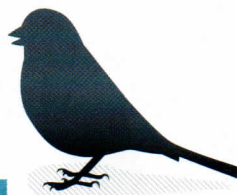




FBB



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* //