Aerobic Alternatives

For weight loss and burning fat, you want to focus on aerobic exercises. Running and jogging are great for this, but here are some other activities that may work better for you!

Swimming
Swimming is low-impact, meaning that it won’t aggravate any joint problems or injuries that you may have. It also engages the entire body. For example, you can move around just using your arms!

Can’t swim? No worries—just stay in the shallow end and do some underwater jogging laps for similar benefits.

Cycling
Cycling is also a lower impact exercise, but requires more strength than running. This means you can burn more calories in a shorter time!

Try biking around the seawall, where you can go at a leisurely pace and also do a bit of sightseeing along the way!

Jumping rope
With this childhood classic, it’s easy to squeeze in a quick workout at home! Jumping rope also helps build coordination, balance, and agility, especially once you start trying new moves.

Increase the amount of time you spend jumping to get more aerobic benefits!

Dance
Jazzercise, zumba, ballroom… there’s a style for everyone! Taking a class helps keep you motivated because you get that extra social support.

If you don’t want to take a class, just put on some upbeat music at home and have a mini-dance party!

Image 1: http://www.digitalnewsroom.co.uk/1life/big-splash-at-wokingham/
Image 4: http://ubyssey.ca/sports/ubc-zumba232/