



with **Bernadette Abraham**  
www.BernaciseMe.com

**Q:**

How effective are fat burning capsules or is it all just media hype?

**A:**

Supplements are simply there to assist. There is no fat burning supplement that melts fat away all on its own – that's all media hype. Fat burning is the result of a number of biological processes that can only be controlled with proper nutrition and physical activity, and so fat burners can potentially aid in the fat release process at best. However, with the large number of false claims, you need to become a wary supplement consumer.

Supplements are unregulated meaning that what is on the label may not be in the product, and it may contain contaminants or higher than reported levels of active ingredients. Always consider the risks associated with taking the supplement, as well as the interactions with other prescribed medications. Are the claims of effectiveness backed by research on humans? Is it produced by a reputable manufacturer using high quality ingredients? Will it really help achieve your goal? In my professional opinion, save your money and stick to what really works – supportive nutrition and exercise.

**TIP**

Resting is an important part of any fitness regime as it allows your muscles to recover. Aim for at least one rest day a week, and more if you undertake a significant amount of weight training, which is particularly straining.



## Commit to your workout

Most of us start out committed to an exercise regime; however, after a few weeks with poor results it's easy to become discouraged. But it's important to stick to your fitness routine, as most visible changes will only begin to occur at around the three-week period. Remember that permanent weight loss comes

with long term change and commitment to your lifestyle, and by making exercise part of your daily routine, you'll eventually see the change in weight and appearance that will stick with you for life.

## HOOP THOSE HANDLES AWAY

If your love handles are refusing to budge, it may be time to include a hula hoop in your fitness regime. While you may have fond memories of hula hooping as a child, this simple exercise is actually a great way to banish unwanted belly fat and boost your core strength. Try using a weighted adult hula hoop, and in just 10 minutes a day you could be seeing a big improvement in the tone and shape of your midsection.



## TURN TO A TRAINER

While not everybody can afford a personal trainer, if you're only beginning your fitness regime it may be a good idea to book a few sessions with one to start off with. They will give you the professional advice you need and help you tailor a fitness plan to suit your needs. They can also show you the correct form and technique to prevent injury and optimise your workout. So what are you waiting for? Jump on the phone and organise your first session!

## STUCK IN A RUT?

**Change machines** Alternate equipment at the gym every 10-to-15 minutes to prevent yourself from getting bored. This is also effective for burning extra calories, as your body doesn't become accustomed to the machine for too long.

### Wait before eating

Wait at least an hour after exercising before eating. This allows your body to continue to burn stored fat as energy in the time immediately after a workout due to your increased heart rate.

### Add interval training

Increase your fitness by alternating between jogs and sprints to maximise your workout. Alternatively, increase the resistance by adding an incline or upping the level to test your fitness.