

THE 8 BEST EXERCISES FOR WEIGHT LOSS

Exercise not only helps you lose weight, but has been linked to many other benefits, including improved mood, stronger bones and a reduced risk of many chronic diseases.

1. **Walking** is one of the best exercises for weight loss and it's a good exercise for beginners, as it can be done anywhere, doesn't require equipment, and puts minimal stress on your joints.
2. **Jogging or running** are great exercises for weight loss that are easy to incorporate into your weekly routine. They can also help burn belly fat, which is linked to various chronic diseases like heart disease and diabetes.
3. **Cycling** is a popular exercise that improves fitness and can help with weight loss. It's suitable for people of all fitness levels and can be done outdoors on a bicycle or in the gym on a stationary bike. It has been linked to various health benefits, including increased insulin sensitivity and a reduced risk of certain chronic diseases.
4. **Weight training** can help you lose weight by burning calories during and after your workout. It may also help you build muscle mass, which raises your resting metabolic rate – the number of calories your body burns at rest.
5. **Interval training**, more commonly known as high-intensity interval training (HIIT), is an effective weight loss strategy that can be applied to many types of exercises, including running, jumping, biking, and more. HIIT is particularly effective at burning belly fat, which is associated with many chronic diseases.
6. **Swimming** is a great low-impact exercise for people who want to lose weight. Moreover, it may help improve your flexibility and reduce risk factors for various diseases.
7. **Yoga** is a great weight loss option that can be done nearly anywhere. It not only burns a fair amount of calories but also teaches you mindfulness to help you resist food cravings.
8. **Pilates** is a beginner-friendly exercise that can help you lose weight while improving other areas of your physical fitness, such as strength, balance, flexibility, and endurance. To further boost weight loss with Pilates, combine it with a healthy diet or other forms of exercise, such as weight training or cardio.

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