**Keyword: How to lose weight in 30 days**

**Create Title, Description, and Slug.**

**Seo-Title: How Technology Burn Your Calories With Right Weight Managment**

**Discription:** , 10 Things You Learned in Kinder garden That'll Help You With lose weight You’ll still need to watch what you eat. but if you want to lose weight quickly, Keeping a daily food journal helps monitor your caloric intake, as well as planning your meals and snacks in advance.

**Slug: Weight-Lose-Strategy-30-Days**

**Content:**

Losing weight is all about creating a caloric deficit. You must consistently burn more calories than you eat and drink, which can be difficult if you have a hearty appetite. However, you don’t have to work out for three hours a day or limit yourself to eating only lettuce. A healthy and effective weight-loss strategy involves regular physical activity and a balanced meal plan that you enjoy eating.

**Diet Versus Exercise**

Before you begin a weight-loss plan that doesn’t involve eating modifications, you should know that it can be an uphill climb. Both Dr. Timothy Church of the Pennington Biomedical Research Center and Dr. Donald Hensrud of MayoClinic.com write that it's much easier to lose fat by cutting calories than by exercising. The results of a study from researchers at Fred Hutchinson Cancer Research Center back up that assertion. In a 2011 review of the study published in the journal "Obesity," overweight and obese women who exercised without modifying their diets lost 2.4 percent of their starting body weights, but women who dieted without exercising lost 8.5 percent of their starting body weights. Those who both dieted and exercised experienced the greatest success, losing 10.8 percent of their starting body fat.

**Workout Plan**

To lose a pound per week, you need to burn 500 calories more every day than what your body typically uses. High-intensity, vigorous aerobic exercises tend to burn the most calories, so if your doctor gives you approval for performing those, make them the cornerstone of your plan. According to Mayoclinic.com, a 160-pound person can burn more than 500 calories in an hour by running, doing high-impact aerobics, working out on a stair treadmill or playing basketball, football or tennis (see Ref 3). If you calories more than 160 pounds, you’ll burn a greater number of calories.

**Your "Diet"**

To lose fat with exercise alone, you’ll still need to watch what you eat. Doing a session of intense physical activity on a regular basis can increase your appetite, but if you want to lose weight quickly, it’s important not to increase the number of calories you eat. Keeping a daily food journal helps monitor your caloric intake, as well as planning your meals and snacks in advance. To keep the weight you lose off in the long term, you should eat nutritious foods you enjoy and never try to starve yourself. However, you can stick to a “regular” diet and still cut calories by making small switches, such as drinking nonfat milk instead of whole milk and eating berries and yogurt for dessert instead of cheesecake. Changes like those will accelerate your weight loss without dramatically impacting your appetite.

**Considerations**

Dropping weight quickly with the help of intense exercise can work, but it’s often unsustainable in the long term. As HelpGuide.org points out, people who lose weight too rapidly may feel sick or sluggish, and they’ll drop mostly muscle and water weight rather than fat. Ask for your doctor’s advice in forming a weight-loss plan that will work for you, and remember that there are health benefits to exercising regularly, even if your weight-loss progress doesn’t happen as quickly as you’d like.