

1. Reduce your caloric intake according to ACSM guideline.
2. Increase the calories burned through exercise.
3. Increase the phytonutrient rich, anti-inflammatory foods

So the advice is to burn the fat, not starve the fat. We are all metabolically different and nutritional programs should be individualized. Therefore it's difficult to establish an absolute hard number for a minimal caloric requirement, but the American College of Sports Medicine (ACSM) has suggested guideline. The ACSM recommends 1200 calories as the minimal daily calorie level for women and 1800 as the minimum for men.

Fat Loss Requires Both; however, burning calories through a proper physical fitness routine (ShapeXpress Total Body Workout) is healthier, more permanent and efficient. A proper workout regime and a moderate caloric reduction allows you to create the necessary calorie deficit and burn fat without slowing down your metabolism. Weight loss and fat loss are not identical twins. You could be easily misled by using the scales as your only measurement criteria. For example, a person could weigh 110 pounds and have 34 percent body fat. That would be SKINNY FAT PERSON. On the other hand, one could be a bodybuilder weighing 150 pounds and be quite lean with a 13 percent body fat. With this in mind, your primary goal should be body fat loss, not weight loss. Your muscle to fat ratio is really what counts.