

Burning it Up – Aerobic/Cardiovascular Exercise

By Debi Silber, MS, RD, WHC The Mojo Coach®

What is aerobic exercise?

In a nutshell, aerobic exercise is the type of sustained activity where you engage the large muscles of your body (legs and gluts) for a prolonged period of time. Aerobic exercise increases the need to oxygen that allows these muscles to perform, helps to flush toxins out of the bloodstream, increases your metabolism, and strengthens the heart and lungs. Aerobic activity also requires sustained energy in the form of calories that are used to fuel your workout. Calories stoke the aerobic flame as wood or coal stokes a furnace.

Calories expended = pounds lost. Our favorite kind of math! Here are a few simple formulas for you.
3500 Calories = 1 Pound of body fat
500 Calories Less per Day X 7 Days = 1 Pound of body fat lost per week.

Now that you know the math, here are a few ways you could go about this:

1) Burn 500 calories per day with exercise. You burn about 100 calories every ten minutes of sustained aerobic activity when exercising at a challenging level, so a 50-minute aerobic workout each day would burn the 500 calories. If that sound likes too much for some of you, here's another option.

2) Burn 250 calories per day with exercise and eat 250 calories less each day.

The bottom line is, if you burn or expend more calories than you take in, you lose weight. If you take in more calories than you burn, you gain.

Knowing these numbers can also help clear up some issues about being discouraged with *only* a one or two pound weight loss each week. Two pounds is **7000** calories!! That's a tremendous amount of calories to eliminate through less food or more activity. The recommended daily caloric intake for the average woman ranges anywhere from about 1500 to 2200 calories per day. So, don't minimize your accomplishments, remember you've either burned or given up a lot of calories to lose a pound of fat!

When it comes to the appropriate type of aerobic activity for you, it's a completely personal decision. One person may love to walk, another may love to run, another may love to dance, hike,

use the elliptical machine, swim, bike, or hit the courts for an hour of tennis. It doesn't matter what you do as long as you

a) choose something you enjoy doing

b) DO IT!

You see, if you find your aerobic exercise torturous, you'll hardly look forward to it. But if you find it invigorating, rejuvenating, and inspiring – while it sounds hard to believe, you'll miss it when you can't do it!

You may be the type of person who becomes easily bored with routine. If that's the case, mix things up a bit and discover a few different activities you enjoy. Try an organized sport that keeps you moving, or change your pace between high and low intensity while alternating between walking, jogging or running. You can build a library of fun exercise DVDs or take classes at a nearby health club. Maybe you want to go back to doing something you enjoyed before you had kids like jumping rope or rollerblading.

The key is to find something that gets you moving while also being something you enjoy. And then get out there and burn it up!



Debi Silber, MS, RD, WHC The Mojo Coach®, President of Lifestyle Fitness and the Founder of www.TheMojoCoach.com is *THE* secret behind some of the healthiest, most influential, charismatic, influential and successful professionals visible today. Sign up for a free special report “The Secret to Becoming Your Personal and Professional Best,” a full year of Mojo Tips and a subscription to Debi’s bi-monthly newsletter Mojo Moments. All free and all designed to inspire, empower and help you reach your peak potential and ultimate success. Get yours now at www.TheMojoCoach.com.