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# Running For Fat Loss

If you need to lose weight, you may want to consider running. Running for fat loss is an excellent way to boost metabolism and increase energy levels. Even if you have never run before, you can begin gradually and progressively build a running program that suits your individual needs. Jogging and running are a great way to reduce stress, increase strength and stamina, and improve self-confidence. Running allows you to increase your strength and fitness at your own pace, with no equipment required.

If you want to start running for fat loss, there are several things you should do.

1. Consult your physician for advice as to whether this type of weight loss is appropriate for you.
2. Modify your diet according to your exercise regime.
3. Get a pair of high quality running shoes.

Avoid spending large amounts of money on accessories you may not require. The only real requirement when starting a running program is a high-quality pair of running shoes to provide the necessary support for your knees and ankles. Without these you may suffer pain or even serious injury to these joints. Maybe you think a stopwatch is a good idea... but most digital watches these days have a stopwatch function. One other accessory you may find useful is a pair of small dumbbells (up to 10lb). With these you can introduce a little weight training to your running by holding them in your hands with your arms at a 90 degree angle to build the muscle in your upper arms.

Before you start running for fat loss, it is important to seek a physicians advice. They will be able to advise you what your calorie consumption should be by running some simple tests. They will also be able to assist you in designing an exercise program to suit any special requirements you have, such as pre-existing injuries to knees or ankles. They may suggest you wear a brace when you run.

With your doctors advice regarding calorie consumption requirements, it is then time to modify your diet. You will want to reduce consumption of excess fat, but ensure you receive sufficient complex carbs like oatmeal, whole grain breads, sweet potato and brown rice (but reduce refined carbohydrates like white bread and pasta). You will also require lean protein for muscle building, this is available in chicken, fish, lean red meat and eggs. Even though you want to burn fat with your new running program, you will still need to ensure that you consume sufficient calories for your body type and activity level. Anywhere from 1200 to 1500 calories per day is recommended.

Congratulations, now you're ready to start running for fat loss. Start out walking for intervals and build up the amount of running slowly. For example:

- Week one: Walk 5 minutes, run 2 minutes... repeat three times
- Week two: Walk 5 minutes, run 5 minutes... repeat three times
- Week three: Walk 3 minutes, run 7 minutes... repeat two times
- Week four: Walk 5 minutes, run 10 minutes... repeat two times

Doing this will ensure that you allow yourself time to build up fitness gradually. You can't expect to be able to start running 30 minutes straight right from day one. Even if that were possible, you would be so tired that you would not continue with it.

You can also find this article published on [Running For Fat Loss](#), and on the tag pages [Weight Loss Exercises](#).