



Jump Start Your Workouts

Stuck on a plateau and need a jumpstart to move your body back into fat burning mode? Here are some powerful moves to get you going.

Weight Train

Weight training allows your body to gain muscle tissue; a pound of muscle burns up to nine times the calories of a pound of fat. By changing your body composition through weight training, you can increase your resting metabolic rate (the calories that you burn while sitting).

Rev Up Your Workouts

Rather than completing your aerobic workout at a consistent pace, add bursts of high intensity motion.

Take Up a New Sport

As your body gets used to a familiar workout, challenge it by alternating with other activities such as biking or rollerblading.

Relieve That Stress

When you're stressed, hormones like cortisol stimulate your appetite, slow your metabolism down, and encourage fat storage around your abdomen. Find activities that reduce stress.

Don't Blow Off Breakfast

Studies show that eating breakfast plays a part in successful weight loss. Get your fat burning furnace fueled with breakfast each day.

Eat Six Small Meals A Day

Small, frequent meals keep your energy level up and your fat burning capacity in high gear. Use the [Barix Clinics' Nutrition Guide](#) to choose a healthful diet and don't forget those vitamin and mineral supplements.

Get Enough Sleep

Not getting enough zzzzzs leaves you sluggish, stressed, less likely to work out and more likely to overeat.