

# HOW TO LOSE WEIGHT FAST WITH EXERCISE



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## INTRODUCTION



Want to lose weight? Experts say burn some calories. Ensure your calorie count is in the deficit; that you are burning off more than you are letting in. That's so easy to recommend, way easier, in fact, than the process.

For someone who wants to lose weight fast, your first concern should be with your food, and for good reason. Eating well is critical to ensuring you don't stuff your body with more calories than you can burn out.

The truth is, there are many recommended ways to lose weight fast – calorie counting, healthy eating, exercise, etc. How effective are these? Well, that's dependent on who you ask. These various methods work to varying degrees with different persons.

However, losing weight through exercise is an oft-applied method that is both effective and efficient. A combination of exercise and other recommended weight loss programs (cue diet) could produce stunning effects. If properly done, exercise can help you to not only lose weight fast but to gain some muscle too.

This eBook considers how you can lose weight fast with exercise. It covers the benefits of

healthy eating, interval training, and weight training among others. It also covers a number of useful exercises you might want to try; touching on all necessary equipment and step-by-step execution.

## WHY LOSE WEIGHT?



The turn of the century has seen an increased spotlight on the need for weight loss, fitness, and healthy living. The need for healthy living might require major lifestyle changes across various lifestyle habits. One of the foremost measures of a healthy lifestyle is an individual's weight.

Unfortunately, with innovative technology has come an increase in processed foods and junks. As of 2010, about a third of American adults were tagged obese. Why battle obesity? If you are not obese, is there any need to shed some weight?

The benefits of losing weight are massive. Obesity can cause a number of health problems, ranging from diabetes to heart diseases, stroke, and some types of cancer. Conversely, weight loss comes with a number of health benefits, some of which are listed below:

- Decreases your chances of contracting certain types of cancer
- Increases your energy levels
- Reduces your blood pressure
- Lowers your cholesterol level
- Lowers your risk of type 2 diabetes
- Gives you increased confidence and mobility

## WHY DON'T I LOSE WEIGHT?



You might work hard to burn some calories and lose weight fast. Yet, you observe that nothing changes. You diet, exercise and all, but those pounds just stay put. Before talking about how to actually lose weight fast, let's consider why your best efforts might yield very little result.

### ➔ **Insufficient Sleep Time**

Living a healthy life is not possible without proper rest. Insufficient sleep affects your weight in various ways. For one thing, your stress hormone and insulin rise. This leaves you feeling hungry, and likely results in late night snacking.

Experts have noted that insufficient sleep prompts your body to store more fat. This is due, in part, to what has been identified as “insulin resistance,” and also to the accompanying psychological stress of sleeplessness. Indeed, insufficient rest jumbles up your system and opens the way for more calories – jeopardizing whatever effort you might have put into losing weight fast.

### ➔ **Stress**

This is closely related to the above. Stress, contrary to public opinion, is a leading cause of weight gain. A hormone called Cortisol (the stress hormone) is secreted when you are stressed. This hormone negatively affects your muscles. Even worse, it lowers your stomach acid and leaves you feeling hungrier than you really are.



As with sleeplessness, your body sets about converting calories into fat. Note that extreme dieting can be a cause of this. Also, note that stress does not have to be physical to have an effect; emotional or psychological stress can be equally damaging.

### ➔ **Medical Condition**

Some consider this the first suspect when weight loss becomes a problem. Others only consider it after eliminating other options. Either way, what matters is that some medical conditions block weight loss. Some of these are illnesses, such as diabetes, hormonal disorders, eating disorders, sleep disorders, etc.

On the other hand, the underlying medical condition could be a newly taken medication. For instance, contraceptives and steroids are known to come with an extra weight freebie. Similarly, some medications for allergies, schizophrenia, and high blood pressure, among other diseases could block your efforts to lose weight fast. Be sure to read the insert of your medication or consult your doctor for clarity.

### ➔ **Consuming More Calories Than You Realize**

Do you count your calorie intake? If that is the case, the suggestion that you consume too many calories may seem implausible, even ridiculous. The truth is, sugar comes in many different forms. Liquid sugar, for instance, contains more calories than its solid counterpart. Nevertheless, it does not fill up your stomach.



In like manner, unknown consumption of fructose (which goes straight to the liver) dampens your effort to lose weight fast. You also want to be careful of “healthy” sugars – yogurts and the likes.

Finally, it goes without saying that strenuous workout encourages you to eat more. You may inadvertently cancel out your efforts to lose weight by giving in to this craving.

### ➔ **Fat Deficient**

Does that come as a surprise? Many seek to eliminate as much fat from their diet as possible, to lose some pounds. But, your body does need fat – the right type of fat. In essence, there is both good and bad fat. Fat deficiency can lead to increasing weight despite your best efforts.

Good, healthy fat can be found in fish, olive oil, coconut oil, nuts and seeds, and avocado. This fat (known as Omega-3) lowers cholesterol and has other useful health benefits. It is recommended that processed, saturated fats make up no more than 10% of your daily calorie intake.

## ➔ Late Eating



Eating too close to bedtime can bode doom for your weight loss program. Eating late prevents your body from burning fat at the right time. This is because it can (potentially) raise your blood sugar and insulin; conditions that make it hard for your body to burn fat.

One real danger that exists among late sleepers is after-supper snacking. At this time, you probably don't care what you eat and consume more calories than you should. Even worse, this calorie does not burn properly.

## ➔ No Recovery Time

One of the oft-cited reasons for the lack of weight loss is that you do too little exercise, too little cardio, or too little weight lifting. Each of these is essential to weight loss, undoubtedly. However, even more critical is a lack of proper recovery time after each intense workout session.

After every intense session where you begin feeling that after-burn, it is time to take a rest. Your body burns more fat while you relax than it does during the actual exercise. This process could take a few hours or closer to a day. By giving your body time to recover, you are better able to achieve your aim. To achieve this, you can adopt a workout plan that focuses on different muscle groups each day.

## ➔ It could be all about you

Individuals differ. As a result, some can burn off calories much faster than others. This is usually down to your genes. Some genes support faster metabolism, while some are slower. Slow metabolism ultimately leads to a faster calorie burn-off rate. Age could

also be a factor that affects your weight loss or gain.

Conclusively, an inability to lose weight could be down to many different things. The above are major culprits, but other culprits do exist. These could be as *simple as a* lifestyle change (e.g.: quitting smoking). Or, it could be something more technical such as environmental conditions or body health.

Once you are able to identify the cause of your seeming lack of progress in your weight loss master plan, you are on your way to success. A combination of proper, healthy eating practices and appropriate exercise routines could take you to where you want to be.

## DIET AND WEIGHT LOSS



“Calories in, calories out.”

“Burn more calories than you consume.”

“To lose weight, eat less, walk more.”

These are quotes you are probably used to as a fitness enthusiast.

It’s difficult to ignore the importance of diet in your quest for weight loss and management. Healthy diets improve your cholesterol levels, reduce your blood pressure, and increase your energy levels. The very last quote at the top shows the importance of combining healthy eating with exercise.

The truth, however, is that there is no definite healthy eating strategy that would serve the purpose for everyone. A “weight loss success story” might not necessarily be the way for you to go in your pursuit of weight loss or even weight management. The reason for this is simple: our body reacts differently to different foods.

Health, genetics, work habits, and other factors could be critical determinants of the success (or failure) of any diet plan. Finding the ideal weight loss plan will require that you experiment with different foods and diets until you find that which is best suited to your body.

To put this in perspective, the *Journal of the American Medical Association* recently published a study. This study sought to put paid to the discussion of “which diet works best?”

To achieve this, 59 individual studies were carried out with a focus on various nutritional recommendations (calories-out, low fat, low carb, calories-in, etc.). The result? A diet plan is only as successful as the individual involved.

To begin a diet plan that will take you anywhere close to success, you first need to be equipped with all the right tools. In this case, that refers to every available information on the dietary approach to weight loss. This book, though, is primarily focused on exercises, so the foray into diets will be brief but detailed.

### ***The Calories-in; Calories-out Approach to Weight Loss***



A dietary calorie is equivalent to 4184 joules; Joules is the unit measure of energy; Energy is the capacity to do work. So, calories are the driving force behind every human. That you breathe, move, think, and perform any cell-related function (which is basically every human function) is a result of calories burnt. No calorie in your system is a *recipe* for death.

What then is the Calories-in; Calories-out model?

The simple idea behind this model is this: To lose weight fast, you have to eat fewer calories than you are able to burn. So, mathematically, if you can burn 20 calories every day, your daily calorie intake shouldn't be up to 20 calories.

With that in mind, everything you eat (proteins, fats, carbs, etc.) should be set to a percentage where they all sum up your needed calorie intake for the day. The “beauty” of this plan is that it allows you to theoretically eat any food type (proteins, carbs, or whatever) to your desired quantity, while working to burn it off. This way, you do not have to deprive yourself of much, and you can still lose weight fast or build muscle as you wish.

This seemingly simplistic idea did have quite the scientific backing. How does it work? To make it clearer, consider the table below.

<i>Pattern</i>	<i>Effect</i>	<i>Metabolic Result</i>
Calories in > Calories out	Caloric Surplus	Weight gain (Fat gain, muscle gain, etc.)
Calories in < Calories out	Caloric Deficit	Weight loss (Fat loss, muscle loss, etc.)
Calories in = Calories out	Caloric static	No weight change

Initially, this model above might seem very accurate; and it is. However, it is awfully simplistic, vague, and quite deficient.

This model is akin to answering the question, “Why is the house full?” with the answer, “Because there are too many persons in the house.” The very problem of the house being full is the problem of having too many individuals in the house.

Similarly, excess bodily calories does lead to excess body fat, weight gain, and then obesity. But like the earlier question, that is just rephrasing the problem.

The problem with this model is simple and will be covered below.

1. All calories are not equal. Because our body processes different foods differently, the cumulative effect of calories from diverse food sources is usually different. Calories from the protein macro-nutrient group, for instance, follow a different metabolic pathway to those of the fats or carbs macro-nutrient group.
2. Environmental and metabolic changes affect weight loss. You might successfully cut calories for a while, finding the best calorie content for you. However, certain changes can disrupt your otherwise successful plan. You might eat the same number of calories to differing effects. Stress, for instance, could leave you gaining weight even with reduced calorie intake. Also, growth or aging could drive calorie intake or could leave you gaining weight rather than losing with a calorie cut.

That said, this model is not without merit and has been built upon for other diet models.

### ***The Low Fat / Low Carb Approach to Weight Loss***

The two approaches mentioned above are both independent and used differently. Some believe that low-fat diets are the way to go if you are to get anything out of a weight loss program. The belief is that increased fat is a leading cause of health problems and obesity. Therefore, advocates advice that consumption of fat is limited to no more than 30% of total

calories.

The low carbs approach is a more recent approach that believes carbohydrate, not fat, is the leading cause of overweight problems and is vital for treating certain chronic diseases. The low carb approach is similar to the low-fat approach but simply substitutes fats for carbohydrates.

### **Why or Why Not Low-Fat?**



Dietary fats contain about twice as much caloric content as carbohydrates and proteins. Thus, reducing your personal consumption of dietary fat seems like a natural pathway to losing weight and healthy living.

Besides limiting your fat intake to 30%, the low-fat approach also recommends consuming only 10% of your total calories from saturated fat. This means you'll have to avoid foods like butter, fries, mayonnaise, etc. It also means you'll have to reduce your intake of fast foods; fast foods from restaurants have been proven to contain a surprisingly high-fat content.

The trouble with this approach is that for one thing, consuming low-fat diets might not get you to feel full. This ultimately leads you to increase your food intake, just this time with low-fat diets, and eventually increasing your calorie intake.

Also, determining a strictly low-fat diet can be problematic. This is because certain foods that claim to be low-fat diets are simply diets that contain low-fat versions of high-fat foods. In this case, consuming low-fat diets has virtually no result. Similarly, some low-fat foods contain insane amounts of carbohydrates and are ultimately bad food choices.

Another very critical flaw of this system is that not all fat is bad fat. Fat from processed foods

like ice cream could be dangerous, but those from natural foods – fruits, nuts, and vegetables – are actually healthy and are needed by your body for its proper functioning.

### **Why or Why Not Low Carbs?**



The low carb approach was put forward as a solution to the problems of the low fats model of weight loss healthy eating. It proposes consuming less and less carbohydrates. This was borne out of research that pointed to the high caloric content of rich-in-carbohydrate foods, especially liquid carbohydrates.

Foods rich in carbohydrates stimulate the release of insulin which would be necessary for curbing the flow of glucose into your system. However, beyond regulating blood sugar, insulin prevents fat cells in your body from releasing fat for burning and creates more fat cells to store excess fat. This results in an even more excessive craving for carbohydrates and the storing of even more fat, resulting in weight gain.

The low-carb model works thus: carbohydrates are burnt off as glucose, not fats; consuming meals rich in carbohydrates stimulates insulin production; insulin then burns off the glucose. The idea is that with less fat consumed means less fat to store.

This approach has been criticized for a number of reasons;

1. The low-carb approach is an unbalanced approach to weight loss. Low carb diets encourage the intake of more saturated fat than is healthy; discouraging the consumption of fruits, grains, legumes, and at times, even vegetables. This is a flawed model.
2. When followed to the extreme, this approach would initially lead to rapid weight loss. But this is difficult to sustain and could lead to weight gain in the end. When the consumption of regular diets is resumed, the “shock” to the system could result in a

destruction of the results of carbs-abstinence: Weight gain.

Despite its disadvantages, the low-carb model has been proven by some studies to be a more efficient plan to weight loss than the low-fat approach.

**Final Note:** Some particularly helpful diets that are great at satisfying hunger and have low caloric content include:

Whole eggs, soups, unprocessed lean meat, tuna, beans, fruits, veggies, whole grains, nuts, yogurt, legumes, low-fat dairy, and coconut oil

Note that the above list is far from exhaustive. However, it does give an idea of healthy diets that are not only great for weight loss but also come with overall health benefits.

## DIET OR EXERCISE: WHICH IS BEST FOR WEIGHT LOSS?



This question is an ever recurring question. The importance of considering the question in depth is, therefore, not lost to anyone. If I desire to lose weight fast, do I follow a diet plan or do I simply burn some calories by exercising?

Considering the earlier noted demerits of dietary plans, one might fear that all form of healthy eating is a bad idea. But that's hardly right. Sticking to a diet has been used by many a person on their path to weight loss. Many have been successful; others have been successful, for a while, before eventually losing the pace and dropping off. Still, others are yet to gain any form of success from their strict (or loose) healthy eating path towards weight loss.

Some of the reasons why certain weight loss plans have failed – exercise or healthy eating – has been touched upon earlier. So, now comes the time for a decision.

Once again, the commonly used phrase, “Eat less, move (or walk) more.” comes to mind. While this phrase has been used in certain flawed ways and is quite simplistic, the basic idea behind weight loss can be captured in those very few words: “Eat less, move more.”

Truthfully though, this is as vague as the “Calorie in; Calorie out” model. It is a blanket statement that does little to address the problem at hand. But, at the very least, one major thing can be picked from this statement; both exercise and diet have a role to play in any weight loss plan. Burning more calories is as essential as eating fewer calories.

Unfortunately, reality is not as simple as a good sounding theory. More recent research has found that physical activity might not have as much of an effect on body weight as initially thought. More recent research is pointing to an imbalance in need for diet and research. Many studies have pointed to the need for higher concentration on diet than on exercise, citing evidence that points to a limited effect of exercise on the body. Still, the need for a combination of both systems has always been proposed. Exercise, it is said, is never enough to burn as many calories as needed for weight loss.

Research which tried to observe the effect of the combination of exercise and diet plans met a surprisingly little success rate. The observed reason for this was: people were terrible at estimating calorie consumption and expenditure – many over-estimated calories burnt and under-estimated calories eaten. This resulted in a problem known as the “exercise more, eat more” problem.

Summarily, finding the right balance between exercise and diet, and using them to the right proportion is key to any weight loss program.

## EXERCISE AS A PATH TO WEIGHT LOSS



All of the criticisms labeled above against exercise as a path to weight loss has come down to a very basic observation. Without any workout plan, you have a need to burn calories daily. As you begin to work out, the number of calories you burn daily momentarily increases.

Take note of the word “momentarily.” This is because, over time, you expend less energy carrying out the same activity. This is down to efficiency. Maintaining the same activity level, therefore, might not yield the results you might have initially expected as your body begins to adapt to the demands of your routine.

Did you notice the unexploited loophole present in all of the studies? Varying your exercise routine is an ideal way to “trick” your body into yielding the same, or even better, results (number of calories burned) for as long as possible.

A different study, which observed 439 obese women, found just that loophole. Amongst these women, those who ate healthily and exercised burnt considerably more body fat than women who stuck only to a diet plan.

The take-away from this study is what has been said all along: physical exercise does aid weight loss. So, how can you make your workout sessions more meaningful? Keep in mind these simple, but generally ignored, principles.

**Keep it varied**

Four major factors determine the amount of stress your body feels in any workout session. These are; frequency, intensity, time, and type – simply known as FIIT. While working out, be conscious of these factors. Look to change any one of them regularly. This disrupts the comfort that comes with complete adaptation; forcing your body to adapt once again to a new challenge. By continuously changing one of these four variables, you keep your workouts fresh and dynamic thus continuously challenging your body to keep adapting and steadily burning calories.

### **Remember your recovery time**

Research has pointed out that you burn more calories as your body recovers from a workout session than you do during the session. With this in mind, the importance of the recovery time is twofold. First, it allows your muscles to take shape and is the time when the full effect of your workout kicks in – this has been much vaunted. A much-less heralded benefit, though, is one that arises from the workout session itself. By increasing the intensity of every workout session, regardless of how brief, the effects take much longer to kick in and you burn up to 40% more calories per session.

### **Eat well and eat clean**

The last section highlighted the importance of eating healthy. That applies too when you choose physical exercise as your primary path to weight loss. Note that eating well (refueling) does not mean over-eating. Do not make the mistake of engaging in a serious workout and “diluting” it by consuming too many calories. Once again, be careful of junks and fast foods. These are your quickest route to wasted efforts.

### **Increase the intensity**

More intense exercises that get your heart pumping at a very fast rate normally have a better effect on you. When picking an exercise, think about one which allows you to work harder. The harder you work, the more calories you lose, and more fat you burn. Consistently working close to the brink of your intensity level can be difficult. Instead, vary your intensity levels throughout the week. If you choose to do this, be sure to spend as much time as possible at your most intense level.

### **Be sure to enjoy it!**

If you want to get anything out of any activity, the first and most important tip is to make it enjoyable. Find workouts you enjoy; if you want to hire a trainer, pick one you’ll enjoy.

Making your exercise sessions happy sessions is paramount to success. The reason is simple; if you do not enjoy your sessions, you are less likely to make them regular. If you try a class, or you try a certain type of exercise, and you find it uninspiring, try another. Eventually, you'll find something, you enjoy, something you love, and your workout sessions will be meaningful periods that you look forward to.

### ***Benefits of Exercises***

#### **Weight Loss**

The primary benefit of physical exercise, and the reason why it is considered here is due to its impact on weight loss. Increased physical activity leads to increased rate of caloric expenditure/expulsion. Weight loss is only possible when you expend more calories than you consume, and exercise helps you to achieve this.

By improving your exercise routine, you cut out the need for extreme diet measures. You can burn a healthy amount of calories per day and burn off more through exercise. Let's assume you want to burn 300 calories per day. You have the option of sharing this burden between your exercise and diet, instead of diet alone.

#### **Contribution to health**

Research has proven that exercise has pronounced health benefits. The more you exercise, the healthier you become. Amongst its health benefits are the prevention of high blood pressure, type 2 diabetes, obesity, arthritis, etc.

Because exercise increases your heart rate, it improves your blood circulation and helps keep your heart healthy, reducing the risk of heart diseases. Research has also shown that it has a positive impact on your health by increasing the number of white blood cells in your body system, thus increasing your disease resistance.

#### **Energy and Fitness**

Some have considered physical exercise as their primary route to increased fitness and energy level. This is because a healthy exercise routine stretches your resistance level through its impact on your heart and lungs. Therefore, your fitness/endurance level is stretched and improved.

Furthermore, through regular exercise, you are able to build and strengthen your muscles. There is no doubt that as your muscles grow in strength, activities that might have initially seemed too difficult become much easier.

## ***The Most Meaningful and Effective Exercises/Workouts***

### **Cardio**



Cardio is the first on this list, and for good reason. When it comes to burning calories through exercise, cardio is just about the most basic of exercises you could perform with a reasonable level of efficiency. All you need is your pair of running shoes and you are set.

Talking of basic, cardio is part of the reason why your body burns calories daily without your conscious participation in any form of exercise. Walking, running, swimming, jogging, etc., all fall into the cardio fitness category. However, with cardio, you make a conscious effort to increase your heart rate. Only then is cardio really effective.

Another reason this list begins with cardio is that it is the ideal beginner's exercise. Never been used to exercising? Not a problem. Have no knowledge of complicated but effective exercises? Not a problem either!

Cardio can be performed anywhere from the tracks to indoors. Going indoors you have some options: the treadmill, elliptical, biking, etc. Due to its nature, it requires no special skills and is easy to follow along.

Determining how much cardio you'll need can be tricky at first. As you get into it, though, you'll find your limit. You should be able to tell how hard you should work, and what cardio type(s) best serves your need (fitness and weight loss goals and targets).

But there's a snag. Cardio can (and does) get boring. That is to be expected given the monotonous nature of cardio exercises. The work-around for this is to mix it up – work at different intensities, engage in different types of cardio, add in other exercises. More importantly, spicing it up in this way yields much better results than repeating the very same routine on a daily basis.

Cardio has for a long time been recognized as the most effective exercise for those seeking to improve their fitness level and reduce weight. In more recent times, cardio has been eclipsed by HIIT in this regard. Still, it remains one of the basic, highly effective exercises you can engage in with profound caloric impact.

Cardio allows you to burn a fair number of calories at a single time. By getting your heart rate up, you breathe harder, your blood pumps faster, and you sweat more. With this, the number of calories burned by your body increases rapidly. The ease with which you can increase the efficiency of cardio – through slight increases in intensity – also makes it appreciated by some.

More than that, cardio doesn't seem to have a limit regarding length. This means you can keep going for as long as you are able, achieving more as a result. Recently, cardio has come to be even more appreciated for its role in preparing the body for more hectic exercises like HIIT and weight training.

### **How To: Cardio**

As earlier noted, when it comes to cardio, you are allowed a number of different options. Success in cardio is down to one of the more general exercise success tips – do what you like! Your options include activities like walking, running, jumping, cycling, jump rope, biking, skiing, step aerobics, etc.

Find that which is most effective for you and which you enjoy. The longer you are at it, the more efficient it becomes. For instance, running for 30 minutes is more effective at burning calories than running for 10 minutes at the same pace.

Another option to increase the efficiency of your cardio exercises is increasing the intensity. So if you are a runner, think about an increase in speed. Increased speed for less time is more effective than spending more time at a slower speed.

### **Determining Intensity and Frequency Levels**

How much cardio you need is mostly a factor of you. There's no clear-cut answer to the question other than that. The best place to start is to keep pushing to see just how much your body can handle. To fully understand this, consider this:

Both the American College of Sports Medicine and the American Heart Association recommend that you spend between 20 to 60 minutes of cardio daily. During this time, you

could vary your intensity from moderate to high.

Looking at that recommendation, you'll notice there's a wide gap allowing for personalization. This then comes down to how much calories you want to burn, your daily caloric intake, how intense and how long you can last (your fitness level), etc.

### **Final points to note....**

Never do cardio training fasted. This applies to most exercises, but this is even more important here. If you want to do this early in the morning, try taking something light, or better still eat 90 minutes before you begin. This is most important when you want to perform high-intensity cardio.

Cardio alone doesn't burn as many calories as you might think. It is never enough to work with it alone in the hope of losing weight. Whether it is diet or other exercise forms, include other calorie-cutting activities to your routine.

Do not combine cardio and weight training simultaneously in the same session. It is not uncommon to see this, but you want to avoid it. In the end, you'll lose some intensity in your cardio, and you'll also lose intensity in the weight training, thus losing on both fronts.

Intensity does matter, but making your exercise high intensity for too long a time comes with certain risks – injury and over-training fatigue. Strike a balance between moderately intense to highly intense exercise levels.

Again, cardio does get boring. Keep it varied.

### **Interval Training**



No workout type has a higher efficiency rating than Interval Training. High-Intensity Interval

Training (HIIT) is considered to be a far more effective path to burning calories than cardio or weight training. So, what is HIIT?

High-intensity Interval Training is a style of exercise that involves alternating between periods of intense activity and periods of very little (or no) activity. To properly understand what HIIT involves, consider this example:

Let's assume your workout session is centered on running (or jogging). Run at a steady pace for two to three minutes, then sprint with an intense burst of energy and pace for a minute. After this intense minute, settle back into your slow, steady pace for three minutes, and repeat. You can go on with this for 20 to 30 minutes.

That example is just a very basic and minor peak into what interval training involves. Interval training is mostly heralded for its role in the body's metabolism. With each change in activity intensity, you push your metabolic limits and allow time to catch your breath. High metabolic rate is key to burning calories, while the time allowed for "catch-up" lets you maintain (or build) your oxygen levels while exercising.

By getting your metabolic rates so high during exercise, you leave an 'after-burn' effect. This means that your metabolism continues operating at a higher efficiency level for hours, or even days, after you are done exercising. That is, you keep burning calories by doing nothing (okay, replace nothing with watching a movie, chatting with a friend, browsing, or just about anything.).

Thus, we can summarize by saying interval training not only burns calories efficiently, but it also increases your aerobic breathing capacity. Interval training, therefore, is both effective and healthy. This is summarily better than a practice of fixed, regular sprints.

Note that with interval training, you have a couple of options for every stage of the exercise and can vary as much as you please, while sticking to the basic principle of HIIT. Your options include jogging, walking, sprinting, rowing, biking, etc.

### **How To: HIIT**

**Warning:** Interval training should not be done by persons without a background of exercising regularly. The intensity could have a counter-productive effect if done by persons of

such a background.

Now, with that out of the way, every high-intensity interval training session should begin with a form of warm up activity. This could be a combination of many different light activities. You can walk lightly, go a little faster, stretch a little.... By warming yourself up before every session, you prepare your muscles for the intensity of the coming exercise session.

The warm up session is then followed by HIIT proper. Regardless of how much you've done this before, it is still best to gradually increase the intensity of every 30-second 'intense' interval. You can begin the intensity of your 'intense' intervals at 70% and gradually bump it up to as close to 100% as you can get. Remember that every intense interval is to be followed by 2 – 3 minutes of less intense activity.

It is also recommended that once you get to your limit, you close off your session with another 5-minute light activity session. This period, also known as the warm-down period, is essential for

### **Determining intensity and frequency levels**

HIIT should be fast and hard. That's as simple as it can possibly be explained. To understand how intense you should get, consider a few scientific jargon.

Science hinges the success of any HIIT session on two things: Vmax and Tmax. Vmax is a major factor in determining your endurance level while Tmax determines the length of time spent at this level. Research has shown that you need to achieve between 80% and 100% of your Vmax during high-intensity intervals.

Your Vmax level is that level of exertion where you feel you can't possibly take in as much air as your body needs. Literally, that point where you begin to gasp for air due to the intensity of your exertion. At this point, you can't comfortably hold a conversation; you can't even think of it!

Achieving and sustaining your Vmax during high-intensity intervals should be the aim of your HIIT. The total amount of time you are able to spend at this level determines the effectiveness of your workout.

As you know, calculating the Vmax is not a mathematical exercise. You'll have to work really hard to attain it. Once you do, you'll feel it.

Your Tmax simply refers to the amount of time you can spend at your Vmax. Initially, this

time is quite low. However, as you sustain this exercise pattern, your Tmax increases. Determining your Tmax isn't rocket science either.

You know you've achieved your Tmax when you begin to feel like your heart is about to explode. If you can hold out at the same intensity level after attaining your Vmax, you'll be able to identify your Tmax.

Your goal should be to spend at least 60% of your high-intensity period at your Vmax. Gradually stretch the limits of both your Tmax and Vmax.

When it comes to frequency, all that is needed is 4 to 6 hours of HIIT per week. Supplement HIIT with other forms of exercise like cardio, weight training, and resistance training.

### **Here are the major points to note....**

For a beginner, it is always best to start slow in every aspect. You can begin with 4 intense intervals in your very first session, and work your way up to 10 as your body adjusts.

Following the above, you are also to stretch your intense intervals as you progressively adapt to the 30 second period and subsequently higher ones. Remember, the longer the exertion, the better the gain.

The gain of interval training comes from the 30 seconds of intense exertion. Make this count by pushing yourself really hard during this period.

Only you can determine the personal application of "pushing yourself to the limit." This could be 30 seconds of jogging (if you're really out of shape), or 30 seconds of fast paced sprinting, biking working on the treadmill, etc. Be sure to feel the effect of your exertions on your heart.

If you are biking, watch your speed and/or resistance. Ensure that the intense interval period is as intense as can be, owing to increase in either, or both, of the two.

With time, work towards reducing your rest periods. While it is recommended that you begin with about 2 – 3 minutes initially, that time should be cut down in stages until you can achieve a 1:1 ration for your intense to rest times.

Once you're done, you should be completely drenched in sweat. If you are not, then you've achieved totally nothing! It's totally impossible to push to your limits without getting yourself dripping due to the exertion.

Always make use of a stopwatch while engaging in HIIT workouts. Always! Proper timing is key to success.

## Weight Training / Strength Training / Resistance Training



Your first line of thought with weight training could be that it is essentially for muscle building and nothing more. That is wrong! When weight training is performed within the right “context,” it will not only build your muscles, but it will also burn some fat and calories to achieve this. Weight training can be effectively used to burn calories without appearing too muscular. Impressively, like high-intensity interval training, it generally increases your metabolism and continues burning calories long after the exercise is over.

Research has found that aerobic training – cardio – is generally more effective when combined with proper diet and weight training. The point? Weight training isn’t useless. Inserting weight training into the right weight loss program improves the efficiency of the program.

Resistance training does have essential benefits too. For one thing, it boosts your metabolism. By increasing your body muscles, you raise your inactivity metabolic rate. This means you get to burn more fat doing nothing. Sitting or standing on a higher muscle mass burns more calories than the reverse.

Similarly, weight training comes with that familiar afterburn effect we first mentioned in the discussion of HIIT. Weight training keeps your metabolic rate high for a few hours after the exercise is done. This means that the effect does last much longer than the activity.

Talking of benefits, there are two interesting auxiliary benefits of weight training to keep in

mind. The first is that it aids you when in stressful situations. Studies have related this to the low release of stress hormones by those who are fit. Another interesting benefit is that it helps with your mood, keeping you happier and in a much better mood.

### **How To: Weight Training**

To have any real effect on your muscle tissues, you'll need to apply considerable pressure to it. Thus, as with the above exercises, your weight training has to be 'intense.' In this case, intensity will mean that you do not keep it light and lengthy, but heavy.

A common myth that was briefly highlighted above is that heavy weights bulk you up. This is untrue, to say the least. Keeping your weight workout sessions heavy and shorter effectively burns more calories than doing light weights and longer sessions.

Weight training is just about the workout type with the most options. You can choose to engage in free, machine-less exercises (e.g.: bicep curls, barbell bench press, standing military press, etc.), exercises with the aid of a machine (e.g.: pull-up lats, hack squat, seated calf raise, etc.), or a combination of both.

Worthy of note is the fact that not all weight workouts are great for burning calories. When doing resistance training exercises with a mind on burning calories, keep your reps in the range of 8 – 12. Combining this with proper weight training will help your body burn calories, build muscle, and burn even more calories for some hours after.

### **To keep in mind....**

When choosing your ideal strength training workout plan to follow, target those that have a wider reach. Movements that affect more than one muscle group at a time (such as lunges, squats, etc.) are highly efficient at burning calories.

Remember to start slow. As a beginner, pushing your muscles to the limit and beyond the first time out can produce muscle tears and injuries rather than the expected caloric burn. Give your body time to adapt to this new routine by slowly picking up the pace.

Weight/resistance training is only as good as the intensity you put into it. Keep it as intense as you can.

***I realize the importance of exercise and healthy eating....I just can't seem to make it consistent!***



This is a situation many happen to find themselves. After examining all of the weight loss tips and ideas (whether extreme diet or exercise programs or moderate combinations of both), there's this burst of desire to start up to lose weight fast. However, as many come to terms with the difficulty of any weight loss strategy, the desire fades and complacency sets in.

By now you probably realize that consistency is the key to weight loss under any weight loss program. However, you are also aware that it is not an easy thing to do. Keeping a routine can get boring. Worse still, when life tries playing catch up with you, a new routine can easily give way to old habits.

There are numerous reasons why consistency is difficult. You fall ill and just forget about your routine; a family member is in need of help and consumes your time; your work demands more from you; you have a hectic day and need some rest. The list goes on and on.

How, then, do you make your weight loss regime a highly successful and consistent one? Here are some useful tips to keep in mind.

### **#1. Start Simple**

This has been a key emphasis through this ebook, and for good reason. Beyond the hazards

that might come from plunging neck deep into a new exercise routine, an immediate plunge is almost always followed by an immediate exit.

The intensity of increased physical activity will come as a shock to your body and leave you feeling depleted. By starting slowly and gradually increasing your workout intensity, you prepare your mind and body for the changes associated with it. Allow yourself time to acclimatize to new conditions before upping the tempo bit by bit until you attain full stretch.

The same applies to any diet plan. Building momentum is a gradual process. Forgetting that is a recipe for disaster in your adopted or adapted weight loss program.

### **#2. Avoid the “I’m not motivated” fallacy**

Your desire to lose weight fast and live healthily is all the motivation you need to keep going. After the initial excitement of a new routine wears off (and this is only after a few days), your motivation might seem to disappear. Always remember that routines suck.

From time to time, you feel the need to break free of your routine, even as an old timer. At all times, though, you do have a choice – to stick to it or not to? Claiming you lack motivation is a cheap excuse formed in your head to avoid making the “difficult” choice. Remember, your goal is to make this a lifestyle, a habit, because its benefits are far reaching. Remembering your goal is a good way to always keep on track.

### **#3. Have a plan, and then another**

You set yourself up to fail when you have no specific workout and diet plan. There should be a template – adopted or, better still, adapted – that you follow in order to meet your targets. Plans serve as guides and help you remain focused.

Ultimately though, some things can get in the way of even the best laid out plans. Always have a second option, and a third, and fourth, and... You get the idea? Keep your plans flexible. Consider them to be detailed guidebooks. Only the navigator (you) knows how best to adapt the information found in a guidebook to his immediate needs. While preparing your plan, consider possible disruptions that might arise. When conditions don’t turn out as expected, your plans can still be fail-safe.

### **#4. Set achievable short term goals**

If the ultimate aim of your weight loss program is to lose 50 pounds and maintain it, this may be quite a long term goal. Pursuing huge long term goals can be demoralizing due to the

initially slow nature of progress.

Rather than focus on these final goals, break your goal into achievable short term objectives. You could set weekly or monthly targets and see how you measure up against these. By pursuing smaller targets, you hardly realize it as you draw closer to the final target. It also takes your mind off the seemingly lengthy time gap between you and your final target. The result? You get motivated with every success or eclipse of short-term targets; you remove any room for discouragement.

#### **#5. Prepare before you begin**

You might be able to swat off little excuses and feelings of lack of motivation that arise before you begin your daily workout plan. But starting unprepared can bring all of that crashing back down.

Will you need a sports bra? Running shoes? Anything? Ensure that everything you need is ready before you begin. Lack of proper preparation can destabilize your best-laid plans. On days when you had to force yourself to your workout area, it could take all of your remaining willpower to re-motivate yourself for action. Get out of your comfort zone, but remember to leave prepared.

## FAT BURNING EXERCISES



There are a multitude of exercises that could aid your fat burning target. This section will consider some of these – requirements, considerations, and effects.

### ***Running***



Running is a cardio type exercise which is also used in HIIT exercises. You could do it outdoors, or you could use the treadmill. Running uphill has been identified as a way to get more from your running sessions. This too can be arranged with the mill by adjusting the incline angle.

Uphill runs work on your glutes and legs.

Running also works on your heart, so it does have a cumulative general effect when it comes to burning calories.

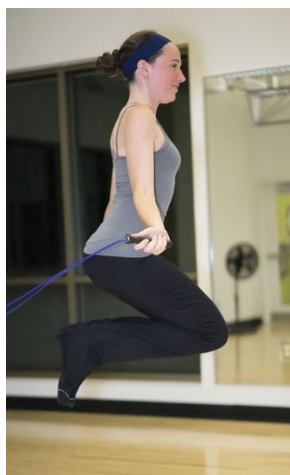
## *Squats*



Squats can be done in a multitude of different ways. Be sure to keep your feet apart and keep your weight on your heels. Keep your knees and toes in alignment as you lower your body downwards and lift again.

Squats most affect your lower body and core. It is ideal for working on your thighs, butt, and hamstrings.

## *Jump Rope*



Ideal for working on the entire body, jump rope is a great cardio exercise. With your rope in hand, keep jumping for as long as you can. Try staying light on your feet and swing more with your wrists than your elbows. You can also use this as a HIIT exercise by following a 30-second quick burst of pace and intensity with 90 seconds of moderate jumps.

## ***Yoga***



It is difficult to lose weight with yoga. This is because yoga is not designed as a high-intensity activity. If burning fat is your aim, choose a fast-paced, strength-driven yoga activity. When you are able to match your breath with your movement, you derive a greater afterburn effect. Regardless of how effective it might be, it's an efficient way to prepare your body for other exercise types, keeping it flexible.

## ***Treadmill***



The treadmill is a staple equipment in any gym. It simulates running in real life and can be used for sprints or uphill runs simply by adjusting the settings. Because the treadmill's greatest effect is in your heart, it is a cardio-style exercise. It also works on your hamstring and thighs. To enjoy maximum benefit from the treadmill,

run, sprint, or walk without holding on to its sidebars.

## ***Stationary Bike***



The stationary bike is another intense cardio / HIIT exercise. If used well, its afterburn effect on does last for hours after the activity. As with most cardiovascular exercises, applying the high-intensity interval training approach gets the most out of it. Bike at a vigorous pace for 30 seconds and then at a much slower pace for 90 seconds. As

you get into the rhythm, up the resistance of the bike.

## ***Pull Ups / Chin Ups***



Not exactly the first exercise to come to mind when your aim is reducing your belly fat, pull ups are surprisingly effective. Simply find a bar that can support your weight – your doorway will suffice if you're home. Grab the bar with your hands facing away from you. Your starting position should be hanging low, while you pull all the way up until your chin is slightly above the bar. Pause for a second before lowering back down; repeat. This is similar to chin ups, except your hands will face towards you.

Pull-ups seem to work primarily on your biceps, but its effect on body fat goes beyond that. Other target regions are your upper back, triceps, chest, and to a lower degree, your belly. Like most resistance training exercises, it improves the body's rest metabolism rate.

## ***Kettlebell Intervals***



Kettlebells can be used in different ways as an exercise tool. If your goal is to burn off some fat, the forward swing is one of the best paths to follow. Do not make the mistake of picking a weight that will put too much of a strain on you – you can easily increase the weights as you progress up the regularity scale. See how many

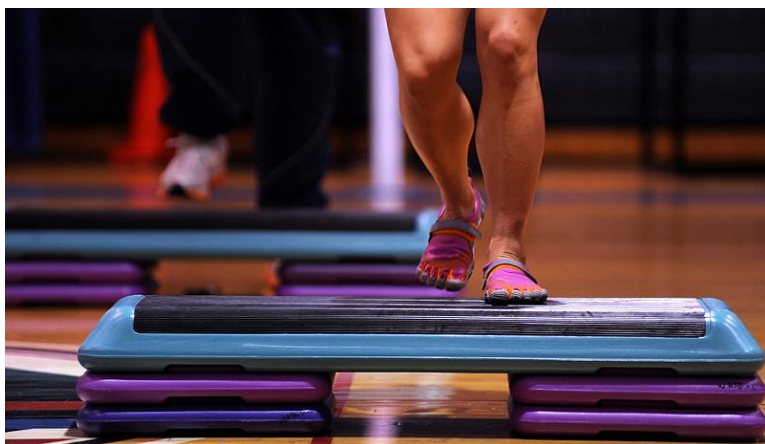
swings you can get in 30 seconds and follow that up with a moderate to low pace swing for 90 seconds. Continue for 20 to 30 minutes. Kettlebells aid fat burn in your arms, chest region, mid to lower back, and belly. As intervals, it also has a cardiovascular effect.

### ***Elliptical***



The elliptical machine is quite similar to the stationary bike. However, it is widely accepted to be more effective when it comes to burning calories. This is because the elliptical allows for movement of the arms. By working on the elliptical trainer, you are forced to move most of your body muscles. Even more importantly, you could use it for a high-interval intense training. To get the best out of it, vary the pace, incline, and levels of resistance. Beyond its cardio impact, the elliptical has a great impact on the muscles of the lower body.

### ***Step Aerobics***



The step aerobics (otherwise known as step -up jump) mostly targets your legs, hips, and butt. Hip-dominant and low-impact in nature, the steps could be used to burn calories at a reasonable rate. The steps are easy to do; at all times, one foot must be on the platform and the other on the ground. However, it does come with a

high injury risk, if improperly done. Avoid a step that exerts too much force on your knee; avoid placing only half your foot on the step; avoid letting your foot bounce off the step. All of these cause various types and varying degrees of injury.

### ***Bear Crawl***



The bear crawl is a useful exercise for any looking to burn some calories and get in shape. It is a form of pseudo running-crawling. It is as tremendously active exercise that improves your rib positioning, strengthens your arms, wrists, and core, and boosts your shoulder strength. It is excellent in improving breathing, stability, and strength. And yes, it does great at burning calories too.

### ***Swimming***



Swimming is an ideal weight loss exercise. Doing laps up and down the pool keeps your muscles active, tones your muscles, and burns off many unwanted calories. Swimming is great for those who suffer from exercise-induced asthma, thanks to the warm, moist air emanating from the water. Water has a great resistance (even greater than air) which makes it ideal for burning calories. It's surely a fun way to lose some fat.

### ***Lawn Tennis***



Tennis is a social sport, which means it is a great option for those who enjoy exercising with a partner. Thanks to that, it also encourages longer hours of exercise. The movement involved strengthens your arms, abs, and thighs, and is great for the bones. Similarly, the constant chasing of the ball is a great form of cardio exercise. Tennis does not require that you are great at it before you can lose weight playing. So no worries there.

### ***CrossFit***



This is not exactly a high-intensity interval training, but it might as well be. It is definitely not something you'll want to go into as a beginner, but it is highly effective at burning calories. CrossFit is a test of endurance workout regimen. It

involves weight lifting, speed training, kettlebell routines, barbell/dumbbell exercises, and more. It is a combination of routines that target fitness, endurance, speed, flexibility, and strength. Like HIIT, an intense routine (which might combine weight lifting, push-ups, squats, and kettlebell – in differing measure) is followed by about 3 minutes of rest. This can be repeated up to 5 times, using different routines.

### ***Rowing***



Rowing might require a little more effort than most on this list. However, it is done in an ideal relaxation environment and is an effective way to burn some fat. Its major effect is on the muscles of your arms, but you also get to burn calories across the body thanks to its cardiovascular effect. If getting a boat or scheduling to join the local rowing club is too far-fetched, you can easily make use of the rowing machine available at the gym.

## *Push-ups*



Push-ups are quite regular for those trying to build the muscle mass of their arms. Interestingly, they also help you burn calories. Remember, an increased muscle increases your rest metabolic rate. This means you burn fat even at rest. Also, push-ups require no equipment and keep your core, chest, shoulders, triceps, and lower back

muscles well-toned. Ensure you form a straight line with your body throughout your movements, for maximum effect.

## **LAST WORDS**

Nothing beats a combination of healthy eating habits and exercises if you are looking to lose weight fast. Do not tilt towards any extremes. Start slow, allow your body time to adjust, and steadily gain pace. If you follow this guide right, you will not only lose weight fast; you will also be able to maintain your desired weight.