

# MOVE IT! "MONDAY"

## Exercise Tips For Weight Loss!



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### 1. Boost Non-Exercise Activity

Stay busy with [NEAT, or non-exercise activity thermogenesis](#). So what's NEAT? It's all the physical activity you do throughout the day that isn't vigorous enough to count as exercise. You can walk the dog, take the stairs to your office, carry groceries home from the store, or take a short walk during your coffee break to burn calories with NEAT. One easy way to measure your NEAT is to [count your daily steps with a pedometer or activity monitor](#). Start by trying to reach 10,000 steps per day. Then increase your goal to 15,000 or even 20,000 as you become more fit.

### 2. Postpone Hard Workouts

Easy exercise provides several important weight loss benefits. First, it helps to boost your confidence - especially if you are new to exercise or if you're starting a program after taking time off. An easy program will also prepare your muscles for more vigorous exercise, help to prevent injury and will enable you to build a workout habit that you'll stick to for life.

### 3. Only One Workout Trend Matters

So what's the best workout for weight loss? It's the one that you do consistently. So you can skip the high-priced, trendy workout fads and do whatever workouts are most convenient for you, as long as you do them on a regular basis.

### 4. Vary Workouts For Best Results

Smart exercisers don't do the same workout day after day. They complete workouts that use different body parts on different days. These exercises [include aerobic exercise, strength training, and flexibility training workouts in their schedule](#) to keep their bodies active. They also try different styles of workouts to keep their muscles moving.

### 5. Muscles Boost Metabolism

So what's so great about muscle? It weighs more, but it also burns more calories all day long. So you boost your metabolism when you build muscle. And lean muscles shape a tighter body.

### 6. Exercise Improves Long Term Health

Experts recommend that you get at least 250 minutes per week to keep the weight off for good. Does that sound intimidating? It won't be if you set up your program properly and slowly increase your weekly exercise minutes.

**Remember, exercise is important for weight loss, but it's also important for [longevity and healthy aging](#). If you stay active as you age, you'll stay lean and healthy, too. So invest both time and energy into creating a healthy workout habit that you can stick to for life.**