

# Morning habits that help you burn fat all day

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Dave Asprey, NY Times bestselling author of *Heavily Meditated*, *Health Science* and *Biotech Entrepreneur*, is known as the 'Father of Biohacking' for a reason—he's known for developing tips and habits to improve longevity and health. Asprey recently shared his morning routine to boost fat loss all day long: *'What you do in the morning sets the tone for your entire day. Your morning routine can also make (or break) your metabolism for the rest of the day.'*

Here are some tips you can do in the morning to burn fat effectively throughout the day.

## Morning habits to help burn fat during the day

### Sunbathing

Asprey suggests getting outside every morning as soon as you wake up. *'Morning sunlight helps set your circadian rhythm, which is important for metabolism. Plus, studies show that people who get sunlight in the morning have significantly lower body mass indexes than those who get more light exposure later in the day.'*

UV rays from the sun can also promote vitamin D synthesis, which is essential for hormone balance, metabolic health, and more. Don't be afraid of the sun. Just be careful not to stay out too long. You're less likely to get sun damage in the morning, but it can still happen, so be careful.



## **Exposure to cold water**

Asprey also recommends that people get some cold water exposure. *' Cold water immersion or just cold showers have huge fat loss benefits. The brief stress of cold water sends a powerful signal to your body to get rid of old mitochondria and create new, healthy ones. Active mitochondria are crucial to metabolic health ,'* he says.

Cold therapy also increases the amount of brown fat in your body. *" This is the good kind of fat, which is very metabolically active and helps you burn more calories. If you're new to cold therapy, start by taking a cold shower. When you're done, turn the temperature dial to the coldest setting and hold it there for 30 seconds. Then, each day, increase your cold soak by 10 seconds until you're up to about 3 minutes. It will be uncomfortable at first, but it will get easier and you'll soon start to love it! "*



## HIIT workout

Asprey also recommends HIIT workouts: '*Long, steady-state cardio sessions don't work. High-intensity interval training (HIIT) does.*' *'Like cold therapy, this is another powerful signal telling your body to create new mitochondria. And unlike steady-state cardio, where you only burn extra calories while you're exercising, your body will continue to burn a lot of calories throughout the day after a HIIT workout .*'

Go to a track or park and warm up with a light jog. Then immediately sprint as fast as you can, all out, 100%, like a tiger is chasing you for 30 seconds. Then go back to a slow walk. It's even better if you find a patch of grass to lie down and rest. After a few minutes, sprint for another 30 seconds. Repeat this 6-8 times.

If you are new to this type of exercise, start with 1-2 sprints and work your way up to 6-8. You will notice amazing changes in your overall fitness and body composition if you do this 3 times a week. If you can't run, use an exercise bike.

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