

Cardio Is Kind Of A Big Deal

If you're trying to lose weight, you know the deal. You have to exercise and watch your diet. Specifically, you have to do both cardio and strength training to get the most out of your workout time.

Figuring out how much cardio you need, how hard you should work, and the best cardio exercises for your goals and fitness level can be confusing.

The good news is that you have a wide range of options from which to choose, and you can vary both the type and intensity of your workouts on a daily basis. In fact, you get better results from mixing up your workouts. Doing a variety of exercises prevents your body from adapting to a specific routine, which gradually lowers the rate at which you burn calories. Switching things up also keeps you from getting bored and losing motivation.

If you're a beginner, take your time, find activities you enjoy and slowly build your endurance with workouts

How Cardio Helps You Lose Weight

Weight loss occurs when you create a calorie deficit, burning more calories than you eat. While some people prefer to slash calories strictly through dieting, the most efficient and healthiest way is to combine cardio, strength training and a healthy low-calories diet.

Cardio is a key component because:

You burn more calories at one time

You can easily increase intensity to boost your calorie burn

It adds to your overall calorie deficit

You can do cardio more frequently than strength training

The best activity is the one you'll do on a regular basis. Finding something you like is critical to achieving your weight lose goals. You shouldn't do anything that makes you feel miserable.

With that said, some exercises offer more intensity than others.

Impact activities: Exercises that involve some impact, like walking, will usually boost your heart rate faster than none-impact activities like swimming or cycling.

High impact activities. High impact --exercises that involve running or jumping--will often burn more calories than lower impact activities such as walking. Your workout doesn't even need to consist entirely of high impact moves. You can add a few to your current workout and you'll burn more calories.

Whole body activities: Cardio routines that engage both the upper and lower body, such as cross-country skiing, can boost your heart rate and burn more calories. You can also do this with compound stretch workouts, which provide the benefits.

WAYS TO INCORPORATE CARDIO

Jump Ropes

One of the cardio exercises that can burn high amounts of calorie is jumping rope. Jumping rope for one hour can cause you to burn 500 to 800 calories.

Bicycling

Bicycling can cause you to burn 500 to 1000 calories in one hour. This depends however on how fast you go and your resistance level. It is a workout that you can incorporate in your daily routines.

Swimming

Like running, swimming is an effective cardio workout. Swimming through as many laps as possible in a fast pace will get your heart pumping. Recover for 45 seconds in between each lap. Make sure that you do it at a pace that is appropriate to your level.

Dancing

If you are bored with the usual cardio exercise, get into the beat. Dance and have fun while you lose weight.

High Intensity Weight Training

If you like to burn fat, say, in your belly part, try high intensity weight training. In both men and women, the one place where the body likes to store excess fats is the belly. High intensity weight

training, described as a sprint-type or high-intensity interval training (HIIT) can help you trim that part.

Now you know that cardio is not just about running. You can go dancing or do jump ropes and burn just the same amount of calories that running can take out. In losing weight or aiming for wellness, doing these cardio exercises right will surely give you the desired results. Pick one that best matches your needs, lifestyle, and interest and go out get your sweat on.