

# Louise's Healthy Nutrition Hints

## ✓ Emptying the Fat: The Journey From Storage to Burn

When we want to look our best through weight loss, often what we are really looking to do is reduce body fat. As we know, fat remains on top of the muscles just below the skin, including common areas like the stomach, hips, thighs and arms. To explain how fat loss works, conceptualize trying to empty your fat cells.

To recap, fat is predominantly produced by excess calories, mostly in the form of carbohydrates. Stress, and its associated increase in blood sugar, is also a factor. But although fat is stored in the fat cells, it is not burned there. Through a complex process involving hormones and enzymes, when the cell gets the signal to let go of fat (triglycerol), it releases it into the bloodstream in the form of free fatty acids (FFA). The FFA's move through the blood to the tissue where their energy is required. In other words, your fat cells are being emptied.

Stored fat is the energy you need!

When you exercise, especially workouts like HITT or weight resistance training, you get more blood flow and FFA's delivered to your active muscles. Lipoprotein (LPL) is an important enzyme that helps the FFA's get into the mitochondria (energy powerhouse) in the cell; this is where energy production happens when we say we are burning the fat. In addition, exercise also increases metabolism, making your fat burning more efficient. One other positive to physical activity, predominantly for long distance athletes and with weight resistance training, is that your body will receive signals to make more mitochondria to keep up the demand for energy, which, in turn, will burn more energy...calling for more FFA's. The result? You are successfully emptying/shrinking your fat cells.

### Takeaways:

- ✓ Calories count (But don't count calories! Focus on your input/output balance)
- ✓ Nutrient dense foods are ideal
- ✓ Keep your blood sugar balanced with the right ratios of carbs/protein/fats.
- ✓ Don't cut back too much or you risk your body moving into "starvation mode" which decreases your fat burning activity, as well as your metabolism.