

## The Benefits of a Fat Burning Diet

If you struggle with weight loss, you are probably familiar with the disappointment of a diet that does not work, either because you don't meet your weight loss goals, or because you quickly gain the weight back as soon as you stop dieting. Repeatedly failing to lose weight can be frustrating. However, the good news is that your difficulty losing weight may be due to the diet plans you followed; with the right diet program under your belt, the body you always thought out of your reach may in fact be possible.

Fat burning diets have often proven to be effective for losing weight and keeping it off. This is because fat burning diets do not simply restrict your caloric intake, they also actively reduce existing weight by burning fat. As a healthy reduction in calories can have only a limited effect on existing fat stores, fat burning diets force the body to burn more body fat by increasing the metabolism. Therefore, fat burning diets can have a much more dramatic and lasting effect than traditional diets.

Fat burning diets increase metabolism in several ways. First and foremost, fat burning requires exercise. Physical activity dramatically increases the body's metabolism, not just during the activity but also for several hours afterward. A regular exercise schedule also increases the body's overall metabolism, even during periods of inactivity. A faster metabolism means more calories burned. When combined with a restricted calorie diet, the body will be forced to burn stored fat as energy. As a result, exercise is a key part of fast and effective weight loss.

As counter intuitive as it might seem, another way to increase metabolism is by eating your largest meal first thing in the morning. In the first hour or two that you are awake, your body establishes its metabolic rate for the day; a bigger breakfast will force your metabolism into high gear in order to process the meal. This increased metabolism will last the rest of the day. Lunch, dinner, and any snacks should be considerably smaller than your morning meal, allowing the food to be properly burned as energy and preventing excess food from being added to the fat stores. Additionally, at this higher metabolic rate, your body will be forced to dip into existing fat stores in order to remain energized all day long.

Naturally, an increased metabolism must be paired with a restricted calorie diet in order to cause weight loss. To figure how much you should eat each day, multiply your weight in pounds by 15. The resulting number is the caloric intake your body requires each day in order to maintain its current weight. A fat burning diet reduces this caloric intake, even while adding exercise and increasing your metabolism. The energy that your body is not getting from calories is obtained by burning fat, thereby reducing your weight.

There are many fat burning diets available to those who wish to lose weight. For example, the e-books 'Burn the Fat, Feed the Muscle' and 'Burn Fat FAST' explain proven techniques for burning fat and losing weight, while more comprehensive weight loss programs such as Advanced Dieting Secrets employ fat burning techniques to dieters achieve their goals.

If the many available fat burning diets leave you feeling overwhelmed, a consumer review community such as Review Place may provide some insight. As with any diet, your success is dependent on finding a diet that is a good fit for you, so be sure to research fully any fat burning diet you are considering. Most importantly, remember that in order to lose weight your body requires both a restricted diet and an increased metabolism. To be completely effective, any diet you select must contain both elements.

Source: <http://www.articlecircle.com>

### About the Author

Andy West is a freelance writer and a marketing communications specialist. For more information on fat burning diets or to read reviews of various diet plans please visit <http://www.FatBurning-ReviewPlace.com>.