P WEIGHT LOSS

Calories Burned Per Day = 120 Calories Burned Per Week = 840 | Calories Burned Per Week = 700

Walking 30 minutes per day may not seem like much but the consistent effort really pays off and a calories per week. burns close to 1.000 calories in a week.

If a 30 minute walk in one go sounds

of sprinting at various intervals like too much, try splitting it up into a during the day or make them three shorter 10 minute walks. part of your walk.

EACH DAY

Calories Burned Per Day = 100 Adding just 5 minutes of sprinting to your day burns through an impressive 700

Simply do five 1 minute bursts



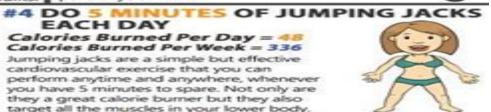
OF BURPEES: EACH DAY:

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

> Burpees are a functional, full ... body exercise that tone and a calories per week. at target all the muscles in your lower body.

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 strengthen all your muscles | you have 5 minutes to spare. Not only are and can help you burn 300+ # they a great calorie burner but they also



SPINNING CLASS EACH WEEK

Calories Burned Per Week = 700 Spinning is one of the most intensive Swimming is a brilliant exercise that burns cardiovascular classes there is and burns through an impressive 660 calories per through a substantial 700 calories in # hour and gives you a full body

spinning class per week can make a

also a relatively low impact huge difference when it comes to your g exercise and a great alternative overall weight loss success. a to the higher impact exercises on this list

#6 DO 1 HOUR OF SV EACH WEEK

Spinning is one of the most intensive Swimming is a built of the state of the most intensive Swimming is a built of the state of the st a 1 hour session. Attending just one I workout at the same time. It's



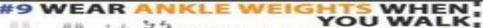
S FOR 2 EACH WEEK:

Calories Burned Per Week = 440 | Calories Burned Per Week = 476

When it comes to direct calories burned, lifting # Jogging is another excellent weights isn't a very efficient exercise. However, a exercise for working away those muscle cells burn three times more calories than a calories and losing weight. It's fat cells, so by increasing your overall muscle also a very flexible exercise that mass, you can indirectly give the amount of a can be performed outside or

JOG FOR EACH WEEK

calories your body burns each day a huge boost. inside on a treadmill.



LOSE # WEIGHT

EN #10 GET IN THE RIGHT FRAME OF MIN BEFORE YOU EXERCISE

Calories Burned Per Day = 50 After you've incorporated the previous nine physical Once you've implemented steps 1-8, an weight loss efforts is to get your mindset right before innovative way to blast through a few exercising. Doing these exercises without the proper more calories is to wear ankle weights. I motivation means you won't put maximum effort in during your daily 30 minute walk. This II and as a result, you'll burn less calories and lose less won't take up any more of your time # weight. So make sure that you're 100% motivated but the added resistance will burn off and focussed on your weight loss goals before you 300+ extra calories a week. • exercise and perform to your maximum potential.



Total Calories Burned Per Week = 4,824

which equates to ... 1.4lbs Of Fat Loss Per Week!



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Weight Loss Plan Guide Tutorial:

Dietary Guidelines and Your Diet ,1987 **Telecourse Guide for Nutrition** Resources in Education ,1991-08 Physical Education Technology Playbook Darla M. Castelli, Leah Pathways Marie Yost Maness, 1999-03-18 Fiorentino, 2008 It's widely accepted that the increasing use of technology such as TV and computers has led to a reduction in physical activity But in Physical Education Technology Playbook authors Darla Castelli and Leah Holland Fiorentino show you how to use technology to increase physical activity and enhance learning about health and fitness This book comes with detailed instructions and examples so you can easily incorporate the described technologies into your teaching From cover Bibliographies and Literature of Agriculture ,1989 Weight Success for a Lifetime Carol Simontacchi, 2005 This book helps readers learn how to eat and enjoy healthy nutrient dense foods and teaches how to develop positive lifelong nutritional and lifestyle habits Each person has a unique array of health issues and if these issues are not addressed it s impossible to find a lasting solution Carol Simontacchi has devised a comprehensive 48 week program that helps readers discover their individual health issues and deal with them through professional guidance and understanding This program will produce long term weight loss for a lifetime of health and fitness Virginia State Documents, 1998 Virginia State Publications in Print ,1990 Video Rating Guide for Libraries, 1990 The Journal of Health and Physical Education .1933 Weight-control the Basis of Health Eugene Christain, 1910 Modern Hospital ,1921 The Software 2001, 2001, Encyclopedia 2001 New West ,1976 Bibliography of Agriculture, 1991-11 Resources in Education .1991 **Health: Teacher ed** Linda Brower Meeks, 1990 Teen Health Course 3 Wright Group-McGraw Hill, 2002-04 Nutrition Component of the Food Service System Ellen P. Barbrow, 1994

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