

# The Way You Exercise Can Affect Your Results!

## Avoid these 5 workout mistakes that can hamper your progress...

**DON'T:** Sacrifice good form for speed

**DO:** Slow down & stand tall

**RESULT:** Burn 50 extra calories per session! You recruit fewer muscles & burn fewer calories when you're slouched over. Best of all, studies show that good posture allows you to take in more oxygen making your workout feel easier.

**DON'T:** Read a novel on the treadmill

**DO:** Listen to music

**RESULT:** Burn 15% more calories! Reading while exercising is so distracting that you're probably not working at a high intensity. Researchers at Brunel University in London discovered that runners who listened to motivational music exercised up to 15% longer as opposed to those who read.

**DON'T:** Run if you hate it

**DO:** Pick a cardio routine that's FUN

**RESULT:** Lose 4 pounds a year! For example: if you burn 300 calories when you exercise, but you dread it so much that you skip one session a week, it adds up to 1,200 calories a month – or more than 4 lbs a year. Find a workout you *want* to do, rather than one you feel like you *have* to do.

**DON'T:** Trust gym-machine calorie-burn estimates

**DO:** Track your burn with a heart rate monitor

**RESULT:** Lose 3 pounds this year! Recent research at the National Strength & Conditioning Conference found that elliptical trainers over-estimate calorie burn by an average of 30%. To ensure you're burning the number of calories you want, consider investing in a heart rate monitor. Input some basic info and the gadget will accurately compute the number of calories you torch.

**DON'T:** Put all your time into cardio

**DO:** Swap aerobic exercise for weights at least twice a week

**RESULTS:** Lose up to 12.5 pounds in a year! The Journal of Sports Science & Medicine reports that people who pair aerobic and resistance training eat less – 517 fewer calories a day – than those who only do cardio. The combo workouts can help you burn more calories and may increase satiety (hunger) hormones more so you feel full longer. –MSN Health & Fitness



A man's health can be judged by which he takes two at a time - pills or stairs.

- Joan Walsh