

Increase The Calories You Burn During Your Walking Workout

When you are walking for weight loss, you want to burn as many calories as possible. Of course you could walk longer each day, but since time is our most precious commodity, we often need to get things done in the shortest amount of time possible. Here are some ideas on how you can increase the amount of calories you burn during your walking workout. One of the simplest ways to burn more calories is to walk faster. If you are just strolling along during your walks, pick up the pace a bit and even swing your arms along with your faster walking moves. You'll notice your heart rate going up and your breathing getting faster. See how long you can stick with this faster pace before slowing back down to your stroll. Over the next few days, try to increase the time you walk faster. Challenge yourself to make it up to a certain point in your walk without slowing down. Eventually most of your walk should be at this faster pace. You may also want to listen to some upbeat music while you walk. It will almost automatically make you walk faster. After you get used to the faster walking speed, and it becomes easier to keep up with this new pace, speed it up even more and even consider jogging for part of your walk. Running and jogging will burn even more calories for any given time period. Other than walking faster, you can also burn more calories by adding weight. Now, I'm not suggesting you pack on a few more pounds by eating that cheesecake that's sitting in the fridge. Instead, use some walking weights that attach to your wrists and ankles, or use my favorite weights – water bottles. Just fill two water bottles that are about the same size with cool water and carry them with you on your walk. You can use the water bottles to tone your upper body and arms while you walk. As you get further along in your walking workout, be sure to drink some of the water in your water bottles. It will keep you well hydrated, and give you less weight to carry in the bottles as you start to get tired.

About the Author

Senior Citizen News on Nutrition and Supplements. An expert on nutrition for senior citizens has found that older adults who eat whole grains.

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