

Table of Contents

INTRODUCTION.....	6
WHY LOSE WEIGHT?.....	8
WHY DON'T I LOSE WEIGHT?	9
DIET AND WEIGHT LOSS	14
The Calories-in; Calories-out Approach to Weight Loss	15
The Low Fat / Low Carb Approach to Weight Loss.....	16
DIET OR EXERCISE: WHICH IS BEST FOR WEIGHT LOSS?	20
EXERCISE AS A PATH TO WEIGHT LOSS.....	22
<i>Benefits of Exercises</i>	24
The Most Meaningful and Effective Exercises/Workouts.....	25
Cardio	25
Interval Training	27
Weight Training / Strength Training / Resistance Training	31
I realize the importance of exercise and healthy eating....I just can't seem to make it consistent!	33
FAT BURNING EXERCISES	36
Running.....	36
Squats	37
Jump Rope.....	37
Yoga	38
Treadmill.....	38
Stationary Bike.....	38
Pull Ups / Chin Ups.....	39
Kettlebell Intervals	39
Elliptical.....	40
Step Aerobics	40
Bear Crawl	41
Swimming	41
Lawn Tennis	41
CrossFit.....	42
Rowing	42
LAST WORDS	44

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.