

Scientists called walking the simplest and most effective exercise for weight loss

Walking is that which will easily fit into the most saturated schedule. In addition, studies show that regular daily walks really help reduce weight.

The number of calories burned, as shown by analysis of 37 tests, almost linearly depends on your weight. And the harder you are, the more you burn while walking. In addition, this type of activity helps to avoid injuries.

A review of 34 trial training, half of which included walking or using treadmills, also showed that three sessions of aerobic exercises lasting 30 to 60 minutes a week, at least moderate intensity, enough to reduce the amount of visceral fat. This fat is deep in the abdomen and is associated with an increased risk of developing heart diseases.

Scientists also found that physical activity from above recommended 150 minutes a week did not lead to additional loss of fat.



Alamy

However, we will not amuse ourselves with illusions: eating high -rope food is much easier and faster than burning the same amount of fat. At the same time, the results of one study of 2021 demonstrated that people who were able to maintain lost weight devoted more than an

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hour of moderate or intensive activity almost every day of the week, moved more in the morning and on weekends compared to obese people.

This is how you can extract the maximum benefit from every walk.

Take a heavy bag with you, choose a hilly route or go to the store a little faster. This will help burn more calories.

Increase the distance. The longer you go, the more energy is produced.

Walk by nature. The study of 17 types of hiking in nature conducted in 2024 showed that they improve mood, mental well-being, make more optimistic, reduce anxiety and anxiety.

Try Scandinavian walking. The scientific literature says that it burns more calories than ordinary walking.

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