

How to Trade in Your Flab for Lean Muscle

Burn More Fat at Any Age with Surge Training

If you go to the gym, you may have noticed that many of the regulars on the cardio equipment or in the classes have the exact same body type year after year. The reason behind that is cortisol. Cortisol is a hormone produced by stress on your system. This stress hormone actually increases fat storing and breaks down muscle — the exact opposite of what you want! While 30 to 40 minutes of jogging does improve cardiovascular function and burns a little fat during the session, research shows that cortisol production is increased after this type of long, slow workout.

Recent studies have revealed that it's not simply what happens to you during the workout that matters; it's what happens afterward that ultimately makes the difference. Research done on both elite and novice athletes shows that the benefits of low-intensity, long-duration activity are far outweighed by the benefits of high-intensity, short-duration exercise. The overall program is called surge training. This type of exercise actually raises your human growth hormone (HGH), testosterone and beta-endorphins, thus turning your body into a **fat-burning machine**. Natural HGH — not be confused with any substance related to baseball scandals — is great for your body composition and overall a function. Some of the benefits of HGH include:

- Increased energy and endurance
- Reduced fat accumulation and increased lean muscle mass
- Increased bone density
- Lower blood pressure
- Improved sleep patterns and moods

Those beta-endorphins also give you a peace-inducing, pain-reducing high. Perhaps the best part is that the "surge" portion only takes 12 minutes a week. Surge training consists of short, intermittent bursts of energy. It's similar to the concept of interval training, only done within a more limited time frame and with a strong focus on the importance of the recovery time. The idea of the surge is to safely shock your body into responding physiologically so that you're left in a more ideal metabolic state for getting toned and in better condition. What's more, this response can last for up to 48 hours after your surge workout has been completed.

After a maximum energy output — the "surge" — your body responds by altering its hormones and physiology to help burn fat and build muscle.

Join Us for Surge Session

Nearly all Maximized Living clinics host group surge training sessions. Whether you are just getting started or you feel like you just need a little motivation, these group workouts are a blast and they will certainly help increase your fitness level.

Ask your **Maximized Living doctor** for workout times, dates and details.