

[HOW TO WORKOUT TO LOSE WEIGHT](#)



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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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There are easy exercises to lose weight that you can do at home or on the go. In fact, sometimes easy workouts work better. In fact, sometimes easy workouts work better. So before you try CrossFit, join a hardcore boot camp class, or sign up for heavy duty HIIT program, find out how fast weight loss exercises can speed up weight loss and then incorporate one of these workout routines into your schedule.

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How Long Should I Work Out to Lose Weight Verywell Fit

The best method to determine how long to work out shouldn't be based on trends. Of course, you can (and should!) still include short workouts in your fitness schedule.

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