

Best Exercises for Weight Loss

As well as improving cardio vascular fitness, weight loss is one of the main reasons people start a new fitness regime at a gym. Packing on a few extra pounds not only slows you down it can get to down mentally and lead to poor self esteem and poor motivation.



The good news is by taking even a little exercise each day, you can start to feel great about yourself and start improving your health, your mood and your happiness.

Here are just 10 of the best ways to start dropping those pounds – not to mention looking and feeling great about yourself!

- 1. Cardiovascular Exercise: This includes activities like running, cycling, swimming or using an elliptical trainer. These exercises will help you burn calories and ultimately lose weight.*
- 2. Strength Training: Resistance training is crucial in losing weight as it helps to build muscle mass, which in turn increases the body's metabolism rate. Use free weights or resistance bands to do exercises like squats, deadlifts, push-ups or rows.*
- 3. High Intensity Interval Training (HIIT): This type of workout alternates between short bursts of intense exercise and brief periods of rest. HIIT workouts are effective in boosting metabolism and burning more calories than traditional cardio exercises.*
- 4. Bodyweight Circuit: A circuit workout that uses only the body's own weight can be an excellent way to lose weight without equipment. You can create your own bodyweight circuit by including exercises like squats, lunges, push-ups and burpees.*
- 5. Brisk Walking: While not as intense as running, brisk walking is still a great way to burn calories. If you don't want to go for a run, take a walk instead.*
- 6. Kettlebell Swings: This exercise recruits multiple muscle groups at once and can be completed in quick succession. It helps to increase calorie expenditure while building strength.*
- 7. Planks: Holding a plank for as long as you can is an excellent way to improve your core stability, strength and posture. It also works multiple muscles simultaneously and burns calories.*

8. *Mountain Climbers: This exercise is both cardiovascular and bodyweight exercise in one. It requires no equipment, it's easy to do, and helps to increase heart rate and burn calories.*

9. *Jump Rope: Jumping rope is an excellent high-intensity workout that can be done almost anywhere. It strengthens your lower body while burning significant amounts of calories.*

10. *Cycling: Biking can be a great low-impact cardiovascular exercise, especially for people with joint issues. You could bike outdoors or use a stationary bike. Either way, it's an excellent calorie burner.*

There's even more good news...

After a moderate-intensity exercise session, your body will continue to burn calories at an elevated rate for up to 24 hours post-exercise through a process known as excess post-exercise oxygen consumption (EPOC) or the "afterburn effect."

The duration and intensity of the workout, along with your fitness level, will determine how long your body remains in this state.

High-intensity exercise can result in an even longer period of afterburn effects, extending up to 48 hours for some individuals.

