

Fitness Habits and Losing Weight

These days just about everyone you meet is looking to lose a few pounds. In fact, obesity is the number one health problem facing the developed world today. Fitness habits and losing weight go hand in hand in resolving this issue. Some may think that the answer is pretty straightforward. The basic theory is that in order to lose weight a person must take in fewer calories than are burned for the same 24 hour period. However, calorie reduction which happens too quickly will cause the body to think it is starving and thus it begins to store fat so that it can be used later by the body as a food supply. That means that in order to be successful in reducing calories it will need to be done slowly while increasing the level of fitness. Physical activity is an important part of the formula to lose weight. There are simple things that a person can do to increase their fitness level. Too often it's assumed a gym membership is a requirement and although that might be nice, for some people not being able to afford a gym membership is not a valid excuse for not getting fit. Walking is not only cheap it is the best activity for both burning calories and keeping your heart healthy which is also very important. When a person is extremely out of shape, first consult with your doctor and once the go ahead is given, start slow for example go for a walk around the block. Increase the speed of the walk or the duration of the walk as fitness improves and then incorporate some hills. If jogging is preferred it can also be incorporated into the workout. Another option is to purchase fitness equipment for the home. This equipment can include rowing machines, treadmills, stationary bikes, and ski machines. A treadmill takes up space but overall it is a great choice but they aren't cheap. Stay away from bells and whistles and finding an affordable treadmill will not be a problem. Stationary bikes have been around for a long time and they are also a good choice. They take up very little room, are low impact, and a great place to start getting into shape. Rowing machines will give a total body work out and they have minimal impact on the joints which is beneficial for anyone with joint problems. However it can take a little bit of practice getting used to. Ski machines are also a good choice for a full body workout however they do take up a fair bit of space. If space is no problem, they are an excellent choice but do start slow as injuries can occur. Now that exercise equipment options have been covered, food now needs to be addressed. Start by doing a calorie calculation to determine the current calorie intake then reduce this by 250 to 500 calories a day. Do not reduce calorie intake by more than 500 calories or the body will go into starvation mode. To lose weight a man should be taking in on average no more than 2000 calories and a woman on average no more than 1500 calories. Of course if the daily activity level is really high then calorie intake will need to increase as well. Fitness habits and losing weight go hand in hand because you cannot have one without the other. Combining calorie reduction with increased physical activity is the start to successful weight loss.

About the Author

The London Fitness Network gives you the freedom to use gyms, classes, swimming pools and saunas at over 70 centres.

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