

10 STEP WEIGHT LOSS EXERCISE PLAN

#1 WALK FOR 30 MINUTES EACH DAY



Calories Burned Per Day = 120
Calories Burned Per Week = 840

Walking 30 minutes per day may not seem like much but the consistent effort really pays off and burns close to 1,000 calories in a week.

If a 30 minute walk in one go sounds like too much, try splitting it up into three shorter 10 minute walks.

#2 SPRINT FOR 5 MINUTES EACH DAY

Calories Burned Per Day = 100
Calories Burned Per Week = 700

Adding just 5 minutes of sprinting to your day burns through an impressive 700 calories per week.

Simply do five 1 minute bursts of sprinting at various intervals during the day or make them part of your walk.



#3 DO 5 MINUTES OF BURPEES EACH DAY

Calories Burned Per Day = 46
Calories Burned Per Week = 322

Burpees are a functional, full body exercise that tone and strengthen all your muscles and can help you burn 300+ calories per week.



#4 DO 5 MINUTES OF JUMPING JACKS EACH DAY

Calories Burned Per Day = 48
Calories Burned Per Week = 336

Jumping jacks are a simple but effective cardiovascular exercise that you can perform anytime and anywhere, whenever you have 5 minutes to spare. Not only are they a great calorie burner but they also target all the muscles in your lower body.



#5 GO TO A 1 HOUR SPINNING CLASS EACH WEEK

Calories Burned Per Week = 700

Spinning is one of the most intensive cardiovascular classes there is and burns through a substantial 700 calories in a 1 hour session. Attending just one spinning class per week can make a huge difference when it comes to your overall weight loss success.



#6 DO 1 HOUR OF SWIMMING EACH WEEK

Calories Burned Per Week = 660

Swimming is a brilliant exercise that burns through an impressive 660 calories per hour and gives you a full body workout at the same time. It's also a relatively low impact exercise and a great alternative to the higher impact exercises on this list.



#7 LIFT WEIGHTS FOR 2 HOURS EACH WEEK

Calories Burned Per Week = 440

When it comes to direct calories burned, lifting weights isn't a very efficient exercise. However, muscle cells burn three times more calories than fat cells, so by increasing your overall muscle mass, you can indirectly give the amount of calories your body burns each day a huge boost.



#8 JOG FOR 1 HOUR EACH WEEK

Calories Burned Per Week = 476

Jogging is another excellent exercise for working away those calories and losing weight. It's also a very flexible exercise that can be performed outside or inside on a treadmill.



#9 WEAR ANKLE WEIGHTS WHEN YOU WALK

Calories Burned Per Day = 50
Calories Burned Per Week = 350

Once you've implemented steps 1-8, an innovative way to blast through a few more calories is to wear ankle weights during your daily 30 minute walk. This won't take up any more of your time but the added resistance will burn off 300+ extra calories a week.



#10 GET IN THE RIGHT FRAME OF MIND BEFORE YOU EXERCISE

After you've incorporated the previous nine physical habits into your lifestyle, one final way to boost your weight loss efforts is to get your mindset right before exercising. Doing these exercises without the proper motivation means you won't put maximum effort in and as a result, you'll burn less calories and lose less weight. So make sure that you're 100% motivated and focussed on your weight loss goals before you exercise and perform to your maximum potential.



SUMMARY

Total Calories Burned Per Day = 689
Total Calories Burned Per Week = 4,824

which equates to...

1.4lbs Of Fat Loss Per Week!



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nutritious eating This book is a 6 week clean eating challenge containing 100 healthy delicious easy to cook meals to help readers increase health lose weight and feel great Before you read any further this challenge is not a diet The word diet itself does nothing but set you up for failure If you look up the definition of the word diet in any dictionary you will fail to find a definition suggesting that a diet is an unrestricted yet healthy and balanced approach to what we consume with the intention of not only improving but sustaining a high level of both physical and mental health If a diet does not do this then why would you even consider dieting Yes we can all agree it would be great to lose 10kgs in a week but what s the point of losing it if you re going to put it back on What you really need to focus on when trying to lose weight is making small healthy changes that remain with you forever Educate yourself on what s good for you what s bad for you what you should consume more of and what you should consume less of and start incorporating these into your daily life It might be hard at first but you can do it Even if you only change one small habit a week by adding something that s good for you and eliminating something that s bad for you Even if it takes you twelve months to get yourself into a healthy life long eating plan at least in 12 months you will be there Remember the one thing that we have no control over is time It is the one variable that can never be controlled 12 months from reading this article is going to be 12 months from reading this article no matter which way you look at it You cannot change that However what you are doing and where you will be when that 12 month mark arrives is the variable that can be controlled What you do within that 12 months is controlled entirely by you You can either be in the same situation or you can slowly chip away at what can appear to be an impossible task so that by the time the inevitable arrives you are in a completely different situation The choice is yours and its time to take control Regardless of your current situation when it comes to healthy eating it s never too early and it s never too late

The Choose To Lose Weight-Loss Plan For Men

Ronald S. Goor,Nancy Goor,2000-01-13 THE CHOOSE TO LOSE WEGHT LOSS PLAN FOR MEN empowers you to control your weight by giving you all the information necessary to create your own clear quantitative fat budget No gimmicks no fluff No single food is off limits or forbidden You can eat as much as you like In addition an entire section is devoted to aerobic exercise stretching and weight training to take maximum advantage of the fat burning potential of the male body This is not a fad diet but a sustainable even enjoyable way of life for today s man Choose what you want to eat when you want to eat and how much you want to eat Food tables reveal the calorie and fat contents of more than 6 000 foods including brand name convenience foods and items from fast food chains

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