



## Article Side

Fat Burning Secrets-Amazing Sled Dog Teaches You How to Lose Weight by [Armand O Wilson](#)

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In Nome Alaska, there is a sled dog name Larry that runs a 1,131 mile race call the Iditarod Trail. Amazing enough he does not get tired.

Scientific America's top scientist ask the question, "why is this happening?". What they found out is that Alaskan sled dogs have an internal switch that changes how there bodies burn fat calories. This allows them to keep going on and on without no obvious pain.

What we as humans who are also in the race for weight loss can learn from these animals is that our own bodies metabolic system is very important towards us reaching our goals. Here's two strategies for improving your metabolism.

### 1.Fat Burning Secrets and Strength Training

The main goal is to keep your hormones on track, and your metabolism as active, and stable when exercising for weight loss. Competitive body builders do strength training programs that help in building lost muscle tissue from being inactive. By building an awesome muscular system, you can begin to use your metabolic rat in your favor rather than it working against you. The muscular system has all the parts of the body that have to do with making fuel or calories. you need this energy to balance out and beat your daily caloric intake so that you can begin to lose weight.

If your muscles have slowly over time become weak because of inactivity than you have a problem. Flabby muscles will not burn near as much calories as a strong muscular system will. This should be one of your goals toward rebuilding your lost muscle tissue.

### 2.Fat Burning Secrets about Dieting

Believe it or not weight loss still begins back in the kitchen. Learning how to eat to win over your metabolism and increase your energy capabilities can cause quick changes that benefit in how your muscular system rebuilds.

Eating small meals often and on a regular basis. Every 2-3 hours also add with your meals a portion size source of protein to give your body an energy kick. Balance out meals with vegetables and natural whole foods. Stay away from processed foods as much as possible. Learn to cook a variety of meals every day. By doing this you will help your hormonal health, which will eventually increase your ability to burn fat.

If scientist can figure out how this internal mechanism works for sled dogs, this might have real implications for battling obesity in humans. Building the best results when it comes down to burning fat can improve your metabolic rate, optimizing your abilities to achieve fat loss.

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Armand O Wilson invites you to visit at <http://armandreviews.com/armand-reviews> and submit a comment about this article. The Burn the Fat Feed the Muscle, Tom Veneto, respected professional bodybuilder, personal trainer and nutritionist program is where all the answers are and begin. If you are prepared and ready, this product can help with weight loss.

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