wasps



WORDS RUTH EMMETT, ROB KEMP, PHOTOGRAPHY MARTHA PAULIDOU AND MARCO VITTUR AT STUDIO 33, BEN RINNICK TOP AND SHORTS MODEL'S OWN BY JACO, HAND WRAPS, £6.64, PRO STAR MMA GLOVES, £25.54 BLITZSPORT.COM

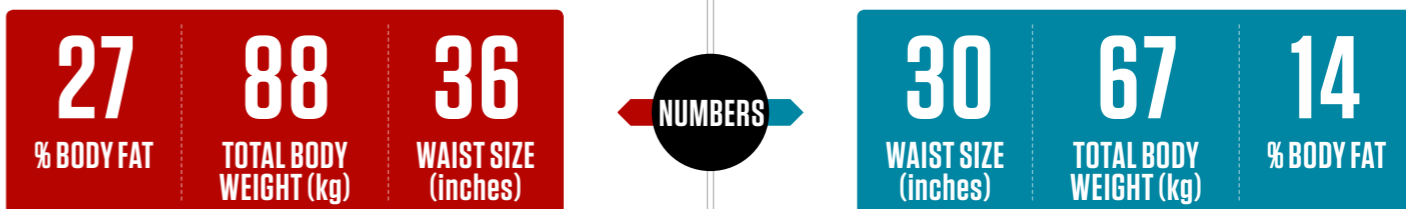
I KICKED AWAY 3½ STONE TO BECOME AN MMA FIGHTER

Ben Rennick, 27 from Watford, ballooned to 88kg. But signing up to mixed martial arts set him on the road to transformation



“I hit McDonald’s almost every lunchtime as a student. That’s when my weight really piled on. I took no notice of the nutritional content of food.”

“I eat six small meals a day and wake up during the night to eat. It’s a move that’s helped me raise my metabolism and lose weight!”



“I always used the excuse of having my own business to avoid exercise, telling myself, ‘Oh it’s been a long day, you’ve been on your feet, you can do something tomorrow’.”

“I teach Jiu Jitsu classes twice a week and run four times a week – including a 10-miler on Saturdays. I go rock climbing to help with building lean muscle, strength and stamina.”

- DIET: WHITE TOAST, PEANUT BUTTER, BURGERS & CHIPS, BRAN FLAKES, CHICKEN & RICE, FRUIT & VEG

RESULT

‘MUCH MORE CONFIDENT’ +++ ‘FEELING HEALTHY’ +++ ‘NEW HOBBIES’
 ‘RUNNING REGULARLY’ +++ ‘PLAYING SPORTS’
 ‘SEEING MY FRIENDS MORE’ +++ ‘LIVING A FULFILLING LIFE’



METAMORPHOSIS

BALE UP, SLIM DOWN

Christian Bale is famous for dramatically transforming his body. It's impressive but not particularly healthy. "It's a drastic version of crash-dieting," says Dr Andrew Murray. "It taxes the body and interferes with metabolic rate. We recommend steady, gradual changes instead."



At 6'2" we reckon Bale's ideal weight would be 75kg or thereabouts. That would give him a BMI of 21, right in the middle of the under-weight and over-weight categories. Which makes his transformations even more incredible. Although we really don't recommend you try this at home.

BALE UP SLIM DOWN



2002/83kg

REIGN OF FIRE

Playing a stacked dragon-fighter, the 6'2in actor actually clocks a BMI of 23.5, firmly in the normal healthy range.

2004/55kg

THE MACHINIST

Consuming nothing but coffee and apples, Bale loses a third of his bodyweight and in doing so reaches a BMI of 15.



2005/86kg

BATMAN BEGINS

Ignoring medical advice to stick to soups at first, Bale admits "gorging on pizza" to gain 5st in just six weeks.

2006/61kg

RESCUE DAWN

Another drastic diet sees Bale lose lean muscle as well as fat, "which could lead to protein deficiency," says Murray.



2008/86kg

THE DARK KNIGHT

"He's likely to be nutrient-deficient due to exercise demands," says nutritionist Kim Pearson.

2010/66kg

THE FIGHTER

For his roles as a crack-addled welterweight, Bale's back down to a BMI of 19.5, right on the cusp of medically underweight.



The Fighter, £9.97, released on DVD 20 June

THE SHRINKER'S SHRINK

MH's resident professor of all things weight-loss responds to your fat-burning quandaries

Q I've managed to lose 10kg over the past six months, but I've still got a stubborn layer of fat around my stomach. How do I shift it?

Mike Nelson, Manchester

Unfortunately, you won't be able to ditch that last inch using isolation moves alone. Instead you need to combine a low-fat diet with high-intensity exercise. So, for example, mix a couple of strength-training workouts with three sessions of sprints, where you're hitting 85% of your maximum heart rate for at least 25min. High-intensity cardio will eat into your fat reserves, while the strength training increases your body's resting metabolic rate, enabling you to burn more calories throughout the rest of the day. Complete 8-12 slow reps for five sets with 45sec recovery between each. Two exercises per body part, two body parts per session (chest and triceps; back and biceps; legs and shoulders). Finally, end each workout with a different abs exercise - do the plank one day and bicycle crunches the next. Do this for a month and you'll have a washboard stomach by August.

Got a query? Email theshrinkersshrink@natmag-rodale.co.uk

No.1
EAT AN APPLE A DAY

Your doctor was right - just don't peel it. The skin is rich in ursolic acid, which studies at University of Iowa link to reduced body fat and better muscle tone.

**FBB**

Tweet This... Not That

↙ We asked followers of @MensHealthUK to share their favourite fat-burning tips in 140 characters ↘

EAMONJETHI
4:36PM VIA WEB

Eat at two-hour intervals. Small meals that do just enough to fill the gap. I'm eating a lot more but still dropping body fat

Personal trainer Craig O'Toole says

Great tip. Each meal takes energy to digest and frequent small meals mean more energy used for digestion due to the thermic effect. Include protein, low GI carbs and healthy fats in each snack.

TACKLETALK
4:28PM VIA WEB

Our top weight loss secret: lunchtime walks followed by evening runs

Trainer and nutritional advisor Liz Fulford says

Doubling up is a good way to squeeze workouts into a busy day, and spread out the benefits of a raised metabolic rate. If you've got showers at work, swapping that lunchtime stroll for a run would be even better for your cardiovascular health and calorie burn.

BAMFIT365

7:08PM VIA TWITTER FOR IPHONE
TABATA intervals on the spin bike. Works wonders!

O'Toole says Your weekly calorie burn won't be high enough from this alone. Tabata intervals – short bursts of very high intensity training – are always useful when time is tight, and can be done in the saddle or on foot. But Combine with longer, slower, efforts for maximum benefits.

LUKKESCRASE
5:40PM VIA TWITTER FOR IPAD

Fill up on low fat foods like fruit, nuts, or beef jerky

Fulford says Good snacks. Nuts are high in calories, but these are mostly derived from healthy unsaturated, not saturated, fats. Fruit can be high in sugar, but eating it alongside a high-protein buffer – like beef jerky – helps to slow the release of insulin and keep your blood sugar balanced. Which stabilises your mood as well as your moobs.

MAHKUSJAYBEE
4:47PM VIA WEB

Top weight-loss secret?
Easy. Stay away from carbs:
no bread, no pasta, no rice,
no potatoes, no cereal

Pearson says Avoiding refined, starchy carbs is the best way to shed fat but you'll be heading down the path of the protein only diets and ketosis, which isn't healthy in the long run. Focus instead on energy-giving carbs like those from low-GI vegetables, lean proteins and essential fats.

TOMSMITH_
6:36PM VIA TWITTER FOR
BLACKBERRY

Make small achievable goals that lead to up to the big one. You have to be mentally fit before you can be physically fit

Fulford says Great advice. If you only keep your eye on one huge goal sometimes it can be too overwhelming and demotivate you before you've even started. Your mental state basically determines how successful you will be.

DOM_MCWILLY
5:07PM VIA TWITTER FOR IPHONE

Drink green tea in the day and very strong coffee half an hour before any form of exercise, this sheds that extra bit of fat

Nutritionist Kim Pearson says The caffeine in green tea and coffee does give your metabolism a boost, but more importantly, it improves mental alertness and physical endurance, and reduces perceived exertion, helping you give more to your workout.

WHAT'S YOUR OWN WEIGHT-LOSS SECRET?

Follow @MensHealthUK on Twitter and tweet your favourite fat-loss tip for a chance to see it on this page **MH**



MH RSS // CUTTING YOUR TOTAL CARBOHYDRATE INTAKE FROM 55% TO JUST 43% OF YOUR DAILY DIET = 11% LESS BELLY FAT AFTER 16 WEEKS* //