



Intensity Matters

If you are feeling the burn, you are doing it right.

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Here are some slim-down tips:

Know your limits, but intensify your workouts.

If you are feeling the burn, you are doing it right.

Aim for a 40-minute weight resistance program and 20 minutes of interval cardio.

One hour at the gym max!

Craig Ramsay

Courtesy of Craig Ramsay

Craig Ramsay is a fitness expert, author and a winner of season 8 of The Amazing Race Canada. Follow him on Instagram at [@craigramsayfit](#).

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