

Do More Cardio

If your main goal is weight loss, you want to burn calories and build muscle mass. So, for optimal benefits, you should incorporate both cardio and strength training into your exercise routine. Once your doctor has cleared you for exercise, you can get started.

Cardio's role in helping you shed pounds is burning calories. The more you exercise, the more calories you'll burn. If you're trying to lose weight, you should aim for doing cardio at least five days per week for a total of at least 250 minutes (4 hours, 10 minutes) each week. Contrary to what many believe, you can do aerobic exercise seven days per week. If this goal seems daunting for you, start slow. Any exercise you do is better than no exercise, so remember that every minute counts. If you feel like you don't have time to fit exercise in, do it in small increments. If you start by walking ten minutes every three hours, you can get 60 minutes of walking in throughout your day.

Strength training helps you lose weight and keep it off by building muscle tissue. The more muscle mass you have, the higher your metabolic rate tends to be. More muscle also helps your body burn more fat than muscle, which is important if you want to lose weight and keep your strength. So, if you build muscle, you can speed up your metabolism and burn more fat when you exercise. The faster your body burns calories, the more calories it will burn each day. Since the formula for weight loss is to burn more calories than you consume, increasing the calories you burn will help you lose weight (given you don't increase your calories). To maximize the benefits of strength training, you should try to do some sort of strength training for an hour three to five times per week. Unlike cardio, you shouldn't do strength training every day. A good rule is to rest at least one day between every two days of training. So, if you lift weights on Monday and Tuesday, take Wednesday off before going back to the gym for more weight training on Thursday and Friday.

For maximum fat loss, you should do both cardio and strength training. But how often is best? Here are some guidelines for losing weight (and losing fat):

Include strength training. Weight training is a great way to increase muscle mass, which helps you in several ways. Push yourself by lifting heavier weights with fewer repetitions. This is not always the recommendation, but if you're looking to build muscle mass faster, it's better to lift heavier weights and do 8 to 12 repetitions rather than lifting lighter weights and doing 15 to 20 reps. When you move to lighter weights and more reps, the work you're doing is more like cardio – it's still beneficial to your body, but it won't build as much muscle.

Choose aerobic exercises you enjoy. The more you like exercising, the better you're likely to be at sticking to your routine. If burning calories is your main goal, consider running or cycling over walking. The faster you go and the harder you work, the more calories you'll burn per hour. That said, if you're just beginning or you have health conditions that make running or cycling difficult, start with walking and increase the time you spend exercising and your speed as you get stronger.



DID YOU KNOW YOUR EAP, ULLIANCE, OFFERS LEGAL & FINANCIAL ADVICE?

*Life can be hard. Talking is easy.
Contact us; we're here to help! -*

800.448.8326

Ulliance