

Two Of The Biggest Mistakes Gym Users Make.

1) Calorie Restriction.

If your goal is fat loss then restricting calorie consumption will cause initial weight loss but this weight loss is not only fat loss but also muscle and bone etc. This loss of muscle will cause your metabolism to drop which in the long run will cause more fat storage. Also a rapid reduction in weight will put your body into a starvation response. The way the body enters starvation response is the the rapid loss in fat causing a reduction in the hormone leptin which is detected by the hypothalamus and then starvation response is initiated. This results in a decreased metabolism, increased hunger and increased lipoprotein lipase which is the enzyme responsible for storing triglycerides into adipocytes.

Eating a diet that is natural and balanced for your individual metabolic type that includes plenty of fat (saturated and unsaturated), plenty of protein and free from sugar, processed food, caffeine, alcohol and wheat should help you to achieve your ideal weight.

2) Endless Cardio And No Resistance Work.

People spend hours and hours on cardio machines hoping to lose fat and gain a better body. I have created this easy to understand table which gives the pros and cons of cardio and resistance training.

Continuous Cardiovascular Training	Resistance Training
<ul style="list-style-type: none">• Raises the stress hormone, cortisol. Raising your stress hormones will stop your body from losing fat. It will also make your body lose muscle which will make lower your metabolism.• Lowers anti ageing hormones like GH, testosterone, progesterone and DHEA. This obviously speeds up the ageing process. It will also make it more difficult for you to add muscle which will keep your metabolism low.• Only burn calories while you are doing it. After you stop the session of cardiovascular training you are doing you stop burning calories.• Makes you lose muscle tone. If you look at a marathon runner they look ill and emaciated due to having very little muscle.• Its boring!• Continuous aerobic work plateaus after 8 weeks of training. Studies have shown that after 8 weeks of training your progress will plateau and you are wasting your time trying to improve. Incorporating some interval or fartlek training into your program will bypass this.• Worsens power. This means it also reduces your speed. If you do lower body	<ul style="list-style-type: none">• Lowers the stress hormone, cortisol.• Raises anti ageing hormones like GH, testosterone, progesterone and DHEA. These hormones being raised will allow you to burn more body fat by adding muscle to your body.• Burn calories during and after. While you are doing the resistance exercises you will be burning calories and after you have finished as it takes a few days for your body to repair the muscles so they are burning more calories to do that. Also the more muscle that you have on your frame the higher your metabolism.• Its fun. Resistance training is far more enjoyable than cardiovascular training. If your not enjoying resistance then you should be using more variety and techniques to make it more fun.• Resistance training will produce a far more desirable body. It will fill out the body where it is supposed to be filled out with a toned athletic look. Even if you are a female it will give you a better look, it is impossible for a female to put on large amount of muscle. They just don't have the hormones to do it. Females who say they have put on too much muscle in the past more likely than not just got stronger and harder muscles

cardiovascular training your vertical jump decreases. If you do upper body cardiovascular training your medicine ball throw decreases.

- Increases oxidative stress. Oxidation is the process that forms free radicals in the body. Normally the body can neutralize free radicals with antioxidants. When there is an excessive build up of free radicals it leads to a change in your metabolism which can accelerate ageing.
- Adds to adrenal fatigue. This can make you fatter and produce other undesirable consequences like tiredness, fearfulness, allergies, frequent influenza, arthritis, anxiety, depression, reduced memory, difficulties in concentrating and insomnia.
- Adds stress. If you add cardiovascular to your already stressed life then you are making your body more stressed which will actually add more body fat.

that were made to look big by fat on top of it.

From that you should be able to see that long term body fat loss is achieved by resistance exercises, muscle and strength gain is achieved by resistance exercises and a better healthier body in general is achieved through resistance exercises.

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