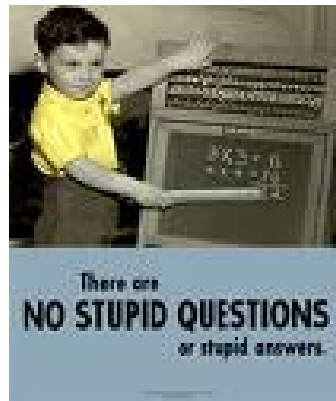


Common Questions Answered

I get many questions asked over and over again. They are certainly not stupid questions; they are the things that most people want to know about.

So what follows are the 5 most frequently asked questions that I get posed in my day to day activities of helping people be healthier and leaner:



Q1 - What exercise is the best for me to get rid of the fat from my stomach/hips/butt/arms etc?

A1 – There is no specific exercise that can do it, as there is no such thing as spot reduction. So it doesn't matter how many sit ups you do you cannot lose fat on your stomach unless you are participating in a regular cardio exercise regime and eating small, healthy meals and snacks. This applies for every other area of the body. The answer is get started and 'Dance Until it Rains' (see the home page to find out what this means).

Q2 – Which is better for fat burning – walking or running?

A2 – The answer is whatever you can manage and whatever you enjoy & can maintain. But don't just limit yourself to walking or running because there are so many different forms of exercise to choose from. Find what you like and get into a habit or consistent & regular exercise.

Q3 – I can never stick to a program or eating plan long enough to get results, because I get bored and life takes over. What do you suggest?

A3 – This is a common problem and it is the reason why most people never get the results they want long term - they give up too soon. My recommendation is twofold: (i) work out why it is important for you to get the result you want. Find an emotional attachment to your goal, something that gives you goose bumps when you think about it, something that is a burning desire. When you can find that, nothing will stop you. (ii) Develop a plan (eating and exercise) that fits into your lifestyle and that you can maintain long term.

Q4 – I eat healthy food, but I just can't lose the fat. What is wrong with me?

A4 – There is nothing wrong with you. However there is a common misconception that getting leaner is just about eating healthy food. That is certainly a start, but just as, if not more important, is the timing of the food. Do you eat breakfast within 30 minutes of getting up and do you eat a snack every 2-3 hours and is dinner a small meal? These are the factors that will make the biggest difference.

Q5 – I do an hour of cardio every day, but still can't get rid of the fat. Why?

A5 – There are a couple of factors here. Firstly it is important to make sure you are eating enough food. Because exercising more and eating less will only cause your body to breakdown muscle and store more fat. The other is are you doing any strength training – remember more muscle, a higher metabolism and therefore you will burn more fat. My recommendation is to do less cardio, and do more strength training and eat as suggested in A4.