

[WHAT EXERCISE TO DO TO LOSE WEIGHT](#)



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If someone told you right now what the absolute best exercise to lose weight was, would you do it? You might when you read this. Drum roll, please! 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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So dust off those workout clothes and pick one of these nine best exercises for weight loss to get started today on your path to a slimmer, healthier you. 1. Walking. Walking is an ideal exercise for weight loss: It doesn't require any equipment, other than a decent pair of walking shoes, and you don't need a gym membership to do it.

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When it comes to making sure your body never gets too comfy with your workout, you've got to cozy up to the FIIT principle. It stands for frequency, intensity, time, and type the four factors that determine the exact stress you put on your body during a given workout, says Donavanik.

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Enter your details, and then pick the number from either the "Lose Weight" or the "Lose Weight Fast" section depending on how fast you want to lose weight. There are many great tools you can use to track the number of calories you are eating. Here is a list of 5 calorie counters that are free and easy to use.

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