



## How To Find The Right Fitness Workout For You

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Finding a fitness regimen and having it work for you are two different things. You can always try out different workouts, but if you don't enjoy it; then it might not be worth pursuing.

To find the right workout, first, determine your goals and priorities. Think about what you want to achieve and write them down. Do you want to lose weight? Do you want to get stronger? Or maybe you want to master a skill? Once you have determined your priorities, it's important to take a closer look at how you can achieve your fitness goals without sacrificing your limited time.

### **Goal: Lose weight**

Aerobic or cardio exercises are among the tried and tested activities that you can do to help you lose weight. Try brisk walking, running, jogging, swimming, or even cycling. These exercises raise your heart rate, and effectively burning those excess calories away.

*Time needed:* 30 minutes of cardio, 5 days a week



### **Goal: Get stronger**

Aside from helping you get stronger, strength exercises also help you tone your muscles. In general, these exercises help build muscle, burn fat, and increase your metabolism.

Strength can be improved with a few classic moves like squats, push-ups, pull-ups, crunches, and deadlifts. You can try to work with a trainer by enrolling at a reputable gym or joining a few strength building yoga classes. If you don't want to work out with a trainer, there are many online workout programs that you can do.

*Time needed:* 15-45 minutes, 3 days a week



### **Goal: Master a skill**

Does the thought of running/lifting/sweating for the sake of it bore you? You may want to hone a physical skill that can help you improve your fitness in the process. There are endless options for you to choose from. You can sign up for Pilates, boxing, Krav Maga, or even pole dancing!

*Time needed:* At least 1 hour (depending on the classes you choose)



No matter what goals you want to achieve, with life's numerous demands, you simply cannot afford to waste time on a fitness workout that does not deliver results. So choose an activity that you know you can stick to and get the most out of each session. With all the sweating you'll be doing, always remember to keep on hand the new [Fit 'n Right Active](#), the first and only 2-in-1 Isotonic Drink with electrolytes that rehydrate and L-Carnitine that helps reduce fat. It comes in two flavors—Mixed Berries and Blueberry Grape, and is available in all your favorite supermarkets and convenience stores near you.

**Sources:**

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