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Walking for Fat Loss???

By Jesse Cannone

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by: **Jesse Cannone**

With obesity and disease increasing dramatically, many fitness experts are recommending walking for weight loss and fitness. Some are even going so far as saying that walking is the best way to burn fat and lose weight. I strongly disagree with this and am going to show you why walking is NOT effective at burning off body fat.

Yes, you read that correctly...

Walking is NOT effective at burning body fat and if your goal is fat loss you might be wasting your time. I am not saying that walking is not beneficial, I am saying that if fat loss is the primary goal, there are far better choices that will deliver far better results.

The primary benefits of walking are increased blood flow and circulation, improved recovery, and a strengthened immune system. There are several reasons why walking is not the best choice when it comes to fat loss. Here are just a few:

Walking does NOT burn a lot of calories

The lower the intensity of the activity or exercise the smaller the number of calories burned per unit of time. For example, you can burn more calories in 15 minutes of bicycling at a high intensity level than you can in 45 minutes of easy walking.

Walking does NOT result in a large increase in metabolism

Another downside to walking is that because it's generally low intensity it results in only a small increase in metabolism that will only last approximately 1–2 hours after the walk. On the other hand, metabolism increases are larger and last longer (4–24 hrs or more) when you perform high intensity cardio workouts.

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Walking does NOT deplete muscle glycogen

Low intensity exercise like walking does not deplete muscle glycogen levels and therefore, later that day if you have excess calories they will likely be stored as body fat whereas if you deplete the glycogen the excess calories will primarily be stored in the muscles.

So why then do so many fitness and health experts recommend walking for weight loss? One reason is that people don't want to hear that they have to work hard so they figure some activity is better than none. Another reason is that the body burns more fat for fuel when exercising at an easy pace, however, the total amount of energy used is so small that you end up burning off little body fat. That's also why when you choose the "fat burning" program on your treadmill or bike it has you exercise at any easy level. Yes, you're burning fat, but so little that you'd have to exercise at that easy pace for hours and hours each day.

High intensity cardiovascular/aerobic exercise is much more effective in burning off the excess body fat. In fact, several studies have been done to prove this. In one study they compared one group who did moderate level aerobics for 45 minutes with another group who performed high intensity workouts for 15 minutes. They did before and after fitness testing including body fat analysis and found that the group who performed the high intensity aerobics lost nine times as much body fat!

Want more proof?

Compare the bodies of a walker, marathon runner, and sprinter. If you are not familiar with what a sprinter's body looks like, it is very muscular and has little body fat while on the other hand the body of a walker will likely have the opposite, little muscle and more fat. The sprinter does little or no low intensity exercise and does primarily short hard bursts of work while the marathoner overtrains so much they burn off both the body fat and the muscle and that's why they tend to look almost sickly thin.

So what should you do then if your main objective is to shed those excess pounds of body fat?

Two things: Perform some form of high intensity cardio 2–4 times per week Stabilize blood sugar to minimize the storage of new fat

I know some of you by now are saying "I can't do high intensity exercise, I have a bad knee" and don't worry, I have a solution for you. The good news is that high intensity is all relative to you and your current fitness level. For example, fast walking up and down hills may be high intensity for you... it all depends. So don't think that you have to start running or something like that. Just slowly start to increase the intensity of your cardio workouts while also maybe decreasing the time because you can either work hard or you can work long.

Also, you can make almost any activity or exercise high intensity.... here are a few examples: increase your speed use an incline or hills increase resistance perform intervals (the most effective method)

Obviously, some exercises/activities are better suited than others but the point is if you want to burn

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more fat and make your workouts as productive as possible you need to increase the intensity.

To learn more about high intensity cardiovascular exercise please check out the following articles:
Forget the Fat Burn Zone –

In Search of the Ideal Aerobics

Routine –

Heart Rate Guidelines –

Be sure to also check out my Burn Fat FAST! ebook and audio program here:

– it covers everything from cardiovascular training to strength training to nutrition and more.

As with any changes to your fitness program be careful and don't over do it. Just because high intensity workouts burn more fat, don't think that you'll get even better results by doing it everyday – that will quickly lead to over-training and a loss of muscle which will only make it even harder to burn off the fat.

So if your primary goal is fat loss, don't waste your time walking and instead focus on progressive, high intensity cardio to maximize the effectiveness of your workouts.

Jesse Cannone is a certified personal trainer and author of the best-selling fitness ebook, Burn Fat FAST. Be sure to sign up for his free email course as it is full of powerful weight loss and fitness tips that are guaranteed to help you get the results you want.

Fat Loss Supplement

By Rolf Rasmusson

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Fat Loss Supplement - what is it?

What is a fat loss supplement? The term "fat loss supplement" is familiar to almost everyone nowadays. It is a dietary supplement that is designed to help people who use it to achieve a considerable loss of weight. Currently many high protein and low carbohydrate diets in the US market are promising quick and easy weight loss. Examples of fat loss supplement products include but are not limited to Solidax ADX, Phentermine, Kava - Herbal, Xenical, Fat Absorber TDSL, Bontril, Meridia, and many more.

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Fat Loss Supplement - which to use?

There is a huge variety of fat loss supplement products available in the market nowadays. Because there is no scientific proof of the effectiveness of most of the fat loss supplement products, there is no suitable way to help the patients compare the different fat loss products available on the market. The best thing to do is to consult with your doctor or other health professionals. Also look very carefully at the labels.

Fat Loss Supplement - exercising.

When someone is using some type of fat loss supplement product, it is important that you also follow some type of exercising program. Exercising is a key for most of the weight loss programs. But unfortunately, according to many health researchers, the dramatic benefit of exercise is not fully understood by more than half of the patients previously involved in a weight loss program.

Fat Loss Supplement - diet.

Diet is also very important to follow when you are using some type of fat loss supplement product. With many weight loss programs the greatest benefit is achieved when diet is combined with the use of fat loss supplement. Consult with your doctor for the best possible combination of diet and supplements.

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