

# 5 REASONS WHY KICKBOXING IS THE JAB-CROSS OF WEIGHT LOSS

By Wendy Lewis

**1. Burn, Baby, Burn** Cardiovascular activity is a proven fat-burner. According to information released by the Mayo Clinic, a 160-pound person can burn 533 calories an hour with vigorous aerobic activity. And kickboxing classes, if you didn't know, emphasize cardio activity from start to finish. From warm-up moves like jumping jacks, mountain-climbers, burpees and old-school running to the trademark punching and kicking that make up the core of the class, you'll pack a ton of fat-burning cardio into every hour.

When you break it down, weight loss is all about burning more calories than you take in. The average kickboxing class will help you burn the calories you need to lose weight in a fun-filled, adrenaline-pumped atmosphere that beats the monotony of the treadmill.

**2. Resistance is Fruitful** Kickboxing classes combine two of the most effective activities -- cardiovascular activity plus resistance training -- for a weight-loss one-two punch. Boot camp-style pushups, squats, sit-ups and other resistance exercises use your own body weight to build strong, sexy muscle and change your muscle-to-fat body composition. The more muscle you have, the more calories your body needs to perform every activity -- even sleeping! Kickboxing training builds your muscle mass and boosts your metabolism, helping you lose weight faster.

**3. Get Your Group On** Working out in a group atmosphere is one of the best motivators there is. Scientific studies have consistently proven that weight-loss success rates rise, exercise programs "stick," and participants reach their goals faster in group fitness settings. Think about it -- how many people do you know have a heavy bag at home -- and actually use it regularly?

Perhaps you're self-conscious about working out with others or feel you have to "get in shape first" before you could attempt a kickboxing class. But the fact is, kickboxing classes are made up of others just like you who have similar goals and who face similar challenges. Chances are, you'll find new friends and workout buddies in class!

**4. Benefit Your Whole Body** Kickboxing is a whole-body workout that's hard to duplicate. A typical kickboxing class includes a warm-up, cardiovascular activity, muscle-building resistance, a variety of kicks and punches, coordination-building combinations, balance-improving stances, endurance-boosting movement drills and stretching. This unbeatable combination of activities, all in one class, makes kickboxing an ideal workout for even the busiest people. Classes are available at all times of day, making it possible to get fit and lose weight even when working around school, family and job schedules.

**5. Kick Up Your Confidence** Regular kickboxing classes can simply help improve your quality of life in a way that few other exercise programs can. Punching and kicking is a great stress-reducer, and when you do so in an environment with interactive support and quality training you can be sure you're doing so safely and avoiding injury. Kickboxing is also a potent confidence-booster; when you're working out using real martial arts techniques, you're improving your reaction time and building muscle memory that could potentially help you escape a dangerous situation when seconds count.

*Atomic Kickboxing can help you melt off the pounds even when it's cold outside! Our first-rate classes are taught by real martial artists and qualified instructors. Try it today -- visit [AtomicKickboxing.com](http://AtomicKickboxing.com) or call 401-523-1008.*

**If you never got your "beach body" this summer, don't despair -- you can fight the fat this fall with kickboxing!**

