



Are You Getting Enough?

We've talked about changing your diet and exercise habits to achieve your health and fitness goals but one simple lifestyle change could make all the difference to your body shape and it's easy for you to do...

Burn body fat in your sleep!

Sleep is definitely something that a lot of us take for granted, treating it almost like it is an inconvenience in our busy lives.

But, what if I told you that a lack of sleep was contributing to that stubborn layer of fat around your waist that has become impossible to shift?

The reason for this is that when we are sleep deprived our levels of the stress hormone - cortisol, rise.

Cortisol controls our appetite, and when levels are high it often makes the body feel hungry even when we have eaten enough. - Sound familiar?

Cortisol will also raise blood sugar levels and insulin levels which results in increased fat deposits around the abdomen.

So what do we do about it?

Well, basically get some more sleep!

Around 100 years ago the average adult was sleeping around 9-10 hours a night. Yet nowadays, the sleep average is closer to 7 hours a night.

This might not sound too bad but it equates to nearly 1100 more waking hours per year or an extra 45 DAYS! that we spend awake each year.

Is it any wonder that our bodies systems responsible for our metabolism and fat storage are overworked, burnt out and unable to work efficiently?

If you can't get any extra sleep then try a to manage your stress levels more effectively. Massage, exercise, acupuncture, meditation—even kissing—all are effective ways to reduce levels of stress hormone.

I'm sure I can help you out with a few of those on that list!

Sweet dreams!