

## [WAYS TO EXERCISE TO LOSE WEIGHT](#)



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11 Proven Ways to Lose Weight Without Diet or Exercise Written by Hrefna Palsdottir, MS on August 23, 2018  
Sticking to a conventional diet and exercise plan can be difficult.

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Cardio. The American College of Sports Medicine reports that you can elevate your metabolism for up to 24 hours post-exercise by adding just one little twist to your exercise routine: intervals. All you have to do is inject brief periods of intense effort into your regular walks (or runs, swims, bicycling, elliptical sessions, etc).

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To lose weight, you need to create a specific calorie deficit. For example, you might want to reach a 500-calorie deficit each day to lose one pound per week. Or you might set a goal to reach a 1000-calorie daily deficit to lose 2 pounds per week .

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