EXERCISE FOR WEIGHT LOSS

Recommendations

- The Center for Disease Control recommends adults get at least 2 hours and 30 minutes of moderate-intensity aerobic activity (i.e., brisk walking) every week and muscle-strengthening activities on 2 or more days a week.

- Remember: A healthy diet with lots of fruits, vegetables, lean proteins and healthy fats is an important part of weight loss.

- Use MyPlate Checklist Calculator at www.choosemyplate.gov to develop a plan for food intake and physical activity to lose weight.

How to get started

- Start Walking! It is ok to start with something doable for you, such as 10 min/day and then work your way up from there.

- Break it up! Exercise for 10 or 15 minutes a few times a day to reach a total of 30-60 minutes of exercise per day.

- Use YouTube to find low intensity workouts that you can do at home. For example: HASFit 20 minute chair workout.

- Everyday try to take the stairs, park your car at the far end of the parking lot and walk or ride your bike to nearby places.

- Aim for 10,000 steps per day (~ 5 miles) – you can use apps on your phone, e.g. Health or Google Fit, to track your steps.

- Make specific, realistic goals. Start slow and increase intensity and/or time of exercise over time.

DID YOU KNOW?

- You cannot do exercises to isolate fat loss in one area, you must reduce overall body fat.

- There are plenty of workouts you can do at home or outside without an expensive gym membership. Use YouTube or apps on your phone to find workouts that are fun and appealing to you.

- You don’t need to do high-intensity exercise to lose weight. Walking or other low-impact exercises such as swimming can help you meet your weight loss goals.

- Find a fitness buddy who can exercise with you. It will help you both stick to your exercise plans.

Equivalents:

- Eating a large cookie (275 cal) = 47 minutes of riding a bike.

- Drinking a 16 oz coca-cola (201 cal) = 35 minutes of walking leisurely.

“Walking is man’s best medicine”

-Hippocrates