

Published based on [Tips That Will Help You To Lose Extra Weight Without Further Gaining](#)

Tips That Will Help You To Lose Extra Weight Without Further Gaining

A lot of people who trying to lose the weight end up accumulating the weight which they have just lost and in some cases they accumulate even more weight. As a rule it happens due to several different factors including lack of commitment, lack of motivation, turning back to unhealthy eating habits and negative self benefits.

So, what is it needed to do to lose the weight effectively and not to gain it again in some period of time? First of all, you need to seek the support. This support may be from your friends, family, co-workers or mentors as well as it could be professional support from the personal trainer. The combination of the support and the proper fitness program will surely help you to lose the weight.

When we talk about the exercise choosing the proper exercises is vital. You need to use the combination of cardio exercises and resistance exercises in the case you want to get the successful weight losing results. As well it is recommended to use the high intensity interval training as a contrast to regular medium intensity cardio exercises. High intensity interval training is able to increase your metabolic rate what means that you will lose the weight not only when you exercise, but also for a whole 24 hours after you work out. In the case of the cardio exercises you will lose he weight only while training.

One of the examples of high intensity interval training: walk for about 3 minutes, then 30 seconds of sprinting (you need to sprint as fast as possible). It is 1 cycle. For the beginning you will need to do 4 cycles. Every week you will need to increase by 1 cycle till you will reach 8th week, 8 cycles and 20 minutes long. After 8th week you do not need to increase the number of cycles.

For resistance exercises you can choose the weightlifting or bodyweight exercises or even the combination of both. You need to choose the compound exercises as they involve multiple muscle groups and not the single muscle groups. The more effective exercise the more muscle groups it involve. Compound exercises for lower body traditionally consist of deadlifts, barbell squats and lunges. Compound exercises for the upper body consist of bench presses, pull-ups, push-ups, chin-ups, dips and pull-downs.

In the case you need to have the maximum weight loss results the repetition range has to be from 6 to 12 repetitions and the set has to range from 2 to 4 sets each exercises.

One pound of fat generally takes about 3500 calories to burn. In a week you can lose one pound in a healthy way. As well you have to take a note that you will not only lose the weight, but as well you will build muscle which will surely help you to lose more pounds. So, you will lose 10 pounds in less than three month and you will be sure that they will not come back to you.

Many people who have "weight issues" wonder if it is possible to [lose 10 pounds](#). At first sight it looks like the answer should obviously go like this, "Surely it is possible to [lose 10 pounds fast!](#)" But this is not so easy, especially if we are talking about to [lose 10 pounds](#) permanently.

Due to this if you are properly armed with the info in your sphere of interest you can be sure that you will in any case find the way out from any bad situation.

So, please make sure to visit this web site on a regular basis. But this is not all, actually the easiest way to take care of it - sign up to its RSS feed. Thus you will have your hand on the pulse of the freshest informational updates here. Blogs can be helpful, you just need to know how to use this "informational phenomenon". So, stay updated about the weight loss topic with the help of the convenient RSS technologies available for free for everybody.

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