

5 Tips to Shed Extra Fat

Space Your Meals

This will decrease insulin (storage hormone) and increase glucagon (helps with fat burning)

01

Workout more

Strategically increasing your workout load and volume will lead to greater fat loss

02

Increase workout intensity

Perform longer sets and cut rest times. This will boost your metabolism, forcing you to burn more fat.

03

Eat thermogenic foods

Red chillies are a personal favourite but whole foods rich in fibre such as brown rice and oats will do just fine

04

Eat carbs strategically

Start limiting carb intake to post workout meals only and your body will use them more efficiently

05