

DIET AND EXERCISE PLAN FOR WEIGHT LOSS



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You may not like those words diet and exercise. But don't get hung up on them. Diet just means eating healthy, lower calorie meals. Exercise means being more physically active. Although people appropriately focus on diet when they're trying to lose weight, being active also is an essential component of a weight-loss program.

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WEIGHT LOSS WORKOUT PLAN: CARDIO. This weight loss workout plan consists of both cardiovascular exercise and resistance training. The name of the game is to blitz fat, which means to burn as many calories as you can. Cardiovascular exercise burns a lot of calories, as such this weight loss workout plan is centred around cardio.

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A Diet and Exercise Plan to Lose Weight and Gain Muscle Gretchen Reynolds on the science of fitness. If there is a holy grail of weight loss, it would be a program that allows someone to shed fat rapidly while hanging on to or even augmenting muscle. Ideally, it would also be easy. A new study describes a workout and diet regimen

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Exercise and Weight Loss Importance Benefits Examples

Combining exercise with a healthy diet is a more effective way to lose weight than depending on calorie restriction alone. Exercise can prevent or even reverse the effects of certain diseases.

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Diet-only weight loss programs produce both fat loss, which is good, as well as muscle loss, which is bad because it lowers the metabolic rate and almost always leads to full weight regain, which is bad, explains Wayne Westcott, professor of exercise science at Quincy College in Quincy, Mass.

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