

Cardio for weight loss

by knesh

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What's the best cardio for weight loss?

When you're trying to drop a few pounds, [cardio exercises](#) can burn more calories and help control your appetite. Cardio, or aerobic exercise, is any physical activity that raises your heart rate and gets you breathing faster, sending more oxygenated blood throughout your body.

What's the best cardio for weight loss? There are lots of options – everything from jumping rope and climbing stairs to high-intensity interval training (HIIT) and rowing or running. The best cardio for weight loss is probably the type of exercise you enjoy the most – which means you'll be more likely to fit it into your busy week.

At Blink Fitness, we think the best cardio for weight loss is whatever exercise makes you feel great about your workout. We believe exercise isn't just about how it makes you look, but also about how it makes you feel. We are excited about all the ways that fitness improves your outlook, so we've created a gym experience that boosts your mood as you move your body.

What's different about Blink?

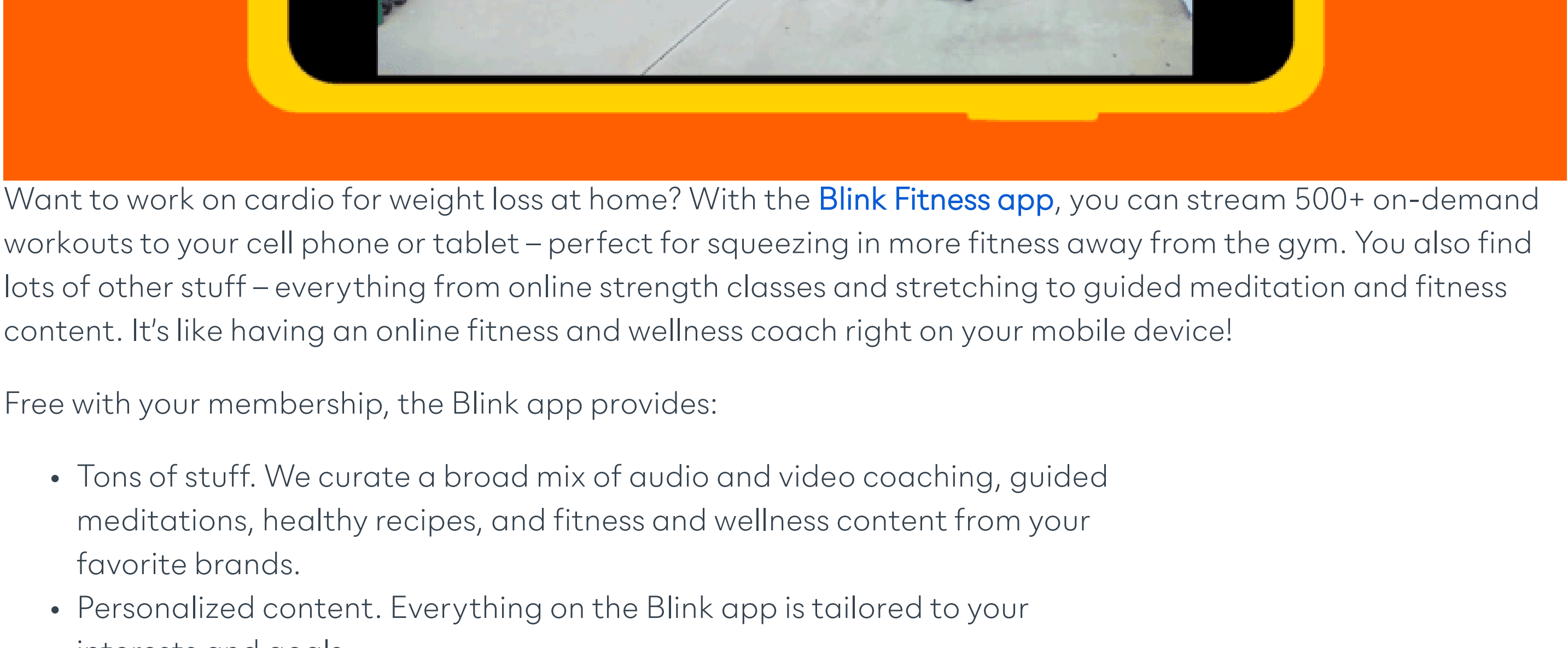
Blink Fitness is a different kind of gym. For one thing, you'll notice that our members are regular people, not models. We take pride in our body-positive environment that challenges the fitness industry norms and celebrates every unique body. We know healthy comes in all shapes and sizes, and our community is proof of that.

Our interiors are different, too. We offer bright, colorful, open places that are designed to lift your spirit. The colors splashed across our walls are scientifically proven to have a positive effect on your mood. Our lighting fixtures simulate the warm glow of the sun to keep you energized. And our spacious floor plans make sure everybody has the space they need to exercise the way they want.

We're especially proud of our spotless spaces – we are constantly working to keep things sparkling clean, so you can focus on fitness, not cleanliness. Our playlist is curated with tracks that are always 110 beats per minute or more to keep you fired up and motivated. And our staff of enthusiastic Mood-Lifters will go out of their way to make you feel comfortable and welcome.

Our gyms feature all the state-of-the-art equipment you'd ever want for strength training, circuit training, or cardio for weight loss. Stop by any one of our 100+ locations for information about a [Blink gym free trial](#).

The Blink app: online cardio for weight loss



Want to work on cardio for weight loss at home? With the [Blink Fitness app](#), you can stream 500+ on-demand workouts to your cell phone or tablet – perfect for squeezing in more fitness away from the gym. You also find lots of other stuff – everything from online strength classes and stretching to guided meditation and fitness content. It's like having an online fitness and wellness coach right on your mobile device!

Free with your membership, the Blink app provides:

- Tons of stuff. We curate a broad mix of audio and video coaching, guided meditations, healthy recipes, and fitness and wellness content from your favorite brands.
- Personalized content. Everything on the Blink app is tailored to your interests and goals.
- A new feed every day. The app takes note of what you like and what you engage with, so we can refine your feed and send you fresh content every day.

Blink trainers keep fitness fresh

At Blink, personal training is about helping you feel great about getting fit. Our trainers are experts at keeping workouts fun and fresh. There's nothing like having a personal coach and cheerleader at your side as you work on cardio for weight loss.

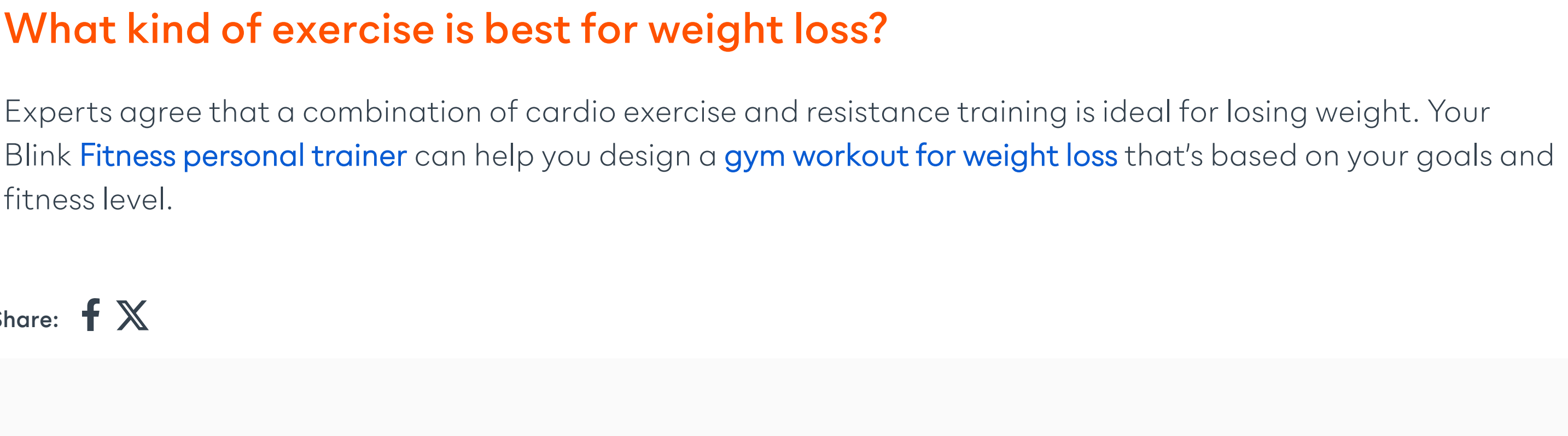
Your membership includes a free 30-minute start-up session with a trainer. It's a great time to discuss your goals, talk about the [best workouts to lose weight](#), and start building a [personalized workout plan](#). After your initial session, you can sign up for more one-on-one time, scheduling one session at a time or buying a monthly plan to save money. Training is available in 30-minute and 60-minute sessions. You don't have to make any long-term commitments, and the sessions you buy will never expire.

Schedule sessions at the front desk, on the Blink app, or on the Blink Fitness website.

All the benefits of exercise

At Blink, we're love exercise for the way it lifts your mood and makes you feel great about yourself. But we never lose sight of all the other benefits that fitness offers. With regular exercise, you can:

- Lose weight. Moving your body regularly helps burn the calories that lead to weight loss. In addition to cardio for weight loss, [resistance training](#) is a great way to burn calories and build muscle that helps to keep the pounds off.
- Increase energy. While you'll be tired after a workout, you'll have more energy for the rest of the day.
- Be sharp. By promoting more blood flow and oxygen to the brain, regular exercise improves brain function, protects memory, and increases thinking skills.
- Sleep well. A good workout usually leads to a better night's sleep.
- Avoid disease. Exercise increases cardiovascular fitness, improves insulin sensitivity, reduces blood pressure, and lowers blood fat levels. And all those benefits lead to a decreased risk of chronic disease.
- Increase immunity. Mild-to-moderate exercise can help flush out bacteria and carcinogens while sending more disease-fighting antibodies and white blood cells through your body.
- Maintain muscle. Resistance training is a great way to reduce muscle loss and maintain strength as we age.
- Build bone density. Weight-bearing exercise stimulates bone-forming cells into action, helping to promote bone density and slow bone loss.



FAQs: What is cardio for weight loss?

What is cardio for weight loss?

Cardio for weight loss is an aerobic exercise routine that is designed to help you burn more calories and lose weight. Common cardio exercises are things like running, swimming, biking, climbing stairs and jumping rope.

What kind of exercise is best for weight loss?

Experts agree that a combination of cardio exercise and resistance training is ideal for losing weight. Your [Blink Fitness personal trainer](#) can help you design a [gym workout for weight loss](#) that's based on your goals and fitness level.

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