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For Healthy and Happy Young Families

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16 PROVEN WAYS to BURN more calories every day

You might have heard this topic or even googled this topic: "calories in vs. calories out," It seems an easy way of saying:

- When you take in more energy than you burn, you gain weight.
- When you take in less energy than you burn, you lose weight.

It is true.

This is a fundamental concept in body weight regulations, and about as close as scientific fact as we can get.

But you then have many questions.

My husband eats burgers while I diet on salad, why does he stay skinny while I put on weight?

I am only eating 1000 calories a day and why I am still not losing weight?

I feel full and bloated after a few bites of food, why?

How many workouts do I need to do each week in order to lose weight?

I was on that Shake diet for a few weeks, and lost 10 pounds. I only just started to eat real food but I am gaining weight back already, why?

I hear you, my friend. Let's dig a bit deeper.

Here are factors that influence "Energy in."

- Appetite

It is influenced by hormones that regulate appetite and satiety etc.

- Food consumed

It is influenced by palatability, energy density, sleep quality, culture, socioeconomic status etc.

- Calories absorbed

It is influenced by nutrient intake, age, health status, energy status, personal microbiome etc.

- Psychological factors

They are influenced by stress level, sleep quality, mindset, self-esteem etc.

Here are factors that influence "Energy Out".

- Energy burned through exercise

It depends on exercise intensity, duration, frequency, type etc.

- Energy burned through non-exercise activity

For example: walking to work, grocery shopping, playing with kids, gardening etc.

- Energy burned at rest

It is influenced by hormonal status, genetic factors, age, body size, dieting history, etc.

- Energy burned while metabolizing food

It is influenced macronutrient makeup of the food. For example, is it fiber rich? Also, if the food is processed.

Well, they do sound complicated. That's why I came up with a list of ideas of SIMPLE ACTIONS for you - to burn more calories on a daily basis, and to get closer to your health and wellness goals.

They are easy to do. Try one or all 20!

1, Get more high-quality sleep.

Adults need an average of 7-9 hours of sleep each night to better regulate hunger hormones, improve recovery, and increase metabolic output. Research has shown that losing sleep while dieting can reduce the amount of weight loss and encourage overeating. Sleep deprivation affects food preferences. Individuals who are sleep-deprived tend to choose foods that are high in calories and carbohydrates. Moreover, you want to have more energy the next day to feel good, enjoy life, work hard, and exercise more, don't you?

2, Drink plenty of water.

We all know that water is important, and we all have heard about 8 cups of water a day recommendation. Do you know besides all the health benefit, water increases calorie burning? In a study, 12 people who drank 500ml of cold and room temperature water experienced an increase in energy expenditure. They burned between 2 and 3 percent more calories than usual in the 90 minutes after drinking the water.

3, Go Grocery shopping

Lifting, pushing, and bending movements you make while collect everything you need around the store work your shoulders, arms and core. A 30 minutes of shopping trip helps you burn between 70-90 calories, and also adds up your steps for the day.

4, Spend more time in nature.

Do you like gardening? Walking a trail? Patting some llamas? Apple picking in a farm? Going to see monkeys in the zoo? All of these activities help you burn calories as you move around without even noticing the time pass. And, they are super fun.

5, Take a 2-Minute Walk every hour.

Many of us have to sit in front of a computer all day at work. If you take a quick 2-minute walk during your 8-hour work day, that is 14 minutes of bonus exercise. If you take 5 minutes, that's 35 minutes of exercise. Every bit counts. More importantly, this habit can offset the effects of too much sitting, one of the habits that make you sick and fat, which also causes lower back and hip pains.

6, Take stairs instead of elevators.

Take a few flights of stairs is one of the most simple way to burn more calories without actually going to a gym. Next time when you go to the office or go shopping in the mall, take stairs instead of elevators. Research shows that a 150-pounds person could lose about 6 pounds per year just by climbing up two flights of stairs every day! Do some math if you bump that up to four or six.

7, Get a standing desk for work.

Whenever you are on your feet, you get your muscle mass going. Even if you only do something as minimal as tap your foot, that expends energy. All of those little movements, plus the activated muscle mass, can burn calories with standing desk than when you sit. You burn more calories standing than sitting. Plus, by alternating between sitting and standing will help you lower back feel better.

8, Choose fiber rich food like veggies, fruits, legumes and beans.

Consuming higher amounts of fiber increases satiety, helping you feel more satisfied between meal. Your body needs to work harder to digest fiber rich food which means your body is burning more calories without you even noticing it! This is also proven in research and practice to help you feel more satisfied overall while eating fewer calories.

9, Wash your car yourself.

Skip the drive-through carwash, save some cash, and give your car some love. Washing the car by hand for 30 minutes burns 135 calories if you weight 125 pounds, and 200 calories if you weight 185 pounds. Give your car a high 5 or gentle fist bump after the job is done, because why not!

10, Stand up to take your calls.

We know sometimes for Zoom calls you have to be in front of the screen. But when your cell phone rings, try standing up to answer it instead of sitting back down for the whole call, or even walk around when you talk on the phone.

Standing burns more calories than sitting. Walking burns more calories than standing.

11, Sip green tea.

Studies have shown people who drink green tea burn up to an extra 70-100 calories per day due to the antioxidants called catechins in the tea. The caffeine and catechins it contains have been shown to boost your metabolism and increase fat burning. Consumption of green tea results in a reduction in weight, body mass index, waist circumference, and blood pressure. Plus more water consumption.

12, Eat lean protein throughout the day.

Protein requires your body to work a little harder to digest foods than carbs and fat. Similar to fiber, consuming higher amount of protein will increases satiety, helping you feel more satisfied between meals. This is proven in research and practice to help you feel more satisfied overall while eating fewer calories, leading to easier fat loss.

13, Play with kids and dogs.

As a Harvard Medical School study found, playing with your kiddos is an effective way of burning excess calories. Research found that by engaging in moderate play for 30 minutes, a 155-lb adult burns 149 calories. This weekend, take your kids or dogs to a park or your backyard, take a walk, play tag, play soccer, or jump on a trampoline together if you feel like it!

14, Laugh.

This might sound funny, but you burn calories when you laugh! Researchers discovered that laughing increased both heart rate and calorie expenditure by up to 20 per cent. Just 15 minutes of laughter can help you burn between 10-40 calories. Moreover, laughter reduces muscle tension, increases the amount of oxygen in the blood, exercises the heart and produces happy chemicals in the brain. If nothing else, adding laughing to your to do list and find some friends for a night's out!

15, Clean up the house more often.

Housework can be an effective exercise session. For a 170-pound adult, an hour of vacuuming burns 155 calories, gardening burns 386 calories, mowing the lawn burns 309 calories, doing chores as dusting and ironing burns 155 calories. The list could go on and on. A cleaner home makes you feel happier too, isn't it?

16, Have sex.

Research shows that women burn off around 70 calories during the average sex while men burn off around 100 calories. Another study showed that a vigorous 30-minute sex session can burn as many as 150 calories, which is equivalent to a 15-minute jog. I will stop here.