

Tips that Count

Wellness information for your journey to a healthier you!

Exercising for Maximum Weight Loss

If your main concern is shedding some body fat, the key is to do longer, more frequent aerobic sessions—at an easier pace. This approach has several advantages. It burns more calories. Even though vigorous exercise burns more calories *per minute* than an easy effort, an extra 15 or 30 minutes of easy exercise will more than make up the difference.

Try following these tips to enhance weight loss:

- Make your effort as easy as possible, so that you're able to exercise continuously for 45 to 60 minutes without strain.
- Try to do one or more long workouts (more than 60 minutes) per week.
- To speed weight loss, reduce the amount of fats you eat each day. This approach will also benefit your cardiovascular health. A gram of dietary fat is converted into body fat much more easily than a gram of carbohydrate or protein.
- For best results, use a combination of exercise and a reduced-calorie diet.

Ignore any losses in the first week (which are mostly water) and concentrate on a steady, consistent weight reduction of about one-half to one pound per week.



All information is intended for your general knowledge only and is not a substitute for medical advice or treatment for specific medical conditions. You should seek prompt medical care for any specific health issues and consult your physician before starting a new fitness regimen.