

Weight Loss Exercise

Many weight loss programs do not include exercise as a benefit or a requirement. They do this because they know that they will sell more programs.

Studies show that the majority of people who have dieted and have kept the weight off for 3-5 years have exercised regularly. **This is the true key to a better look and a faster metabolism.**

Without exercise you will need to rely too much on calorie reduction. **Starvation leads to muscle loss.** You will generally look like a smaller version of what you were before. You should only reduce your calories slightly to lose weight and depend on exercise for the rest.

Benefits Of Cardiovascular Activity

Not only will you look better but you will...

- **Be able to eat more food**
- **Burn more calories at rest. Your metabolism will stay higher hours after your cardio as well.**
- **Maintain your weight much easier!**

Burning fat is much easier with exercise and a slight reduction in calories than it is to starve yourself.

What Should I Do?

The easiest form of cardiovascular activity to do by far is brisk walking! Almost anyone can do this. Other options are the stationary bike and the treadmill. You want to do exercise that will keep your heart rate elevated for at least 20-30 minutes. After 20 minutes your body will start burning fat. Try and avoid activities such as tennis or basketball where you start and stop on a continual basis. This will not be as effective for fat burning purposes.

If you enjoy such activities by all means go ahead! You may add them in addition to your regular exercise program. The more calories you burn off (while having fun doing it) the better!

How Long Should I Do My Cardio?

For all intents and purposes a few times a week won't cut it. For noticeable results within a 12 week period you need to do cardio at least 3 times per week for a half hour at a time. This will have fat running the other way!

Benefits Of Weight Training

Cardiovascular activity is a quick solution to weight loss. If you want long lasting changes nothing can replace weight training.

Every extra pound of muscle will burn an additional **30-50 calories**, even at rest! This means less cardio and more calorie consumption.

You want lifestyle changes that are permanent and easy to maintain. Did you know that only **5% of dieters are successful at keeping the weight off?** Don't become another statistic!

Other benefits of weight training are:

- A toned and shapely body. No amount of cardio or dieting can change your shape.
- Improved self-esteem. You will have a feeling of accomplishment after each workout.
- Hormones called endorphins are released after a workout. They are 'feel good' hormones!
- You're never too old. Studies show that the elderly can improve their mobility and independence.

Can You Suggest A Program?

The best and quickest way to add lean, **shapely muscle to your frame is with free weights** and basic exercises. Basic exercises target more muscle groups at once as opposed to isolation exercises which only stress 1 muscle group at a time.

In this fashion you get faster results in less time!

Free weights are also better than machines because you have to balance the bar on your own. This will then develop the stabilizer muscles needed to control the bar. With machines, the path is already set. And to all our women readers...you will not look like a man!

Weight training will only accentuate the feminine shape you were born with. Female bodybuilders spend hours in the gym, are genetically blessed and in most cases are using steroids (male hormones). These programs are designed for fat loss, not weight gain. A major controlling factor is also diet. You are not eating like a bodybuilder.

More Facts About Muscle

Fat is fat and muscle is muscle. **Fat does not turn into muscle or does muscle turn into fat.** You can only lose fat and gain muscle or lose muscle and gain fat. If you are eating correctly this shouldn't be a problem.

Muscle is also heavier than fat. While it is important to use the scale as a gauge for weight loss it is equally important to use the mirror as guide as well. You could end up heavier than you thought but look great!

In the end, how you look is what is most important. People who see you in public won't say, "There is a 140 pound person walking towards me" they will say "wow...this person looks great!"

Try a routine 2-3 times a week and use lighter weights and higher reps to start. You don't want to be too sore to start off. This can discourage you.

Warm-Ups

It also very important to warm up not only with lighter weights but also with stretching. This helps to reduce the risk of injury even further and also reduces soreness in the muscles. You only need to stretch the muscle groups that you are working. Hold each stretch for 20-30 seconds each. And don't bounce. You do not need to feel pain! Preceding this you may do 1 lighter set to warm-up on whatever exercise you are doing. Use roughly 1/2 the weight you would normally use. Perform 10 reps for your warm-ups.

The warm-ups (stretches) for your legs may also be done as a warm-up for your cardio.

Weight Loss Exercise Secrets!

The following tips will help to make losing weight much easier for you. Just plug them into the above information and you will be all set!

- **Do your cardio before your first meal.** In this manner your body will be using fat for fuel instead of the food you have just consumed.
- **Keep a training diary.** You must remember what weights you have lifted and for what period of time. Forgetting these things will serve to hold you back in the long run. Life is hard enough as it is, why make it harder?

What to Do...

- Pick an exercise that you can do for at least 30 minutes at a time, brisk walking for example.
- Start off slow with your cardio (2-3 times per week) and then over a few months work your way up.
- Try your weight training program once per week to start. As your body adapts and you feel more confident you may then try it 2-3 times per week.
- Start with lighter weights and higher repetitions, 12 for example. Then progress over the weeks to 6-8 reps with heavier weights. If you can do 8 reps the weight is too light, if you can't do 6 reps the weight is too heavy. Hint: if you are merely looking for tone and want to burn fatter, stick with higher reps in the 10-15 range.

Reference; <http://www.weightlossguidance.com>