

How to Lose Weight Faster

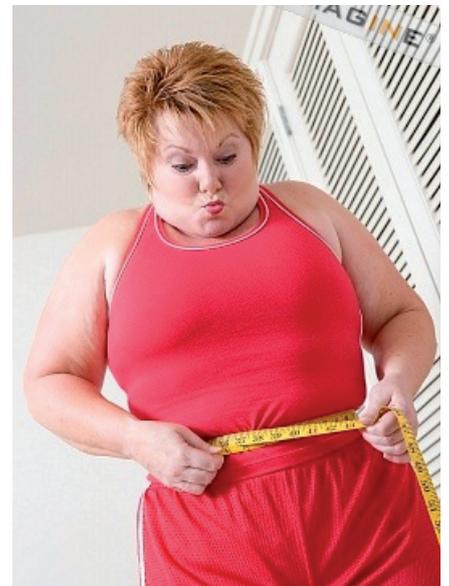
In 2009 the American College of Sports Medicine (ACSM) released a position stand called Appropriate Physical Activity Intervention Strategies for Weight Loss and Prevention of Weight Regain for Adults. Here is a summary of these guidelines.

1. Participate in at least 150 minutes/week of moderate-intensity physical activity to prevent significant weight gain and reduce disease risk factors. For most adults, this amount of physical activity can be easily achieved in 30 minutes/day, five days a week.
2. Overweight and obese individuals will most likely experience greater weight reduction and prevent weight regain with 250+ minutes/week of moderate-intensity physical activity.
3. Participate in strength training as part of this health and fitness regimen, in order to increase fat-free mass and further reduce health risks.

While these studies highlight the importance of regular exercise and strength training they suggest large amounts of time are required to get results. In my 20 year experience as a health coach and personal trainer I have seen weight loss and health improvements with much less volume than the ACSM recommendations.

How can you achieve more in less time?

1. Your nutrition is a key determinant of weight loss – particularly at the start of a weight loss programme. In my opinion, your diet determines about 70% of the results over the first 8 weeks of a weight loss programme
2. Increase your intensity! High intensity aerobic and circuit type work outs boost your metabolism and will get you results faster. Rather than spending an hour plodding along – add some intensity. You will need to gradually increase your intensity if you're just starting up.
3. Use big weight training exercises. Doing dumbbell curls uses a very small amount of muscle compared to a squat. More muscle = more calories being burnt. Big exercises such as squats, press ups, assisted chin ups, lunges and dead lifts allow you to get more muscles working in a shorter time. Stick to the big exercises.



It is my opinion that you can make significant changes to your weight and your fitness with less than 4 hours of exercise/week. Choose an amount of time that you can realistically commit to on a regular basis and optimise your workouts by adding my suggestions.