

METABOLISM BOOSTS

# 30 fast, new fat-burners!

Crank your calorie-blasting way up with these quick tricks.

BY KATE ASHFORD



**1 Linger in the dairy aisle.** Women burned more fat and calories when they ate 1,000 to 1,400 milligrams of calcium per day, according to findings published in the *American Journal of Clinical Nutrition*. That's three to four servings of dairy.

**2 Break a sweat in bursts.** Doing two 30-minute workouts with 20 minutes of rest in between burns more fat than exercising for a continuous 60 minutes, suggests research in the *Journal of Applied Physiology*.

**3 Eat more meat ...** and eggs and beans. People who got 40 percent of their

daily calories from protein lost significantly more body fat than those whose diets had only 15 percent protein, even though they consumed the same number of calories, a Skidmore College study found.

**4 Get your kicks.** Playing soccer two or three times a week yielded greater fat loss and muscle gain than jogging, according to a study from the University of Copenhagen. And the more muscle you have, the more fat you'll burn.

**5 Start hard, finish easy.** Cyclists who ramped up the intensity during the first half of their workout and slowed down

during the second half torched about 23 percent more fat than those who moved from low to high intensity, research from the College of New Jersey found.

**6 Swig java.** The caffeine in about two cups of coffee boosts your metabolism for at least an hour-and-a-half afterward, according to Skidmore College research. If you add sugar or cream to it, you'll blunt the effect, so drink it black, study author Paul J. Arciero says.



**7 Interval train.** Women who did 20 minutes of intervals on a bike torched three times as much fat as those who stayed at one pace for 40 minutes, according to a study from the University of New South Wales.

**8 Walk with Nordic poles.** You'll increase your calorie-burn by 20 percent—plus, it'll feel less taxing, according to the Cooper Institute in Dallas. Visit [Health.com/nordic](http://Health.com/nordic) for tips on proper form.

**9 Start with whole grain.** Athletes who down whole-grain cereal first thing in the morning burn more fat during the day and during exercise than those who eat more-quickly-digested fare, like a bagel, British researchers say.

**10 Crank it up.** Vigorous aerobic exercise for 40 minutes makes your body burn calories at a higher rate for nearly a full day afterward, one study from the University of Alabama at Birmingham found.

**11 Go casual.** When study volunteers wore jeans for the day, they walked 491 more steps (about an 8 percent increase) than when they wore normal work attire, resulting in more calories spent, according to research from the University of Wisconsin, La Crosse.

**12 Don't hang on for dear life.** If you cling to the handrails of your stepper or elliptical, you put less stress on your larger, more powerful lower-body muscles—and burn fewer calories, says Stephen Cabral, a personal trainer and weight-loss coach in Boston. If needed, grip loosely for balance only.

**13 Pump iron.** Resistance training increases your resting metabolic rate by about 7 percent, so you'll burn more calories throughout the day, even while sitting on your duff, according to Tufts University researchers. Aim for 30 minutes, three times a week.

**14 Two words: circuit train.** Instead of resting for 60 seconds between weight-lifting sets, move straight from one exercise to another to keep your heart rate up and maximize calorie burn, says Wayne Westcott, author of *Get Stronger, Feel Younger*.

(Continues on page 70)



**15 Drink green tea.** Testers who downed a green tea supplement boosted their metabolism by about 4 percent, compared with those consuming a caffeine supplement or placebo, according to Swiss researchers. Sip three cups of green tea per day for similar results.

**16 Strength-train last.** You'll obliterate more calories if you lift weights after cardio (not before), says a study in the *Journal of Strength and Conditioning Research*.

**17 Go for yogurt.** People who included yogurt in their diet plan ditched 22 percent more weight and 61 percent more body fat than those who simply trimmed calories, University of Tennessee researchers found.



**18 Use more olive oil.** People who ate a diet high in monounsaturated fats (like olive oil and avocado) burned more fat over four weeks than they did on a diet high in saturated fats, one Australian study found.

**19 Bring your iPod ...** Exercisers who listened to music lost more weight and body fat—and worked out

more consistently—than those who didn't, Fairleigh Dickinson University researchers found.

**20 ... and adjust your playlist.** Throw some fast-paced songs into your music mix. You'll work out harder and faster, burning more calories and fat. Plus, it'll feel easier, according to experts at the University of Kansas.

**21 Squeeze your butt.** By pushing off with your glutes when you walk instead of just shuffling down the sidewalk, you use more muscles and burn more calories, trainer Stephen Cabral says.

**22 Wolf some protein.** A calorie is a calorie, but your body burns about 25 to 30 of them while digesting 100 calories of protein versus only 7 of them while digesting 100 calories of simple carbs, says Barbara Vinciguerra, MS, an adjunct professor in the movement-sciences department at Westfield State College in Westfield, Massachusetts.

**23 Think uphill.** Forget flat treadmill walking; crank up the incline and you'll jack up the calories burned, says Tommy Boone, an exercise physiologist at the College of St. Scholastica in Duluth, Minnesota. A woman walking at 4 miles per hour for 30 minutes blasts off 12 percent more calories on a 2 percent incline and nearly 35 percent more calories on a 5 percent incline.

**24 Fidget.** People who jiggle their legs, talk with their hands, and incorpo-



Dive in: A little time in the pool can have a big effect on your waistline.

rate small movements into their day can burn as much as 350 extra calories daily, according to research from the Mayo Clinic.

**25 Stand when you take a call.** It'll burn about 20 percent more calories than sitting. Better yet, pace.

**26 Believe it.** Housekeepers who were told that their cleaning was good exercise lost weight and were healthier four weeks later than those who were told nothing, according to a study in *Psychological Science*. Take note of all your daily activities (taking the stairs, walking to lunch), and you're bound to do them more.

**27 Add fish oil—and move.** Volunteers who took 6 grams of fish oil every day and exercised three times a week lost more fat than those who just took fish oil, just took sunflower oil, or took sunflower oil and exercised, according to Australian researchers.

**28 Use your arms and legs.** A workout that requires coordinating arm and leg movements, such as swimming or step aerobics, feels easier than one that uses only one major muscle group, suggests research from Southwest Texas State University. That makes it more likely you'll do it again tomorrow—keeping the fat-burning going.

**29 Opt for a Wii.** Playing active games on the Nintendo Wii (such as tennis and bowling) knocked out more calories than using the Xbox 360, said a *British Medical Journal* study.

**30 Think about it.** Subjects who visualized themselves going through a specific strength workout gained nearly as much strength as those who actually did it (24 percent versus 28 percent), one mind-blowing report in the *North American Journal of Psychology* found. More muscle means more calories burned. ☘

