

The Basics of Weight Loss and What Burns Fat Effectively

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People want to lose weight for many reasons. They want to be sexier, more sporty looking or healthier. Whatever reason you may have, it all boils down to the fact that you need to exert effort in order to achieve your goal. Aside from proper diet, you might wonder **what burns fat** effectively. There are so many exercise strategies that will help you get rid of your love handles, eliminate cellulite, flatten your belly and give shape to your butt. In order to be effective in your weight loss regime, you need to know the basics of weight loss.

- **Always think of ways to be physically active.** In order to lose weight, you have to be constantly active. Physical activity combined with proper diet is the best strategy to effectively shed off unwanted weight. Get involved in sport, sweat those fats off with dancing or go to the gym.
- **Go for strength training.** When you develop muscle, you are revving up your metabolism. This is because calories are burned in order to support your muscle. You can do weight training twice a week for about 30 minutes. Keep this regular. You will definitely be surprised with the results.
- **Perform cardio exercises.** A good exercise program for weight loss should promote variety. If you are doing strength training today, you can do cardio exercises the next day. Running among others is a great cardio exercise. Vary the intensity by running fast one moment and then going slow next.
- **Balance your diet.** A proper weight loss diet shouldn't focus on a single food group. Instead, incorporate variety every chance you get. Your body should be properly balance. Though you need to lie low on certain foods, it doesn't mean eliminating it from your diet. Remember, your body needs a healthy amount of fat, carbohydrates and protein. The point here is keeping everything in balance.
- **Start your day with exercise before taking breakfast.** You take your dog for a walk or jog around your block. Doing an exercise after an 8-hour fast will make your body burn fats effectively.

In order to lose weight, you have to understand that this will also involve a change in your lifestyle. A great weight loss regimen isn't simply about eating right and maintaining a regular exercise. It also requires for you to observe healthy living in order to achieve a long-term result.

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