

Best Exercise for Weight Loss

Choosing the right exercises for weight loss can help you:

- get more from your time
- see results sooner
- stay motivated
- avoid frustration and giving up

This guide shares simple, evidence-based exercise ideas that can support weight loss.

It's important that you check with your doctor before starting a new exercise programme or making big changes to your exercise habits.

Walking

Walking is simple, low impact, and easy to do often. A brisk walk helps you burn calories and build fitness. Aim for 30–60 minutes most days, or gradually increase your daily steps.

Aerobic Exercise

Running, cycling, swimming, rowing, and cross training can help with weight loss by increasing calorie burn and are the foundation for most weight loss programmes. For best results, combine regular aerobic exercise with a balanced diet.

Try one of these:

- Steady pace: 30+ minutes at a comfortable effort.
- Intervals: alternate hard/easy efforts (e.g., 1 minute hard + 2 minutes easy, 6–10 rounds).
- Hill repeats: walk/run/cycle uphill for 30–60 seconds, then walk/jog back down to recover. Repeat 6–10 times.



Try:

- [Home workout videos](#)
- [Couch to 5k](#)
- [What's the best exercise to lose fat around your belly?](#)

HIIT (High Intensity Interval Training)

HIIT can be a time-efficient way to burn calories. It may also increase calorie burn after your session (sometimes called the "afterburn" effect).

It involves short bursts of energy followed by short periods of rest, e.g., 30 seconds fast, 30 seconds slow.

HIIT training can produce similar weight loss benefits to longer moderate exercise programmes but, because HIIT is intense, it can increase injury risk and place extra stress on the heart and joints. So it's important to check with your doctor before commencing a high intensity exercise programme.



Try:

- [15 Minute Gentle BEGINNERS HIIT Workout | The Body Coach TV](#)



Best Exercise for Weight Loss

Strength training

Strength (resistance) training includes bodyweight exercises, resistance bands, or weights. It may not burn as many calories during the workout as cardio, but it helps you build or keep muscle. More muscle can support a higher resting metabolic rate over time. Evidence shows that combining resistance training with aerobic exercise leads to better long-term weight management and improved body composition, compared to aerobic exercise alone.

Aim for strength training at least twice per week, covering major muscle groups.



Try:

→ [Strength exercises you can do at home in 10 minutes – BHF](#)

Your Lifestyle

For weight loss, the best exercise is the one you can do consistently. Activities that are flexible, enjoyable and fit into your work and social life tend to be more successful.

A mix of cardio, strength training, and more everyday movement (plus less sitting) is a strong foundation.

This guide is general information only. Your needs and abilities may differ, so ask a healthcare or fitness professional if you're unsure what is right for you.

