



SHIFT THOSE STUBBORN POUNDS

DO YOU HAVE A FINAL FEW POUNDS LEFT TO LOSE? DAN ROBERTS REVEALS FIVE WAYS TO BREAK THROUGH YOUR WEIGHT-LOSS PLATEAU

So, you eat well, run regularly, do your squats and dips, and you're happy (ish) with your figure – but not completely satisfied. Because there's still that niggling little wobble that just won't budge. Here are five easy tips that will help it on its way out...

01 CHANGE YOUR ROUTINE

Give your body a shock by switching your cardio and resistance-training routines around for the next three weeks. So, go to the gym instead of running and run rather than doing weights. As a runner, this will invariably mean you'll be doing more resistance training. And you'll burn more calories because of it, because when you build muscle, the carbohydrate and protein you eat goes to repair this muscle, so it won't get stored as fat.

02 EAT STRAIGHT AFTER A RUN

After a run, you have a 90-minute magic window where you can eat pretty much whatever you want and it won't turn into fat (amazing, we know!). Your body uses glycogen as an energy source for training. If there is too much glycogen, it gets turned into fat (for storage). Eating after training means there isn't any excess glycogen, so there's no need for the body to convert it into fat. So, if you know you have an unhealthy night planned, pound the pavements just beforehand and you won't have to pay the price!

03 LIFT HEAVIER WEIGHTS

Not only do you get stronger and firm up more, but you naturally increase

your testosterone and growth hormone levels. Both these hormones positively affect fat loss. So, how heavy is heavy? If you can lift a weight more than nine times, it's too light! Do everything 20 per cent heavier than you normally do for the next three weeks. Numerous studies have also shown that intense sprint interval training also has the same positive hormonal effect.

04 DRINK MORE WATER

Water is fundamental for fat loss. Any chemical and hormonal reaction in the body needs water to function properly. It's also great for regulating appetite, so always drink a big glass of water before food.

05 EAT WELL, NOT LESS

You may be eating healthily, but you may not be eating well for weight loss. Assuming you have your calories under control, there are numerous things you can do to break the weight-loss plateau. My biggest tip would be to eat only protein at night. This will force you to consume all your fruit, vegetables and healthy fats earlier in the day, and as protein doesn't turn into fat (if you have too much you wee it out!), your body will be burning fat as energy while you sleep. Doing this will also force you to have a nice big breakfast, which is key.

Following these tips will help you shift those last few excess pounds. However, please remember that being too thin is just as unhealthy as being too fat, so always take a step back and make sure your goals are realistic and healthy. ■

'WATER IS FUNDAMENTAL FOR FAT LOSS. IT'S ALSO GREAT FOR REGULATING APPETITE, SO ALWAYS DRINK A BIG GLASS OF WATER BEFORE FOOD'

