

How to loose weight effectively? Here we share 6 principles that you can incorporate into your weight loss programme for better results:

➔ Instability training



Most programmes out there focus on calories count in terms of food intake and calorie burn through physical activity such as cardio activities and weight training to increase muscle mass to increase your base metabolic rate so that you burn more calories even when you are resting.

These methods have proven to be effective, however by adding in instability work that challenges your balance and turn on your inner unit stabilizer muscles, you will see better and faster results.



➔ Multiplanar exercises



Exercises should cover all 3 planes, linear, lateral and rotational so that more muscle groups participate, coordinate and work together, extremely beneficial for balanced development of the muscles.

➔ Dont forget eccentric training



What is eccentric training? An eccentric contraction is the motion of an active muscle lengthening while it is under load. For example, as you lower your arm in a biceps curl, that lengthening movement would be considered eccentric, the lifting of the weight would be concentric (opposed to eccentric).

The exercise benefits of eccentric training includes enhancing muscle growth and increasing the rate of metabolism. Next time when you do a bicep curl slow down when you return the dumbbell to the starting position to really feel the downward force exerted on the muscle. Other examples of eccentric work would be the downward motion of a squat and lowering the body during a crunch.

WHY ARE YOU STRUGGLING TO LOOSE WEIGHT

By Yin Yin

In this January 2021 issue article, we share with you what is missing in your weight loss programme that is hindering your desired outcome and results.

World Health Organisation has categorised obesity as a disease, globally there are more than 1 billion overweight adults, at least 300 million of them obese. Obesity and overweight pose a major risk of chronic diseases, including type 2 diabetes, cardiovascular disease, hypertension and stroke, and certain forms of cancer. The key causes are increased consumption of energy-dense foods high in saturated fats and sugars and reduced physical activity.

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➔ Maintain an optimal fat burning heart rate



To calculate your fat burn heart rate :

$[220 - (\text{your age}) - (\text{resting heart rate})] \times [60\% \text{ to } 75\%] + [\text{resting heart rate}]$.

After a workout, if you are panting when you are talking, most likely you have achieved the fat burning heart rate.

Beside is a chart for reference:

Age	Estimated fat-burning heart rate in beats per minute
18–20	140
21–25	136–139
26–30	133–136
31–35	129–132
36–40	126–129
41–45	122–125
46–50	119–122
51–55	115–118
56–60	112–115
61–65	108–111
66–70	105–108
71–75	101–104



➔ Posture correction first



Bad posture affects every aspect of life, training included, why is that so?

Imagine that your joints are not properly aligned, naturally your muscles will not be working and moving on the right track of motion and not loading weight properly, which not only increase the chances of injury but also reducing efficacy of your exercises.

➔ What you eat definitely matters



Don't fall into the trap that "I can eat 3 TIMES the amount cuz I just had a one hour run".

Upping your food intake to replenish is fine but overindulging is not.

Your choices can make a huge difference too, go for primary food and fresh sources with a balanced proportion of protein, carbs, fibre, good fats and liquids, avoid processed food, energy dense food high in sodium, sugars and saturated fats.

A personal trainer can help you find the right starting point to protect your body and help you safely increase the intensity of your workouts as you progress. If you're overweight and want to take control of your health, hiring a personal trainer could be one of the most life-changing decisions that you could make.

We hoped we have bring a fresh perspective on approaching weight management for the beginning of the year. 2020 was a mess of beaten up & determination, we look forward to start 2021 with renewed strength and spirit.

From all of us at Bhumi Lifestyle