

# Lose Weight and Get Strong: Why You Should Start a Boxing Workout

While boxing may seem like an exercise only for people who are trying to become professional fighters, it can actually be used successfully for a number of different reasons. No matter if you are trying to lose weight, improve your cardiovascular system, tone up, or simply improve your mood, you may want to consider adding boxing to your workout. It is ideal for both men and women and even teens who are engaged in other sports in schools. Boxing conditioning or training will give them a good fitness foundation and here's why:

## Lose Weight

One of the most important reasons why you should start a boxing workout is due to the ability of the exercise to produce major weight loss results. In order to lose one pound of weight per week, you must cut 3,500 calories, or around 500 calories per day. While this can be achieved by changing your diet, boxing is extremely effective in helping you burn calories. Boxing for only one hour per day can result in a calorie burn of nearly 600 calories! This is well above your need to lose a pound a week.

## Improve Cardiovascular System

Another reason why you should start a boxing routine is due to the effect that boxing can have on your cardiovascular system. Research has found that the best way to strengthen your cardiovascular system is by participating in activities that stress the heart. These include things like walking, swimming, biking, and of course you can say that boxing workout is definitely one of them.

## Improve Muscle Tone

Obviously boxing is a great way to increase muscle size and tone. While you might believe that boxing only helps to build the muscles of the upper body, it is actually an effective way to tone the legs and core as well. This makes it a great exercise for you if you don't have a lot of time, because you can strengthen your entire body with only one type of exercise. Increasing muscle tone not only makes you look lean and feel stronger, but it actually helps increase your agility. This prevents falls as you age, which is a major contributor to death among the elderly.



**Nadesh** gained his personal training certification from the American Fitness Professionals & Associates over 10 years ago. Despite a serious arm injury, he aided his recovery through strength training, and from there, he pursued his career in fitness.

To book an appointment with Nadesh, please call the Sports Counter at 6739-4312 or email [sportscounter@amclub.org.sg](mailto:sportscounter@amclub.org.sg).