



# 5 BEST MORNING EXERCISES FOR WEIGHT LOSS

## Running Or Walking

Both are great morning exercises for weight loss. They kickstart your metabolism, burn extra calories, and energize you to take on the day.



## Circuit Training

It is a set of high-intensity aerobic exercises that conditions your body. Circuit training builds strength and muscle endurance and burns 30% extra calories than regular workouts.

## Yoga

Doing yoga asanas in the morning, preferably before or at sunrise on an empty stomach, helps tone the body and strengthens internal organs. You may practice 15 rounds of Surya Namaskar for 30 minutes to burn calories and promote overall well-being.



## Stretching Exercises

Stretching exercises tone your muscles and prevent joint diseases like arthritis.

## Pranayama

Pranayama is a great way to stay fit. Performing kapalabhati and anulom-vilom on an empty stomach in the morning helps burn stubborn fat around your stomach area and regulate your breathing.



# Weight Loss Plan Morning Routine In The Us

**JR Anderson**



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