

[WALKING ON A TREADMILL TO LOSE WEIGHT](#)



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View All. Treadmill walking is a great way to burn extra calories each day to help you lose weight. Aim to burn 300 extra calories per day with cardio exercise such as brisk walking. This is about 60 minutes per day of moderately-intense exercise, in addition to controlling the number of calories you are eating.

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Can Doing 30 Minutes on the Treadmill Help You Lose Weight

Stepping It Up. Walking briskly on the treadmill for 30 minutes, at a speed of 4.5 mph, a 125-pound person will burn around 150 calories. For a 185-pound person this works out to about 222 calories. While this is an improvement over walking at a leisurely pace, it's still not a major fat burner.

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Treadmill Walking for Weight Loss Livestrong com

A Word About Calories. Burn off additional calories by walking on the treadmill and you can boost your progress significantly. In fact, you can double your progress to lose the 2 pounds a week that the National Institutes of Health deems the fastest you can lose weight safely. That, however, means you'll need to do a good deal of walking.

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Tips to Lose Weight Walking On A Treadmill 3G Cardio

Treadmill possibilities. A treadmill offers lots of great options to help you lose weight. I really enjoy doing interval training on a treadmill. To maximize an interval workout, warm up for five minutes by walking at a moderate pace. Next, keep the same brisk pace and increase the incline for one minute, or increase the speed for one minute.

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What Is the Length of Time You Will Need to Walk on the

One way to lose weight more quickly on the treadmill is by increasing your walking speed. The higher the speed, the more calories you burn per minute. If you weigh 155 pounds and bump your speed from 3.5 mph to 4 mph, you'll burn 167 calories in 30 minutes, a 12 percent increase from the lower speed.

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How Much Weight Can You Lose by Walking on the Treadmill

Weight Loss. Walking on the treadmill every day helps you lose weight because it increases the number of calories that you burn. You lose weight when you burn more calories than you consume, because your body has to break down the fat you have stored on your body for fuel. You lose one pound of fat for every 3,500 more calories you burn than you consume.

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Understanding Weight Loss How to Lose 20 Pounds by

If you plan to lose 20 pounds by walking alone, try to burn at least 250 extra calories during your walk per day. For example, if you weigh 160 pounds you'd have to walk at least 40 minutes per day at a pace of 4 miles per hour to lose pound per week. If you're unsure of your pace, try walking on a treadmill to give you a better idea.

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Treadmill Interval Workouts Treadmill Workouts to Lose

Treadmill Interval Workouts: Treadmill Workouts to Lose Weight Faster. This burns about 320 calories (exact figures will depend on your weight, fitness level, muscle content, ect) and stokes up your metabolism. Do this workout 3-4 days of the week for your cardio fix; you can also easily couple this routine with a strength training component.

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