

Fit for Life

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Want to burn fat? If you think you need to do mostly fat burning cardio workouts, think again. The shocking truth is that you need to exercise less and do more intense workouts.

The plain fat truth about burning fat is that it's a lot more important to do quality, not quantity, when it comes to your exercise routine. So, just how is it that cardio workouts fail for fat loss.

In a research study published in the prestigious journal, "Obesity," researchers put men and women on an extreme cardio workout program. Each subject had to do one hour of cardio six days per week for one year. That's a total of 300 hours of cardio.

Now, most folks would expect big-time weight loss results from that much cardio exercise, but it was no surprise to me that the results were extremely disappointing. The men lost an average of 6 pounds while the women lost only 4 pounds. That's over 50 hours of cardio just to lose one measly pound!

There's no way I would keep my job as a fitness expert if my clients only lost one pound every 60 days. So that's why I use interval training and resistance training with all of my clients, no matter what their age. The truth is that someone who is over 40 needs to train using the same fat loss principles as someone who is under 30. Although you may have some specific areas of muscle weakness that need more work, other than that, everything else is the same.

If you want to lose belly fat, I have a simple 3-step approach to fat burning:

1. Low and Natural. Eat a low-calorie diet focusing on whole, natural foods. Regardless of our age, we all need



A New Approach to Exercise

to be eating more fruits and vegetables. Starting by adding one extra serving until you are up to 10 total servings per day. The fiber will help fill you up and by reducing processed foods in your diet you will have more energy and you will lose weight. It's that easy.

2. Pièce de Résistance. Use resistance training (applying resistance to a movement) to sculpt your muscles. As you get older, strength becomes more and more important to your health and well-being. If you don't use it, you'll lose it. So, make sure your exercise program includes total body strength training at least twice per week, and preferably three times per week.

3. Keep Up the Pace. You need interval training—a series of fast-paced exercises interspersed with slower ones or brief rests—to help you burn belly fat in less workout time than long slow cardio. Research has found that women who did only 20 minutes of interval training three times per week were able to lose more belly fat than women who did 40 minutes of long, slow cardio.

Always remember...the most important first step before you begin a fitness regimen is to consult with your doctor!

Switching your program to short burst exercises will ensure better results in less time, no matter what your age. If you're looking to burn that fat, hop on board my new "Fitness Express" class, which is specifically designed to give those short burst exercises through interval training. The class is held twice a week, Tuesdays

and Thursdays, 5:30 p.m. to 6 p.m. for only \$25 per month. This 30-minute class is wonderful for those short on time but need that added push in a workout that offers cardio, strength training, body sculpting and endurance all in one.

For more information on this class, or any of our fitness programs, contact me at ddavis@fayss.org or 770-461-0813 ext. 124.



Dawn Davis is a Certified Personal Trainer and Senior Fitness Instructor with special certifications in a variety of special programs including Yoga, Tai chi, Pilates and Zumba Gold.

Photo by Rainy Chastine

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FITNESS CENTER NEWS

We all love a good bargain, right? Well, we think our fitness center with our friendly, trained volunteers and great equipment are a real deal at only \$10 a month for our members...and we want to keep it that way for you!

You can help us cut down on the cost of processing all those monthly \$10 payments by paying 3, 6, or 12 months at a time. You can still pay monthly, but paying quarterly, biannually or yearly helps make our accounting process more efficient and keeps are overall costs down. Don't forget! You can get one month free by paying only \$110 for 12 months!

Remember, you must be a Center member to join the fitness center (additional monthly fitness center fees, as outlined above, apply).

Evening hours: Due to Clayton State University classes not being held on Thursday evenings for awhile, the fitness room will only be open on Tuesday evenings until 7:30.