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13 Workout Tips For Faster Weight Loss According To Experts

Many people set out to exercise with the idea of losing weight. However, most of the exercises they undergo have virtually nothing to do with weight loss. They end up not achieving any results hence give up on their quest to lose weight.

If you want to lose weight the right way, it's very important to make every minute of your exercise count. These tips below are set to put you on the right path to help you burn more calories during exercise.

3. Alternate between different intensities

Although intensifying your workout is important, it's also necessary that every part of your body also adapts to this change. **Franci Cohen, an exercise physiologist, certified nutritionist, and founder of the Brooklyn, New York-based Fuel Fitness** advised that every system of your body has to adapt when you change things up in your routine. This is because, the more work you subject your body to, the more calories it needs to burn to get the job done. It's good to alternate between fast paced aerobic workouts and exercises that are difficult to maintain for more than a minute or two during your workout session.