

## [HOW MUCH EXERCISE FOR WEIGHT LOSS](#)



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The best exercise to lose weight is: "the exercise you'll do," says Timothy Church, MD, MPH, PhD, a professor at Pennington Biomedical Research Center in Baton Rouge, La.

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### **How Much Exercise to Lose Weight Per Day and Week**

For example, if you do one 60-75 minute workout on the weekend and four 35-40 minute during the week, you can skip a few days of exercise and still meet the guidelines for weight loss exercise. If you have to skip several days during the week, you can still exercise to lose weight, but each session will have to be longer to meet your goal.

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### **How much Exercise for Weight loss**

So based on this figure, the answer to how much exercise is easy: that amount of exercise which burns an extra 2,500 kilojoules (kJ) per day, or 16,000kJ per week.

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### **How much exercise should you do to lose weight and**

Physical activity or exercise helps increase the number of calories used by the body to get energy. By burning calories through physical activity, along with reducing the number of calories we eat, it creates a "calorie deficit" that leads to weight loss.

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Exercise has very minimal impact on overall weight loss, but has been shown to be excellent at maintaining weight loss once achieved. The current recommendation is to exercise 30 minutes per day at least five to seven days per week. The important factor, remember, is that exercise can be additive. Meaning if you exercise only 10 minutes three times a day, it's the same as doing it all at once.

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### **How Much Should You Exercise to Lose Weight POPSUGAR**

Lose weight: Creating a calorie deficit that results in weight loss is hard work. Most recommendations say that to lose weight, you must exercise for at least an hour a day, five times a week

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