



# Forget the fads when burning fat

By Hildy F. Pearl  
special writer

**D**ID YOU KNOW that eating only an extra 95 calories each day can add up to 10 pounds of weight gain in a year? That extra pat or two of butter can really make a difference. Likewise, burning off an extra 95 calories a day should result in a 10-pound weight loss in a year, assuming your good intake remains the same.

Calorie-burning has become a national obsession. How and when you burn those calories has become a source of confusion for many people. Whether you are just beginning to exercise, are looking for ways to get rid of a few extra pounds, or are a well-conditioned athlete, sorting out this information can serve as a guide for enhancing your exercise regime.

**TYPICALLY, DRAMATIC** weight loss does not result from sporadic bursts of exercise. Rather, a significant weight loss is more commonly seen with consistent, regular, aerobic activity.

"Aerobic" means that the exercise is continuous and causes the heart rate to increase. Examples are jogging, swimming and cycling. Usually, when beginning to exercise, there will be a build up of muscle mass.

Since muscle weighs more than fat, you may not see a weight loss at first. Eventually, with continued exercise, the increase in muscle stops and fat starts to come off.

It seems that a minimum of two months of regular exercise is needed before you will see a loss of fat tissue. But don't be impatient. Exercise builds muscles that not only improve appearance, but improve balance, agility and self-image as well.

**ANOTHER PLUS** of improved muscle tone is a slight rise in your basal metabolic rate (BMR). Your BMR is the number of calories your body needs to function at best. Since muscle requires more calories than fat, you will be burning more calories all of the time, at rest and while doing activities. So by keeping an exercise program, you will be burning more calories and will be able to control your

weight more easily.

Getting fit also has the bonus of raising your metabolism even after you have finished exercising.

Following 30 minutes of brisk activity, your metabolic rate remains pumped up for 4-8 hours afterwards. You may burn 20 percent more calories in whatever you do — from sitting to walking to talking — than if you had not exercised.

How many calories you burn during exercise depends on several things. Your size, for one, can affect your calorie burning potential.

**ALSO, THE INTENSITY** of your workout has a real impact. You can burn anywhere from 250-820 calories in a one-hour exercise class. The harder and faster you work, the more calories you burn. Even the weather can influence how many calories you use. The colder the weather the more calories you burn.

The most effective way to control weight is through a combination of diet and exercise. I recommend that if you are seeking a good weight loss diet, consult a registered dietitian for a healthy, well-balanced, livable diet;



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rather than turning to weight loss gimmicks, fad diets, or "miracle cures" which can be unhealthy and potentially harmful.

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