

Should I Save My Calories for Tonight?

If you save your calories up for the big feast, or a special night out, it does not give you the same result as eating frequent, small meals throughout the day. It's not uncommon for many "dieters" to skip meals earlier in the day & save up for a big feast that night. No doubt you've heard the formula: decrease calories (eat less) in and increase calories out(exercise) = awesome body of your dreams. The fact is, this formula is true...in part. You must burn more calories than you eat to lose fat, but the idea of skipping calories all day in order to binge later on doesn't always help you to lose fat. The truth is, you must also consider the elite, amazing, highly adapted instrument that your body really is and learn how it responds to skipping meals through the day and eating a big meal in the evening. Let me offer an example...taken from the masters of weight gain- Sumo Wrestlers. When trying to pack the weight on, Sumo's eat one huge meal per day and then take a nice long nap. I'm not sure if they eat more than this one giant meal, but it's true that they eat a monstrous meal and take a nap in order to gain weight. (It's what I call the Sumo Plan...going out, eating a huge meal in the evening and then going to bed)Unless you are an aspiring Sumo, take my advice and forget about the idea of skipping meals and "saving" your calories for later. Skipping meals deprives you of all the important nutrients your cells would've had and begins the dreaded (unless you're a Sumo) cycle of binge...feel guilty....starve...binge...give up on nutrition plan.If you are sincerely committed to remaining on your nutrition plan, and you know a big, festive meal is coming up, do yourself a favor eat a few healthy high fiber + lean protein meals throughout the day before the feast, include lots of water throughout the day as well. I promise you, it works! I do it all the time and I rarely overeat. If you do it right, you'll feel less hungry and you will surprise yourself at how good you feel afterwards.Instead of searching for all the foods you've been depriving yourself of all day long, you'll choose a few of your favorites and the rest of your plate will be filled with healthy choices (hopefully) In fact you might feel relieved to know that When you're at a party, a banquet, dining out or eating at a relative's house for a special occasion, you can eat some of the taboo foods and still stick relatively close to your nutrition plan.Just a little tip for the holidays! ;) Jessica Dawn is a fitness professional who has been studying health & fitness for over 10 years. In addition to actively participating in fitness, Jessica has a degree in Kinesiology (exercise science) which allows her to understand both the scientific and behavioral aspects of weight loss and fitness.

About the Author

Discusses cooking tips, healthy recipes, and food safety. Includes free newsletter subscription. By the University of Nebraska Cooperative.

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