



SEA SLIM

Weight Loss and Exercise

What type of exercise is best for weight loss?

Read below for the top 3

#1 Walking-> 30-60 minutes a day is all it takes to stimulate your metabolism and improve blood sugar control.

#2 Strength training-> Building strength not only stimulates your metabolism but can also increase it. Thirty minutes , 3-4 times a week is all it takes. Consider lifting weights or doing body weight exercises such as a boot camp class.

#3 Yoga-> There are many different forms of physical yoga. Finding a style that fits you is most important. Very active forms of yoga stimulate your metabolism, can provide strength training and promote more mindfulness on and off the yoga mat. Being more mindful can help us make better food choices and better control our stress levelsh too.

Old Saybrook - Glastonbury

860.339.5461 - www.seaslim.com

Check out our website for more downloads

