[IMAGE]

Get in the Calorie-Burning Zone

By Editorial Staff

When it comes to weight loss, we've seen myriad diet and exercise plans that, within reason, all seem to be fairly effective over the long term. Regardless of which strategy you endorse, one thing is clear: If you want to lose weight, you need to burn calories. So, let's learn about how to get in the calorie-burning zone and maximize your fitness potential, courtesy of the Mayo Clinic:

Aerobic Exercise: Physical activity that relies on the heart to pump oxygen to working muscles (also known as "cardio" exercise) is a great way to burn calories. Whether you're walking, cycling, swimming or running, incorporate a variety of aerobic exercises into your week to help burn calories and lose weight.

weight loss - Copyright â Stock Photo / Register Mark *Strength Training:* Exercise that helps build muscle is an important, often-overlooked source of calorie burning. Many people don't realize muscle tissue burns more calories than fat tissue (even when you're not exercising) – so the more muscle you have, the more calories you burn! Keep in mind that building muscle doesn't require you to lift heavy weights or spend hours in a gym; increasingly, people are doing body-weight and resistance exercises in the comfort of their own homes and seeing results, too.

Active Lifestyle: Burning calories comes down to a fundamental principle: movement matters! The more you move throughout the day, the more calories you expend. That means walking, gardening, cleaning the house, mowing the lawn and playing catch with the kids all make a difference.

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