

Exercise for weight loss



What is exercise?

Physical activity includes all movement in your daily life. Exercise is a type of physical activity that is planned and structured with the goal of improving physical fitness. Biking, swimming, lifting weights, and yoga are a few examples of exercise. Exercise is a great part of a well-rounded healthy lifestyle and provides many benefits, including weight loss.

Exercise and weight

When you're active, it's much easier to control your weight. Exercise burns calories plus it can increase your metabolism by building or maintaining muscle. Exercise increases your cardiovascular fitness and muscular strength and decreases your body fat. For some people, exercise may help suppress their appetite.

The three types of exercise

Many people think exercise means sweating in a group exercise class, jogging on the treadmill or some other form of cardiovascular exercise. Yet exercise is much more than just cardio. It's typically divided into three types: cardiovascular exercise, muscular strengthening and flexibility. Each type offers different health benefits.

Cardiovascular Exercise	<ul style="list-style-type: none">• 300 min per week of moderate activity or 150 min per week of vigorous activity.• Aim for 2000 calories per week (300-400 calories per day)	Walking, jogging, elliptical trainer, swimming, cycling, etc.
Muscle Strengthening	<ul style="list-style-type: none">• 2-3 days per week• 8-10 exercises that work all major muscles• 1 or more sets of 8-12 repetitions for each exercise	Free weights or machines, body weight exercise, resistance bands, etc.
Flexibility	<ul style="list-style-type: none">• At least 2-3 days per week for at least 10 min• Hold for 15-60 sec per stretch• Stretch when your muscles are warm, either after a workout or after 5 min cardiovascular warm-up.	Static stretching (holding the stretch in one position), yoga, Pilates, etc.

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Tips to using exercise for weight loss

- **Write out a weekly plan.** What will you do? Where will you do it? For how long?
- **Pick exercises you like.** Do things you like to do and skip the things you don't enjoy. But don't be afraid to try something new.
- **Buddy up.** Find a friend or family member to workout with you. You are likely to get in a longer workout than going it alone.
- **Ask the experts.** Look for a health coach or certified personal trainer that has experience helping people lose weight. Whether you work with a trainer for one session or many, he or she can help you create a safe, effective exercise plan tailored to your weight loss goals.
- **Check with your employer or health plan** to learn about any fitness opportunities or discount that you are eligible for.



Take action

What three things will you do this week to move forward with exercising more? Here are a few examples: tour my local fitness center, ask my neighbor for a referral to her personal trainer, and walk 3 days this week.

1. _____
2. _____
3. _____