



## Jorge Cruise

**8 Minutes in the Morning for Extra-Easy Weight Loss**  
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### **Why Aerobics Is Not the Most Effective Exercise**

Although aerobic exercise is essential for strengthening your heart and lungs (the cardiovascular system), it is not the most effective way to get lean. You burn roughly 100 calories for every mile that you walk or run. To lose 1 pound, you would have to walk or run 35 miles.

And aerobic exercise is not so practical if you are overweight. It can be too uncomfortable can be difficult because your joints may start to ache, and you can become winded very quickly. Plus, if you focus on aerobics, your body will stay the same, even if you burn enough body fat.

But the exercises in *8 Minutes in the Morning* will help you burn fat and improve your body shape. You will tone your shoulders so that your waist looks narrower. Your arms will be smaller as well as firmer. Your abdominal muscles will be not only leaner but stronger, and they'll provide better support for your torso.

I am not saying that you shouldn't do any aerobic exercise. Beyond *8 Minutes in the Morning*, you should incorporate some aerobics into your lifestyle because you need to keep your heart and lungs strong. Plus, it reduces stress.

Above adapted from *8 Minutes in the Morning* by Jorge Cruise.