

## **WHAT IS BEST EXERCISE TO LOSE WEIGHT**



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The best exercise to lose weight is: "the exercise you'll do," says Timothy Church, MD, MPH, PhD, a professor at Pennington Biomedical Research Center in Baton Rouge, La.

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### **The 10 Best Exercises for Weight Loss Torch Some Serious**

Squats are one of the best exercises for weight loss. When you do them correctly, you engage your core and entire lower body. Start with feet hip-width apart, arms either at your sides or holding weights. Keeping your weight in your heels, begin lowering your legs and raising your arms in front of you.

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Generally speaking, I believe the best exercises to lose weight are high intensity leg exercises, because your legs comprise the largest volume of muscle in your body and can create powerful hormonal changes. They also satisfy all the points I just listed.

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Don't get me wrong if you're trying to lose weight, a solid exercise regimen should be part of your plan. It just can't be the only part.

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### **Best Weight Loss Exercises Top 10 Exercises to Lose Weight**

For maximum calorie burning and weight loss running is the probably the best option. Whether you are running outside or on a treadmill, it simply is the best exercise because you are burning calories, as well as strengthening your legs and heart.

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### **What s the Best Diet or Exercise to Lose Weight Fast Time**

Eat less, move more, and you may lose weight though probably not for long. If you're hoping to lose weight, the key is diet, not exercise. Here's what you need to know about calories and the

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