

DID YOU KNOW that lifting weights isn't what it used to be? Nowadays it's less about grunting, sweaty, over-muscled men and more about getting toned, burning fat and boosting your metabolism. In fact, a lot of evidence supports the value of adding resistance training to your fitness regimen especially where belly fat is concerned. Take this study for example: Researchers in Korea found that combining aerobic training with resistance training decreased fat, particularly belly fat, better than aerobic training alone. The researchers divided a group of 30 obese women aged 40-45 into three groups: an aerobic-only (cardio) group, a combined-exercise (cardio plus resistance training) group, and a control (no exercise) group. At the end of 24 weeks, the researchers found that the control group increased their body fat percentage. The aerobic-only group lost body fat but did not increase their lean body mass. The combined-exercise group significantly increased their lean body mass, decreased their body fat percentage, and lost two and a half times as much belly fat as the aerobic-only group. Talk about a good reason to pick up those dumbbells! (*LifeScript*)

DID YOU KNOW that your body kept burning extra calories even after you were done with a workout? Well guess what? It does! Known as the after-burn, or more technically as *excess post-oxygen consumption* (EPOC), it's the additional calories your body burns *after* you finish a workout. During EPOC, your body replenishes its energy sources, reoxygenates the blood, brings core temperature back to normal, and returns the heart and breathing to resting rates. All of this effort is done to return your body to homeostasis (it's natural, balanced state), which can take several hours. This extra work burns calories, maximizing your workout for hours *after* you stop exercising! (*LifeScript*)

So remember both your top and bottom is important!