

Fat Burning Exercises

Fat burning exercises are the slow, aerobic, long duration types of exercise that involve most of the major muscle groups. Your body will burn a higher percentage of calories from fat with lower intensity cardio exercises. Fat burning exercises include walking, jogging, running, elliptical exercise trainer workouts, cycling and swimming. The key factor to keep in mind is the more muscle groups you use, the more fat you'll burn. Different type of exercises will burn more sugar rather than burning fat. Sugar burning exercises involve brief spurts of movement followed by rest which results in more sugar that is used for fuel instead of fat. Sugar burning exercises include sprinting, tennis, racquetball, basketball, and golf. While these are great sports that benefit your overall fitness condition, they are different type of exercises that will not burn as much fat like fat burning exercises will. To burn fat effectively, exercise at a moderate pace for a longer period of time. The residual effect of this type of aerobic exercise gives you the most benefits. These aerobic fat burning exercises increase your metabolism which means you'll burn calories long after you exercise. People who exercise on a regular basis develop more fat burning enzymes than people who don't exercise at all. By doing just twenty minutes of fat burning exercises you get those fat burning enzymes working. So if you are just starting out, exercise for at least twenty minutes and work up from there as your fitness level improves. Try to set 3 days a week as your goal to workout and work up to 5 days as you become more fit. Home treadmills and elliptical exercise trainers are perfect for fat burning exercises. These fitness machines will give you the slow, aerobic, long duration types of exercise that work best to burn fat. They are the most popular pieces for home gyms because they allow you to stay fit in any weather condition. They are easy to use and cost efficient because quality fitness equipment will last for many years. If you want to reduce body fat, eating properly will always help. But by combining it with fat burning exercises, it will give you the excellent results you are looking for. Copyright © 2005 Treadmill Info.com All Rights Reserved.

About the Author

Sitting at the computer all day is not exactly good for the body. If you have to be at a desk all day long, doing some simple things.

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