

# Instant Weight Loss Strategies That Anyone Can Use

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{bot\_wrgoogle}Fat is burned from the body when cells oxidize to release energy in the form of exercise or movement. When the exercise is done slowly to moderately then the majority of energy is taken from the fat stores.

The loss of fat comes from fat cells all over the body, not from one or more specific area's so spot reduction of a certain area is not possible. The main priority of this article is to show you the quickest and safest way to lose fat from the body.

The key to effective aerobic training that burns off the maximum amount of fat is long-term consistency not intensity. It doesn't matter if you run a mile, jog a mile or walk a mile you will burn exactly the same amount of calories.

The best exercise by far for the purpose of fat-loss is fast walking either indoors on the treadmill or outdoors. What many don't know is that walking produces a greater percentage of fat loss as opposed to jogging or running.

Other aerobic activities are the treadmill, bike, climber or any other training gear found in or out of the gym.

Walk or exercise until you are mildly puffing and hold that rate until the allotted time. If your aerobic activities leave you panting or breathless, your going too hard, your energy is coming from your carbohydrate reserves and not from your fat stores.

Try fast walking for one hour a day every day of the week if you are able.

Here are some of the benefits of Fast Walking.

\* Easy to Perform

\* Most Conventional

- \* All Natural Body Movement
- \* Doesn't Cause Injuries
- \* Can Be Done Anywhere
- \* The Best Minimal Effort Exercise for Fat Loss

Research shows that regular, brisk walking is one of the best exercises we can do for overall fitness. It suits people of all ages and fitness levels, it's easy to get started and there's no complicated technique to learn or equipment to buy.

Walking is an excellent way to get fit because it uses nearly all the muscles and, as you have to carry your body weight, you can get a good workout from it.

It's also safer on the joints and the back than most other forms of exercise because you're not jumping up and down, so the impact is low.

Studies have shown that taking a daily 20-minute walk can reduce the risk of heart attack as much as 50%, it also reduces high blood pressure and helps to burn fat to keep weight under control.

Walking and other weight bearing exercises (Strength training) helps to increase bone mass, which protects against osteoporosis and bone fractures.

In the first two weeks, go for a 20-minute walk every other day and then increase this to 40 minutes. At first try to do five 20-minute walks per week totaling 100 minutes a week. Once you get used to the regular exercise, increase this to 40 minutes for five times a week.

You can then gradually increase this as you see fit, if you want to walk every day for 40 minutes or even an hour so be it. Remember the more you walk the more fat that will be burned off.

The best pace for fitness training will make you slightly breathless, but you should still be comfortable and be able to carry on a conversation.

As you get fitter, you'll want to stretch a little harder to keep your heart rate up. Try lengthening your strides, increasing your pace. Keep your shoulders back, your chest lifted and your tummy pulled in when you walk, hold your head up for open, easy breathing.

Practical Tips...

\* If your feeling stressed, try counting your steps repeatedly from one to ten as you walk, this helps some people achieve a meditative effect and can be a great tension reliever when practiced over a full 40 minutes.

\* Time yourself, measure the distance or increase the gradient to make the workout more challenging. Drink plenty of fluids during and after your walk.

\* Make safety your first consideration. Don't walk after dark except in well-lit, busy places. Start the walk slowly, and then gradually increase the pace.

So, go ahead in all other activities try to move, move, move. Try parking the car further away from your destination so you can walk the extra distance, hide all your remote controls so you have to get up and change the channels manually.

These all help burn those extra calories and body fat from your frame.

Gary Matthews is the author of the popular fitness eBooks Maximum Weight Loss and Maximum Weight Gain. Please visit <http://www.maximumfitness.com> right now for your 'free' weight loss e-course.