

## Metabolic Enhancement Pt 1: How to Develop a Calorie-Burning Machine

Men and women are always coming to me with questions about what the perfect exercise for this or that is. My response is typically something like, “Wow, that is a loaded question, do you want to really know how to see a difference with *that* part of your body. We might be here for a while.” The problem with wanting to see a change in the mid-section, thighs, etc, is a little more complex than some might think. Stay with me though! We are going to be looking at three factors that, personally, I have seen change a person’s physique from the inside out in a matter of weeks.

The first factor is, you guessed it, the Biochemical advantage. What does that mean you ask? Well, do the words, fuel for the body, mean anything to you? Let me ask you, how do you view food? Is it fuel or a luxury you deserve frequently in large amounts? Most people’s “problem” with seeing a big, or actually sometimes small, change, is 90% nutritional, or biochemically, related. That is a high percentage when most people in this country indulge in alcohol and rich foods frequently.

What can you do to change your pattern, this life of eating how you want, but remaining frustrated with your physique, and perhaps health? The decision comes with a shift in the brain. This shift is a neurological one. This means the brain controls hunger and motivation to move and exercise. We start with a decision which will affect your entire life. You know that once you being on this path, failure is going to happen, but that does not set you back. Once you fail, you just start back over that moment. Not the next day after completely letting loose and saying, “Oh well, I just blew it, I will go ahead and do what I want for the rest of the day.” A new pathway of thinking is what you create, which makes life a little easier when making decisions that affect your well being

The last focal point is biomechanical efficiency! Say what? That would be exercising with purpose. I see client’s constantly that need to re-format their muscular awareness and movement proficiency. In other words, you need to understand what you are moving and keep constant tension throughout the repetition range (based on your goals) for optimal progress. Biomechanical efficiency is simply put, doing exercises, from jumping jacks, to running, to lifting, to walking, and even yoga, correctly. Most people need to be coached to understand the basics of how to move, however, if you know what to do and just don’t do it, you need to program yourself to focus. Make every movement intentional, every second of action deliberate, and every set hard. Even if you do just 3 reps of 1 set, you can always improve weekly with proper form versus improper. Improper form will just lead to aggravating injuries and no progress.

Remember, with these three focal points, Biochemical, neurological, and biomechanical, you will succeed once you understand the body’s adaptation in a systematic, or progressive, format. How you live, workout, and eat daily will produce significant differences.

Stay tuned for Part 2 of Metabolic Enhancement.

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