

Special Metabolic Fitness Report

New Exercise Techniques to Lose Weight and Slow the Aging Process



**You Will Discover How To
Transform Your Metabolism
Into A 24-Hour Calorie
Burning Machine,
Guaranteed!**

By Carolyn Hansen

Special Metabolic Fitness Report

Author: Carolyn Hansen

<http://www.hotmetabolism.com/>

All rights reserved - Copyright 2009, Carolyn Hansen.

You are free to distribute this ebook to your visitors,
but you can neither modify it, nor sell it.

Table Of Contents

Introduction	4
New technology and techniques with exercise will ensure weight loss	5
Fixing the middle age spread	6
Increase metabolism naturally to speed fat loss	7
A growing problem - a silent epidemic called metabolic syndrome	8
A growing waistline is a dangerous situation	9
Get a metabolism advantage by increasing the calories you burn	10
How we can use proper exercise to help us stay in shape	12
Strength training exercise for long term permanent results	13
High metabolic fitness includes an elevated use of fat at rest and during exercise .	14
Use strength training exercise to create metabolic fitness	15
Learn More	18

Introduction

A fairly new form of fitness, which is in the interests of all of us to explore, is known as "metabolic fitness". It refers to a balancing of our body's hormones so that aging is slowed to a minimum and excess body fat is not stored which further accelerates the aging process.

Recent scientific research shows that this balance can be manipulated by lifestyle choices such as exercise and nutrition to allow us to live a longer, healthier and disease free life. One of the causes of the aging process is the decline of the master hormone human growth hormone (HGH). Hormones are the chemical messengers in the body affecting every system and body part and its function at cellular level.

It isn't a matter of the number of years one accumulates that is the cause of the decline of this hormone but lack of physical activity which leads to weight gain, obesity, high sugar levels, and high levels of free fatty acids in the blood. All of these factors are within our control through proper exercise and nutrition.

This means that no matter whether you are 30 or 50 years old you can stimulate the release of this "youth" hormone. New exercise technology allows us to teach the body to keep making this hormone so that our bodies become better fat burning machines.

The remainder of this special report will introduce you to this subject. For a far more detailed analysis on how to create a leaner, firmer, and younger-looking body by turbo-charging your metabolism in 30 days or less, please visit my Hot Metabolism site:

[Visit Hot Metabolism](#)

New technology and techniques with exercise will ensure weight loss

Can you fondly remember the days when eating unlimited quantities of food never seemed to lead to gaining and excess body fat? Now, we may think, one simply has to look at food and it goes straight to the hips and waistline. There is one major culprit to blame for that, our metabolism which is our body's engine. As we age, our metabolism slows down and we burn less fuel over the course of the day. For many of us, it seems we always have had a slow metabolism as we have been battling excess weight for most of our lives.

If you have ever attempted to lose weight, then you know how difficult of a struggle it can be. There are some key principals that, when applied, will immensely increase your success at losing weight and attaining your goals. Most of us will fight the battle of the bulge at several points during our lifetime, and many of us will lose this battle every single time. We hear that diets don't work and can adversely alter our metabolism which is the exact opposite of what we need to do.

The next time you are tempted to diet your way out of an extra few pounds stop and consider your exercise based alternatives. This approach is a more effective weight loss solution than gimmicks or quick fix dieting methods which usually cause more problems than they solve. It is better to focus on longer term sustainable changes that produce lasting results.

The key to successful permanent weight (fat) loss is not about counting calories or fat grams. The most effective and significant thing you can do is to increase the metabolic rate which regulates your body's ability to become (and stay) lean. And shifting your metabolism depends on upgrading your strength and muscle toning while supporting yourself with good nutrition.

Special Metabolic Fitness Report

A new insight reveals there is a type of exercise called "hormonal" and is the best and quickest way to burn stubborn body fat. In fact you achieve three times the results in half the time with this new type of exercise program. When these amazing "fitness" hormones are triggered, the fat-burning process in your body is accelerated.

Fixing the middle age spread

The increasing accumulation of body fat around the waist area that is called the middle age spread is not an inevitable part of getting older. It has more to do with our activity levels (or lack of them) that encourages this fat storage area to expand.

The shift of midlife weight gain actually begins in our 20's - 30's and once we get past 30 years it kicks into gear and lowers the metabolic rate. This of course means that your body's engine has lost some of its power and has become smaller.

This not only allows body fat to sneak into places where firm active muscle tissue used to live but it exposes one to a host of health problems and metabolic disorders that can end up as chronic degenerative disease in the later (sometimes sooner) years.

Losing this precious muscle tissue and gaining body fat is a major factor in causing us to age prematurely taking a toll on health in many ways as muscle is not just about body strength but an important part of other body systems. To stop a slowing metabolism in its tracks, you simply must restore your lost muscle, rev up your "body's natural engine" and then maintain it for the rest of your life.

This will increase your energy needs by as much as 25 to 40 percent

Special Metabolic Fitness Report

above the essential base energy requirements of your body. You can easily burn an extra 200 to 300 calories of energy per day with the right exercise program. With this extra output of say 250 calories per day, ½ pound of body fat per week could easily be lost accumulating to 25 pounds per year. And this would be achieved without soul destroying restrictive food dieting.

Increase metabolism naturally to speed fat loss

If you have a goal of losing excess body fat there is a new and successful way to achieve this that you need to be aware of. Previously we would just reduce calories to try and diet this fat off but that is now not considered the best way to go about it.

Your metabolic rate is central to losing body fat. It is a fact that if you can increase your metabolism beyond its normal rate it is the quickest and most permanent way to succeed in losing excess stored body fat. Don't be fooled by the claims of any diet program as all of them are the same and they simply go about losing weight the wrong way.

The disadvantage of a calorie reduced diet is the body will adapt to that new level of calorie intake and fat can no longer be lost. The way it does this is to slow down the metabolism to conserve fuel and energy as it interprets the calorie reduction as a survival threat. Low energy levels created when dieting also make it difficult to be able to exercise intensely enough to boost the metabolism.

Metabolism is a complicated chemical process of the body, so it is not surprising that many people think of it in its simplest sense: as something that influences how easily our bodies gain or lose weight or excess body fat.

Regardless of the amount of weight (fat) you would like to lose the thing

you need to focus on is increasing your metabolism. The reason for this is that when your metabolism is increased it will enable you to burn more fat for energy at all times, even when resting.

A growing problem - a silent epidemic called metabolic syndrome

Metabolic syndrome is on the rise, especially among adults that have gained fat around their mid-sections and are much less physically active compared to their teen years.

Sometimes called Syndrome X metabolic syndrome is a relatively new term to describe a cluster of conditions that can put you at high risk for major diseases. Estimates range from 25 – 40% of adults age 40 and older, and many of them don't even know it.

Having this condition can explain why you frequently feel tired, fuzzy-minded and sluggish. Are you continuing to slowly gain weight and finding it difficult to lose? Is your blood pressure slowly creeping up year after year and blood fats and sugars are doing the same? You may be feeling and seeing your health spin out of control without knowing why. It can also explain why you are aging at a faster rate than your peers.

Although these are all accepted signs of aging, they are also all of the symptoms of metabolic syndrome which can set the stage for catastrophic health problems, such as heart disease, cancer and diabetes. This process develops slowly over time, often over a course of 20 - 40 years or more, often remaining undetected until symptoms of ill health appear.

Getting older, gaining weight, and being sedentary and inactive all contribute to this eat-too-much, exercise-too-little syndrome that you literally eat your way into. Diets low in fiber, high in calories, full of

Special Metabolic Fitness Report

saturated fat, and loaded with foods that boost blood sugar quickly along with a lack of regular physical activity contribute to metabolic syndrome.

Because of the highly refined, processed carbohydrate foods we, as a whole population, now eat, our bodies' levels of glucose and insulin have gone out of control. As one gains weight, one's body becomes more insulin resistant which is the body's way of resisting these excessive sugar and carbohydrate levels from foods such as packaged cereals, sweets, breads, pastas, cakes, biscuits and soft drinks and all processed and refined foods that contain sugar.

Quite simply, we are overdosing on glucose (sugar) and insulin - two substances which in high doses accelerate the aging process. The effect of this on our bodies is that it devastates virtually every cell and organ system and encourages the onset of diseases.

A growing waistline is a dangerous situation

Although anyone can develop metabolic syndrome, you are much more likely to get it as you get older. The first signs of this condition are you may be carrying extra body fat and your waist size measures greater than 102 cm for men and 89 cm for women.

But a big belly isn't just somewhere you store this extra weight. From your body's standpoint, fat around the middle is a very different kind of fat than, say, fat on your thighs or backside. It's much easier for this kind of fat to get into the bloodstream, where it can wreak havoc accelerating aging and increasing the risk of major diseases.

That is because one of the hallmark signs of metabolic syndrome - insulin resistance - causes fat to be stored in dangerous areas, such as deep in the abdomen or around major organs such as the liver, heart, kidneys etc. And the more sugar you eat, the higher your risk for this nasty villain

to invade your body.

Extra body fat is at the center of this disease, and for most people, there is a very simple cure. The solution is to consume a consistent, balanced diet of whole natural unprocessed foods - in moderation, and most importantly, adopt a real commitment to a proper exercise program.

Years ago, we may have believed that we were healthy despite regularly engaging in an exercise program. Now, we know better and higher levels of activity, strength and fitness will protect you against developing this silent growing epidemic called metabolic syndrome.

Regular exercise primes your cells for activity. To get the energy you need for exercise, your body uses insulin to move sugar and fat into cells where they are burned as fuel and harmlessly dissipated. More muscle tissue means more insulin receptors, which helps reverse insulin resistance. This allows the muscle, in essence, to work away and reduce excess body fat. This simple cure is a potent tool to reduce your risk of this modern day health destroyer.

Get a metabolism advantage by increasing the calories you burn

Since many of us learn about nutrition and dieting from misleading information in magazines and the media, we are confused when our weight loss attempts are unsuccessful. The key to successful, permanent weight loss is about improving and "waking up" the body's metabolism.

Whether you want to lose 10 pounds or 100, the key is to avoid gimmicks and quick fixes, and focus on sustainable changes that produce lasting results. The only surefire way to lose that body fat and maintain the loss over time is to focus on your strength and fitness.

Special Metabolic Fitness Report

A proper exercise program that must contain strength building exercise will balance your hormones and make weight loss much easier and more permanent. Over time, strong and fit people experience positive hormonal changes that help increase their metabolic rate. This includes lower levels of cortisol the stress hormone that can trigger overeating and cause your body to store fat more readily.

Higher growth hormone the "fitness" hormone will help increase lean muscle which is essential to increase the metabolic rate as well as lower insulin levels that will help control food cravings are just a few of the hormonal benefits strength and fitness brings.

There are many tools and techniques to generate the hormonal effects of exercise and none of them include long duration, steady state "20 minutes on the bike" or "aerobic zone" training.

New technology and understanding dictates that real fat burning takes place at higher levels of intensity. No other type of exercise will give the increase in metabolism that proper strength training exercise will give. Simply performing low intensity, long steady state activities like walking, jogging, cycling etc are not intense enough to increase the metabolic rate.

Activities such as walking have never ever worked for fat loss. If only it were that easy we would all be in great shape. After all we all have legs and we all walk around all day. The sky rocketing levels of overweight and obesity surely point to the fact that walking simply isn't enough. How on earth have we been misled into believing that this is all we need to do to lose weight?

We need to put aside the notion that all we need to do to lose weight or get fit is just to go for a walk or do some other recreational activity like cycling, or swimming etc. It is important if you want to lose weight, transform your body, and slow the aging process you will have to invest in high intensity exercise that works major muscle groups through their

full range of movement against resistance (such as strength training).

It is far better to learn new exercise skills and habits that will deliver results in accordance with your effort. A sole focus on aerobic or recreational exercise will only serve to make a difficult process more challenging.

How we can use proper exercise to help us stay in shape

From a health standpoint increasing strength helps to increase or maintain muscle tissue and a higher resting metabolic rate, promotes weight loss and maintenance. It also lessens the risk of injury, prevents osteoporosis, reduces chronic low back pain, reduces arthritic pain, improves cholesterol levels, promotes physiological well-being and helps lower blood pressure and control blood sugar.

The most traditional and effective metabolism enhancer is this special type of exercise that can boost your metabolic rate up to ten percent. The beauty of this is that it is a continuous process that works even if you are sleeping or parked on the couch watching television.

To supercharge your inner fire you need to tone up every available shred of muscle tissue on your body. Muscle is where body fat is burned so by conditioning these fat burning cells you will supercharge the whole of your body's engine.

The amount of increased muscle tissue you need to do this is very small, so small in fact it is unlikely you would even notice it. It may represent just a couple of pounds, but those couple of pounds will increase fuel consumption every minute of every day.

This is what will chew into those fat stores and reduce that excess fat

stores. This is the difference between a proper exercise program and simply going for a walk in the hope that you are burning off body fat.

Strength training exercise for long term permanent results

So, the solution to being overweight is; we really just need to replace the activity that has been lost by our modern lifestyles. We no longer have to exert ourselves at all on a daily basis. We sit for long periods completely sedentary and this is repeated day after day after day. Any wonder our engine size is reduced, why would it be any other way?

Excess energy is stored as unsightly fat hanging off our body and the metabolic rate is slowed even more because of it. You can easily turn this around; you just have to get your head around the fact that you will have to be come more active, much more active.

Scientific research suggests we need a new approach to health, fitness and exercise - one that places less emphasis on body weight (or body fat) simply just burning calories and more emphasis on healthy metabolism.

Our hormonal health has become big business in recent years for good reason. Not only to restore vigor, but also because the scientific evidence leaves little doubt that diabetes, heart disease and cancer are related to unfavorable changes in hormonal levels. Shifts in these levels trigger other changes that lead to nasty diseases that hospitalize and kill millions of people each year.

Hormonal decline is a central feature of the degenerative process known as aging, responsible for lost strength, increased body fat, diminished energy levels, a steady upward creep in the fat/muscle ratio and an increased risk of disease.

Special Metabolic Fitness Report

This decline also makes you less active which makes the problem worse giving rise to a vicious cycle is referred to as the "downward spiral of aging" leading from a robust, strong, energetic, vital, youthfulness to the weakened, feeble, frailty of old age.

High metabolic fitness includes an elevated use of fat at rest and during exercise

New research into the hormonal dynamics of exercise reveals that each time you exercise; you temporarily alter the hormonal environment inside your body. Participating in a proper exercise program can be a powerful tool that will work to your advantage improving your health and performance, slowing the aging process and giving you back youthful strength, energy and vitality.

For years the fitness industry has focused on what happens during the exercise session and ignored the after effects. Now we know what goes on during exercise directly impacts whether the body burns fat or stores fat long after the exercise session has finished.

In fact, the after effects of exercise may be the most important aspect to determine true fitness and body composition as these relate directly to the balance of good and not so good hormones. The major benefits of a properly designed and effective exercise program are metabolic and hormonal in nature.

And the easiest, quickest most efficient way to do this is with strength training exercise. This forces your muscles to work harder than they have to in everyday life and has the effect of making them stronger increasing their energy using capacity.

This all sounds like magic, right? But it isn't magic it is a four letter word called "work", something many of us have long since forgotten the

Special Metabolic Fitness Report

meaning of. This work has to be at the right intensity (degree of difficulty) to give a hormonal effect.

This is a much easier way to drop unwanted weight; you will not have to spend hours doing boring exercise that is not really working anyway. Put a bit of effort in to your strength training program and you will get your metabolism humming and into the best shape before you even think about cutting any calories.

The idea that keeps floating around that somehow exercise needs to be easy or "fun" otherwise we won't do it is crazy. Unless it is challenging there is absolutely no reason for the body to get stronger. Our body is designed for very vigorous and demanding activity; in fact it thrives on it and needs it to stay healthy and disease free.

Bottom line: If you want to lose fat, and keep it off permanently, it is imperative to keep up a high level of energy expenditure by maintaining your muscle tissue with strength training exercise. You will be able to boost your metabolism naturally to burn up calories not just cut them with old fashioned and ineffective diets.

Use strength training exercise to create metabolic fitness

If you are unfamiliar with strength training exercise it is important that you learn the skills necessary to enable you to get the most out of your program. A Fitness Professional is the person to see and can be found at your local gym or fitness center. They will assist not only in setting up the program but teaching you to do the exercises correctly and safely. Use their services until you feel confident you can continue on your own and make progress over a long period of time.

Low repetitions, whole body workouts, big exercises, multiple muscle

Special Metabolic Fitness Report

group exercises, the right intensity and 2-3 sessions per week are what are needed to get truly effective results.

This type of training must be supported by 4-6 multiple small meals throughout the day, whole natural foods, adequate protein and enough calories to give high levels of energy to be able to do justice to your program. Anything less won't work.

If you do it right you will be rewarded with the release of important fitness improving, body fat reducing and age busting hormones. The metabolic advantage that you will achieve will offset the aging process and can help weather setbacks such as holiday binges that can pack on excess pounds.

Your new levels of strength and fitness will quickly become a new way of life giving you increased energy levels. This will motivate you to become even more active as your body will crave higher levels of exercise which all helps to stay lean and trim.

Consider the learning curve involved in forming this new habit as part of looking after yourself; call it your self care. Incorporating strength training exercise into your lifestyle is important not only for losing the middle age spread but for laying the basis for good health, abundant energy and the benefits will flow into every area of your life.

Not only can the addition of a proper exercise program fight the slowing down of your metabolism, it can also keep you younger for longer and prevent health problems both now and later.

These two strategies of exercise and better eating will ensure that "metabolic fitness" is at its highest and most balanced level. This highly beneficial state of function will deliver signals to the rest of your body to rebuild, regenerate and rejuvenate at cellular level. This finely orchestrated hormonal response creates the perfect scenario for fat

Special Metabolic Fitness Report

burning and muscle toning generating a stronger, fitter, leaner and disease resistant body.

This type of metabolic enhancement exercise regime is comprehensive, touching on virtually every aspect of your life. It is designed to get your entire "hormonal army" working for you in your quest for lifetime youthfulness, super health, and a lean, tight and toned body.

This formula of improved strength and fitness and the resulting loss of excess body fat will become central to creating a more enjoyable life and you will be more likely to make a shift that lasts. This means you can say goodbye to punishing diets and say hello to a body you will be happy with and will want to live in for the rest of your days.

There is no hurry to get there, once you are on the road it is simply a matter of continuing to take small steps. This new information is a huge breakthrough in our knowledge about how our bodies work so make use of new and effective exercise techniques for the ultimate anti aging tool. This will help you get the most out of this merry go round called life.

You will be amazed at the difference in the way that you feel, progress may be slow but it will happen and it will be permanent. So, get started and experience it for yourself, it will rejuvenate your life in far more ways than just losing excess body fat.

Special Metabolic Fitness Report

Learn More

If you have enjoyed this introduction to the topic of how to stave off the effects of old age by gaining control over your own metabolism I hope you will take the next step to learn more about this important subject by visiting my [Hot Metabolism](#) site. This is where I show you how to create a leaner, firmer, and younger-looking body by turbo-charging your metabolism in 30 days or less.



[Visit Hot Metabolism](#)

If you would like to offer a rebranded version of this report which includes your affiliate link please visit the following page:

<http://www.fitnessweightloss.com/rebrand/>