

FitnessTalks!

Fitness...for the mind and body.

So, You Want To Lose Some Weight?

By David Martin

So, you want to lose weight. Each day on TV new products, potions, and pills emerged with celebrities endorsing the "fastest, easiest, and greatest" solution to weight loss. Even the checkout line at the grocery store bombards you with at least six magazines headlines claiming "lose weight in two weeks, get beach ready in one month etc." If these products and potions actually did what they claim, how come each month, year after year, they state the same message? One answer is money; there is big money in the fitness products and supplements industry. A commercial would have a tough time selling you about results that may be achieved in 6-8 weeks, with daily activity, and eating small balanced meals 5-6 times a day. Bottom line is hard consistent work towards improved health and fitness levels. However, many people are always looking for the easy solution. To many scientifically proven studies about long term weight management/loss drew the same conclusion; fitness needs to be a daily, lifetime activity for positive results.

Here is the real deal on weight/fat loss and improved fitness: time, consistency, and commitment, and yes, hard work. The latest research from the Center for Disease Control states gains are similar when physical activity occurs in several short sessions as with one long session. Get out and move daily for at least 30 minutes 5 times a week 4-6 times per week to improve your fitness level and health. Well, many folks cannot find 1 hour to perform this activity. A solution; break your activity into small segments throughout the day. Each morning before the coffee and breakfast, go for a brisk 15 minute walk to ponder and plan the upcoming day. This early morning walk will jump start your metabolism. Try a mid-day lunch walk and perhaps a 15-20 minute brisk walk with the family after dinner instead of television. Each time you take a break from your daily work schedule to walk or another fitness activity, you get a chance to recharge - mentally and physically.

Another great benefit of regular exercise is that improves your mind. United Press International stated in January 2005 that regular exercise (30 minutes - 5 times a week) is just as effective as antidepressant drugs and cognitive therapy in reducing adult depression.

Want to burn fat while sleeping and watching TV? Well you need to strength train at least twice per week. The leaner your body, more calories are burned at rest! By exercising vigorously, both cardiovascular and strength training, your metabolism is still elevated after the activity for hours. An easy walk or bike ride for an hour is great, but the metabolic activity slows soon after the activity is completed. Each time you do these activities try to do more the next time and challenge the body. When the body is challenged, whether it is 10 more minutes on the cardio, or a few more reps, the body has to use more energy (burning calories) to get the job done.

The body needs to burn 3500 calories to lose one pound. The more intense the activity, the more calories are burned.

So, if you want to lose excess fat, inches, and weight, improve muscle tone, here is what you need to do:

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1. Strength train at least two times per week exercising all the major muscle groups (legs, shoulder, back, chest, and torso). Start with one set for about 15-20 repetitions using slow, controlled form)
2. Perform a cardiovascular activity 4-6 times a week for minimum of 30 minutes. Starts slow, then when you reach a comfort level, increase the intensity.
3. Allow your self time to make slow steady gains. Each week you should notice slight differences in energy levels, positive attitude, and more comfortable fitting clothing.