

10 Tips to Maximize Fat Oxidation & Weight Loss

The Science of Burning Fat Naturally BioFit-360 Masterclass

Dr. Sharron Kay Jenkins | Founder & CEO, BioFit-360

Biophysical Chemist | Nutrition Scientist | Metabolic Health Specialist

"Reset your metabolism, not just your menu."



TIP 1

Keep Insulin Levels Low

Insulin is your body's fat-storage hormone. When insulin is elevated, fat oxidation shuts down completely. Every time you eat—especially refined carbs and sugar—insulin spikes, locking fat inside your cells.

The Science: Insulin activates lipogenesis (fat storage) and suppresses lipolysis (fat breakdown). To burn fat, you must create windows of low insulin.

BioFit Tip: Space meals 4-6 hours apart. Use a 10 AM-6 PM eating window. Choose whole foods with fiber, protein, and healthy fats to keep insulin stable between meals.



TIP 2

Manage Cortisol & Stress Hormones

Chronic stress keeps cortisol elevated, which drives visceral fat storage—especially around the midsection. Cortisol also raises blood sugar and triggers insulin release, creating a double fat-storage signal.

The Science: Cortisol stimulates gluconeogenesis and promotes abdominal adiposity. It also disrupts leptin signaling, making you feel hungrier.

BioFit Tip: Practice 5 minutes of deep breathing daily. Reduce caffeine after noon. Prioritize rest days and nature walks to lower cortisol naturally.



TIP 3

Prioritize Quality Sleep

Sleep is when your body does its deepest fat burning and cellular repair. Just one night of poor sleep increases ghrelin (hunger hormone) by 28% and decreases leptin (satiety hormone), making you crave sugar and overeat the next day.

The Science: During deep sleep, growth hormone surges—mobilizing fat for energy and repairing muscle. Sleep deprivation raises cortisol and insulin resistance.

BioFit Tip: Aim for 7-9 hours. Stop screens 1 hour before bed. Keep your room cool (65-68 degrees F) and dark. Sleep is your #1 fat-burning tool.



TIP 4

Move Your Body Daily

Movement is medicine for your metabolism. Even low-intensity walking increases fat oxidation because your body preferentially burns fat at lower intensities. You don't need extreme exercise—you need consistent movement.

The Science: At 60-70% max heart rate, your body uses fat as its primary fuel source. Walking after meals blunts the insulin spike by up to 30%.

BioFit Tip: Walk 20-30 minutes after your largest meal. Add 2-3 strength sessions per week. Take the stairs. Movement compounds over time.



TIP 5

Build & Preserve Muscle

Muscle is your metabolic engine. Every pound of muscle burns 6-10 calories at rest, while fat burns only 2. The more muscle you carry, the higher your resting metabolic rate—meaning you burn more fat even while sleeping.

The Science: Muscle tissue is rich in mitochondria, the organelles that oxidize fatty acids for energy. Losing muscle slows your metabolism and makes fat regain easier.

BioFit Tip: Include resistance training 2-3x per week. Eat adequate protein (0.7-1g per pound of body weight). Protect your muscle—it's your metabolic reserve.



TIP 6

Use Strategic Fasting

Fasting is not starvation—it's a metabolic switch. After 12-16 hours without food, your body depletes glycogen and shifts to burning stored fat. Fasting also activates autophagy, your cellular cleanup and renewal process.

The Science: Fasting drops insulin to baseline, activates AMPK (your metabolic sensor), and triggers mitophagy—clearing damaged mitochondria so new, efficient ones can replace them.

BioFit Tip: Start with a 14-hour overnight fast. Gradually extend to 16 hours. Break your fast with protein and fiber, not sugar. Fasting is cleanup and renewal.



TIP 7

Eat Whole, GOD-Made Foods

Whole foods send the right signals to your cells. Processed foods—MAN-made foods—confuse your metabolism with artificial ingredients, seed oils, and hidden sugars that spike insulin and trigger inflammation.

The Science: Colorful phytonutrients in whole foods activate antioxidant pathways, reduce oxidative stress, and support mitochondrial function—your cells' fat-burning engines.

BioFit Tip: Fill your plate with colorful vegetables, quality proteins, and healthy fats. If it has a long ingredient list or came from a factory, your body doesn't recognize it as real food.



TIP 8

Hydrate for Fat Transport

Water is the transport system for fat metabolism. Dehydration slows lipolysis and makes your liver less efficient at converting stored fat into usable energy. Even mild dehydration reduces metabolic rate.

The Science: Fat breakdown (lipolysis) is a hydrolysis reaction—it literally requires water. Your kidneys and liver need adequate hydration to process and eliminate fat metabolites.

BioFit Tip: Drink half your body weight in ounces daily. Start each morning with warm lemon water to support liver detox pathways. Hydrate between meals, not during, to preserve digestive enzymes.



TIP 9

Support Your Microbiome

Your gut microbiome is your healing network. It regulates inflammation, hunger hormones, and even how many calories you extract from food. An imbalanced microbiome promotes fat storage and cravings.

The Science: Beneficial gut bacteria produce short-chain fatty acids that improve insulin sensitivity and reduce inflammation. Dysbiosis increases lipopolysaccharides (LPS), triggering metabolic endotoxemia and weight gain.

BioFit Tip: Eat fermented foods (sauerkraut, kimchi, yogurt) daily. Feed good bacteria with prebiotic fiber from onions, garlic, and leafy greens. Avoid artificial sweeteners that disrupt microbial balance.



TIP 10

Adopt a Metabolic Mindset

Fat loss is not just physical—it starts in your mind. The mind-gut connection means your thoughts directly influence digestion, hormone production, and fat storage. Chronic negative thinking raises cortisol and stalls progress.

The Science: The vagus nerve connects your brain to your gut. Stress signals travel both directions. Positive visualization and gratitude practices measurably lower cortisol and improve metabolic markers.

BioFit Tip: Start each day with 2 minutes of gratitude or intention-setting. Visualize your healthiest self. Replace 'I can't lose weight' with 'My body knows how to burn fat when I give it the right signals.'

