

10 STEP WEIGHT LOSS EXERCISE PLAN

#1 WALK FOR 30 MINUTES EACH DAY



Calories Burned Per Day = 120
Calories Burned Per Week = 840

Walking 30 minutes per day may not seem like much but the consistent effort really pays off and burns close to 1,000 calories in a week.

If a 30 minute walk in one go sounds like too much, try splitting it up into three shorter 10 minute walks.

#2 SPRINT FOR 5 MINUTES EACH DAY

Calories Burned Per Day = 100
Calories Burned Per Week = 700

Adding just 5 minutes of sprinting to your day burns through an impressive 700 calories per week.

Simply do five 1 minute bursts of sprinting at various intervals during the day or make them part of your walk.



#3 DO 5 MINUTES OF BURPEES EACH DAY

Calories Burned Per Day = 46
Calories Burned Per Week = 322

Burpees are a functional, full body exercise that tone and strengthen all your muscles and can help you burn 300+ calories per week.



#4 DO 5 MINUTES OF JUMPING JACKS EACH DAY

Calories Burned Per Day = 48
Calories Burned Per Week = 336

Jumping jacks are a simple but effective cardiovascular exercise that you can perform anytime and anywhere, whenever you have 5 minutes to spare. Not only are they a great calorie burner but they also target all the muscles in your lower body.



#5 GO TO A 1 HOUR SPINNING CLASS EACH WEEK

Calories Burned Per Week = 700

Spinning is one of the most intensive cardiovascular classes there is and burns through a substantial 700 calories in a 1 hour session. Attending just one spinning class per week can make a huge difference when it comes to your overall weight loss success.



#6 DO 1 HOUR OF SWIMMING EACH WEEK

Calories Burned Per Week = 660

Swimming is a brilliant exercise that burns through an impressive 660 calories per hour and gives you a full body workout at the same time. It's also a relatively low impact exercise and a great alternative to the higher impact exercises on this list.



#7 LIFT WEIGHTS FOR 2 HOURS EACH WEEK

Calories Burned Per Week = 440

When it comes to direct calories burned, lifting weights isn't a very efficient exercise. However, muscle cells burn three times more calories than fat cells, so by increasing your overall muscle mass, you can indirectly give the amount of calories your body burns each day a huge boost.



#8 JOG FOR 1 HOUR EACH WEEK

Calories Burned Per Week = 476

Jogging is another excellent exercise for working away those calories and losing weight. It's also a very flexible exercise that can be performed outside or inside on a treadmill.



#9 WEAR ANKLE WEIGHTS WHEN YOU WALK

Calories Burned Per Day = 50
Calories Burned Per Week = 350

Once you've implemented steps 1-8, an innovative way to blast through a few more calories is to wear ankle weights during your daily 30 minute walk. This won't take up any more of your time but the added resistance will burn off 300+ extra calories a week.



#10 GET IN THE RIGHT FRAME OF MIND BEFORE YOU EXERCISE

After you've incorporated the previous nine physical habits into your lifestyle, one final way to boost your weight loss efforts is to get your mindset right before exercising. Doing these exercises without the proper motivation means you won't put maximum effort in and as a result, you'll burn less calories and lose less weight. So make sure that you're 100% motivated and focussed on your weight loss goals before you exercise and perform to your maximum potential.



SUMMARY

Total Calories Burned Per Day = 689
Total Calories Burned Per Week = 4,824

which equates to...

1.4lbs Of Fat Loss Per Week!



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The Complete Idiot's Guide to Weight Loss Lucy Beale, Sandy G. Couvillon, Beverly Donnelley, 2002-09 Overall dieting is the best performing topic in the health and fitness category There are many dieting books on the market today many of which contradict one another in their claim to have the one formula for success that will rid readers bodies of unwanted pounds forever This book will appeal to those who feel confused and overwhelmed by all of these other books who mainly need to learn the fundamentals in an easy non intimidating format The Complete Idiot s Guide RM to Weight Loss will help readers reach their ideal size by learning what to eat how to exercise and how to avoid common weight loss pitfalls The book will dispel popular weight myths and replace them with confidence boosting knowledge practical advice and inspirations to get them started on the right path right away Also readers will discover what foods are needed for healthy weight loss and how to balance them in a safe and healthy nutritional plan and how to incorporate exercise into their weight loss plan and specifically how to achieve greater muscle tone and stamina

The Diet Docs' Guide to Permanent Weight Loss Joe Klemczewski, J. Scott Uloth, 2008-12-01 Diet books have become a genre unto themselves as people anxious to shed those extra pounds seek that one perfect plan Oh sure they ve found such a plan before in fact several times before as they shed unwanted weight only to gain it back within a few months It s frustrating following a diet only to end up failing in the end losing that same twenty pounds over and over again But now Drs Scott Uloth and Joe Klemczewski put an end to yo yo dieting by giving their readers what they need most control The Diet Docs plan brings complex metabolic physiology within the grasp of the average reader A plan With over ten years of clinical success Field tested on everyone from housewives to professional athletes That s attainable and sustainable Easily implemented with no complicated formula to decrypt Combining the latest scientific information and how to apply it That encourages the reader to become their own nutritionist The last diet book anyone will need written by a family physician and a professional bodybuilder and nutritionist to the world s top bodybuilders and women s figure competitors

Diet Guide Seongkuk Yoon, 2019-05-20 If you know the right information you can lose weight If you know the principles of losing weight and how to maintain your weight you will be reborn as a slim body without yo yo The quality of life also changes as it can change the pattern of life not just lose weight For those who attempt a diet that is in vogue for a month or two and then despair by yo yo the book will be a reliable guide to the diet a must read for a diet that should be kept next to their life

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without relying on extreme diets or quick fix solutions. Instead, we focus on adopting healthy habits that can last a lifetime. In this guide, you will learn how to lose weight through a holistic approach combining proper nutrition, natural supplements, and physical activity. Rather than simply restricting calories or following fad diets, we emphasize the importance of whole, unprocessed foods that nourish your body. You will discover how to balance macronutrients, make smart food choices, and fuel your body for optimal performance. We also introduce natural supplements that can safely support your weight loss efforts, such as green tea extract, probiotics, and apple cider vinegar. These supplements work with your body's natural processes to enhance metabolism, improve digestion, and reduce inflammation, helping you achieve better results without relying on chemicals or artificial additives. In addition to nutrition, this guide provides a customized exercise plan designed to boost fat burning and build lean muscle. With a mix of cardio, strength training, and flexibility exercises, the program will help you tone your body, improve endurance, and stay motivated. Most importantly, this guide promotes a balanced, sustainable approach to weight loss. It encourages gradual changes that are easy to incorporate into your daily life, ensuring long-term success. With the right mindset, you will not only lose weight but also develop healthy habits that will last beyond the 30 days. Let's embark on this journey together and make meaningful, lasting changes that will transform your health and well-being.

[The Wellspring Weight Loss Plan](#) Daniel S. Kirschenbaum, 2011-03-01 The Wellspring Weight Loss Plan outlines the weight loss program of the same name that has helped thousands of teens lose weight and find happiness. This plan is built on three principles: science, simplicity, and sustainability, and follows the 3-1-8 plan: 3 Simple Behavioral Goals, eat as little fat as possible, walk at least 10,000 steps per day, and write down your eating and activities; 1 Challenging Mission to develop a healthy obsession; 8 Steps to Developing a Healthy Obsession: Make the Decision, Know the Enemy, Your Biology, Eat to Lose, Find Lovable Foods that Love You Back, Move to Lose, Self-Monitor, and Plan Consistently; Understand and Manage Stress With and Without Food, and Use Slump Busters to Overcome Slumps. Hundreds of news and television stories around the world have followed the development of Wellspring's programs, starting with two camps in the summer of 2004 and expanding to 12 programs in the summer of 2010. From Wellspring Camps to Wellspring Academies, the world's first boarding schools for overweight teenagers, to Wellspring Vacations and Retreats, eight-day programs for adults, Wellspring participants learn to master the 3-1-8 approach described in The Wellspring Weight Loss Plan. Find out why this program works and use it to transform the lives of teens you know.

The New York Times Practical Guide to Practically Everything Amy D. Bernstein, Peter W. Bernstein, 2006-10-17 A collection of information on aspects of daily life and a variety of popular topics such as the home, health, animals, nature, sports, and entertainment.

The Dental Hygienist's Guide to Nutritional Care - E-Book Cynthia A. Stegeman, Judi Ratliff Davis, 2014-02-03 NEW information on relevant cultural issues such as Pros and cons of popular high-protein diets, Vitamin D deficiency in the United States, Vitamin/mineral supplements, Information on bottled water, energy drinks, and sports drinks. UPDATED content addresses the newly released MyPyramid dietary guidelines. FULL COLOR design.

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