

10 STEP WEIGHT LOSS EXERCISE PLAN

#1 WALK FOR 30 MINUTES EACH DAY



Calories Burned Per Day = 120
Calories Burned Per Week = 840

Walking 30 minutes per day may not seem like much but the consistent effort really pays off and burns close to 1,000 calories in a week.

If a 30 minute walk in one go sounds like too much, try splitting it up into three shorter 10 minute walks.

#2 SPRINT FOR 5 MINUTES EACH DAY

Calories Burned Per Day = 100
Calories Burned Per Week = 700

Adding just 5 minutes of sprinting to your day burns through an impressive 700 calories per week.

Simply do five 1 minute bursts of sprinting at various intervals during the day or make them part of your walk.



#3 DO 5 MINUTES OF BURPEES EACH DAY

Calories Burned Per Day = 46
Calories Burned Per Week = 322

Burpees are a functional, full body exercise that tone and strengthen all your muscles and can help you burn 300+ calories per week.



#4 DO 5 MINUTES OF JUMPING JACKS EACH DAY

Calories Burned Per Day = 48
Calories Burned Per Week = 336

Jumping jacks are a simple but effective cardiovascular exercise that you can perform anytime and anywhere, whenever you have 5 minutes to spare. Not only are they a great calorie burner but they also target all the muscles in your lower body.



#5 GO TO A 1 HOUR SPINNING CLASS EACH WEEK

Calories Burned Per Week = 700

Spinning is one of the most intensive cardiovascular classes there is and burns through a substantial 700 calories in a 1 hour session. Attending just one spinning class per week can make a huge difference when it comes to your overall weight loss success.



#6 DO 1 HOUR OF SWIMMING EACH WEEK

Calories Burned Per Week = 660

Swimming is a brilliant exercise that burns through an impressive 660 calories per hour and gives you a full body workout at the same time. It's also a relatively low impact exercise and a great alternative to the higher impact exercises on this list.



#7 LIFT WEIGHTS FOR 2 HOURS EACH WEEK

Calories Burned Per Week = 440

When it comes to direct calories burned, lifting weights isn't a very efficient exercise. However, muscle cells burn three times more calories than fat cells, so by increasing your overall muscle mass, you can indirectly give the amount of calories your body burns each day a huge boost.



#8 JOG FOR 1 HOUR EACH WEEK

Calories Burned Per Week = 476

Jogging is another excellent exercise for working away those calories and losing weight. It's also a very flexible exercise that can be performed outside or inside on a treadmill.



#9 WEAR ANKLE WEIGHTS WHEN YOU WALK

Calories Burned Per Day = 50
Calories Burned Per Week = 350

Once you've implemented steps 1-8, an innovative way to blast through a few more calories is to wear ankle weights during your daily 30 minute walk. This won't take up any more of your time but the added resistance will burn off 300+ extra calories a week.



#10 GET IN THE RIGHT FRAME OF MIND BEFORE YOU EXERCISE

After you've incorporated the previous nine physical habits into your lifestyle, one final way to boost your weight loss efforts is to get your mindset right before exercising. Doing these exercises without the proper motivation means you won't put maximum effort in and as a result, you'll burn less calories and lose less weight. So make sure that you're 100% motivated and focussed on your weight loss goals before you exercise and perform to your maximum potential.



SUMMARY

Total Calories Burned Per Day = 689
Total Calories Burned Per Week = 4,824

which equates to...

1.4lbs Of Fat Loss Per Week!



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Table of Contents Weight Loss Plan Tips Customer Service

1. Understanding the eBook Weight Loss Plan Tips Customer Service
 - The Rise of Digital Reading Weight Loss Plan Tips Customer Service
 - Advantages of eBooks Over Traditional Books
2. Identifying Weight Loss Plan Tips Customer Service
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Weight Loss Plan Tips Customer Service
 - User-Friendly Interface
4. Exploring eBook Recommendations from Weight Loss Plan Tips Customer Service
 - Personalized Recommendations

- Weight Loss Plan Tips Customer Service User Reviews and Ratings
- Weight Loss Plan Tips Customer Service and Bestseller Lists
- 5. Accessing Weight Loss Plan Tips Customer Service Free and Paid eBooks
 - Weight Loss Plan Tips Customer Service Public Domain eBooks
 - Weight Loss Plan Tips Customer Service eBook Subscription Services
 - Weight Loss Plan Tips Customer Service Budget-Friendly Options
- 6. Navigating Weight Loss Plan Tips Customer Service eBook Formats
 - ePub, PDF, MOBI, and More
 - Weight Loss Plan Tips Customer Service Compatibility with Devices
 - Weight Loss Plan Tips Customer Service Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Weight Loss Plan Tips Customer Service
 - Highlighting and Note-Taking Weight Loss Plan Tips Customer Service
 - Interactive Elements Weight Loss Plan Tips Customer Service
- 8. Staying Engaged with Weight Loss Plan Tips Customer Service
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Weight Loss Plan Tips Customer Service
- 9. Balancing eBooks and Physical Books Weight Loss Plan Tips Customer Service
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Weight Loss Plan Tips Customer Service
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Weight Loss Plan Tips Customer Service
 - Setting Reading Goals Weight Loss Plan Tips Customer Service
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Weight Loss Plan Tips Customer Service
 - Fact-Checking eBook Content of Weight Loss Plan Tips Customer Service

- Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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web jan 18 2023 the data includes icd 10 cm codes valid for fiscal years 2022 and 2023 and crosses the relevant diagnosis codes to the esrd cms hcc and rxhcc models for risk adjustment the updates are now included on codify by aapc in our hcc crosswalk tools

hcc icd 10 code icd 10 code category this is a filter cethis is cms - Mar 03 2023

web hcc icd 10 code icd 10 code category this is a filter cethis is a filter cellthis is a filter cell 2 a021 salmonella sepsis 2 a207 septicemic plague 2 a227 anthrax sepsis 2 a267 erysipelothrrix sepsis 2 a327 listerial sepsis 2 a392 acute meningococemia 2 a393 chronic meningococemia 2

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