

[HOW MUCH EXERCISE DO I NEED TO LOSE WEIGHT](#)



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How Much Do I Need to Exercise for Weight Loss? Do the math: You need to burn 3,500 calories to lose a pound. So if you're burning 300 calories in one workout, it will take you nearly 12 workouts to lose one pound. If you cut your calorie intake by 300 calories in addition to burning 300, it will take you half as long to lose a pound.

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Now we get to the nitty-gritty, the amount of exercise you need to lose weight. You can see that it takes quite a bit of exercise just to prevent weight gain, and it takes, even more, to actually lose weight.

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Work out how much weight you need to lose NHS

The BMI calculator will tell you if you're in the healthy weight range and, if necessary, how much you need to lose to achieve a healthy weight. Ideally, you should aim for a target weight that gives you a BMI in the healthy weight category for your height (18.5 to 24.9).

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How Much Exercise Do You REALLY Need to Lose Weight

If you're trying to lose weight, you probably need more than the general recommended amount of exercise -- but how much more?

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How Often Should You Exercise per Week to Lose Weight

How often should you exercise to lose weight? Another factor concerns the type of workouts you do. you need to incorporate the following

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How Long Should I Exercise Per Day to Lose 10 Pounds

How Long Should I Exercise Per Day to Lose 10 Too much weight loss can create a time you will need to exercise each day in order to lose weight.

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How much exercise do you REALLY need to do to lose weight

A study, this week, revealed a brisk 30-minute walk is a more effective way to lose weight than running or going to the gym. Here, five personal trainers

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