

WEIGHT LOSS AND EXERCISE



WHY MOVE MORE AND EAT BETTER?

Being active and making smart food choices is good for your health. But that's not the only reason to move more and eat better. You can:

- Have more energy
- Reduce stress
- Feel better about yourself
- Relieve boredom or depression
- Set an example for your family.



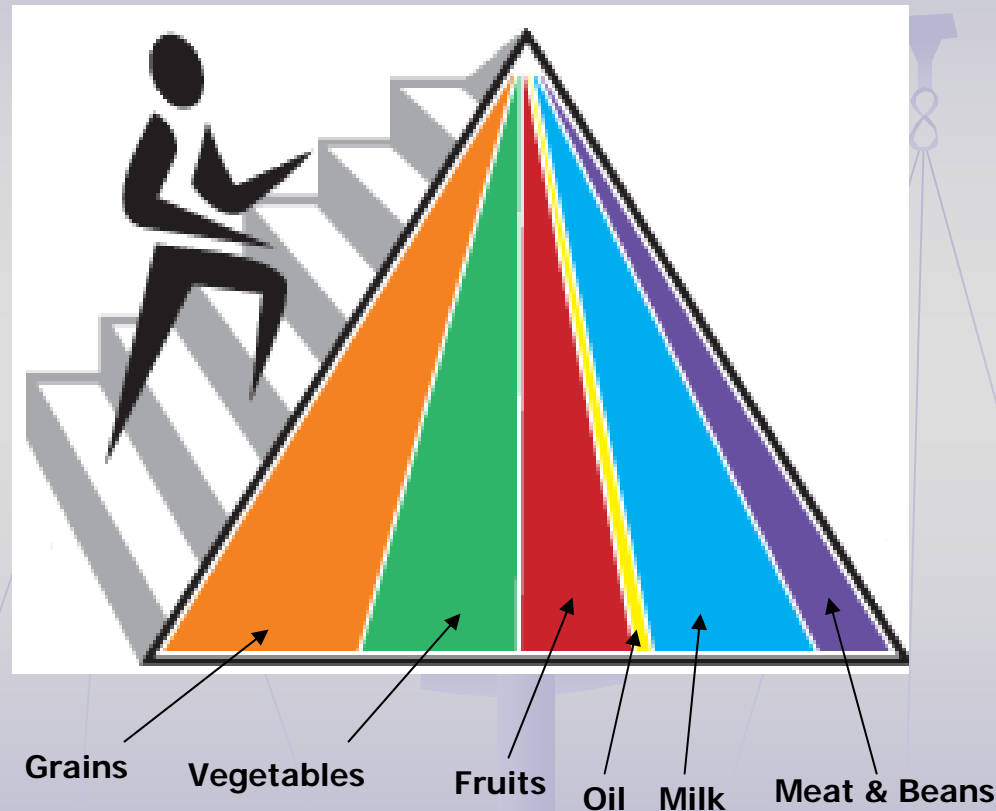
KEY TO WEIGHT LOSS SUCCESS ARE

1. A diet you can maintain forever
2. Physical activity you can do and keep doing
3. Fitting #1 and #2 into your life
4. Seeking medical advice before starting any diets



HOW MANY SERVINGS A DAY

- Keep your weight in control (or lose weight if you are overweight)
- Stay active most days of the week
- Eat low fat meals high in fruits, vegetables as well as whole grain foods



TIPS ON MOVING MORE



It is never too late to start moving more. Physical activity can help you manage health problems like arthritis, osteoporosis (bone loss), and heart disease. It may also help:

- Keep your body flexible
- Keep your bones and muscles strong
- Keep your heart and lungs healthy
- Control high blood sugar, especially if you lose weight
- Let you keep living in your own home without help.

BENEFITS OF EXERCISE

There is no doubt that exercise makes you healthier!

- Improves mobility
- Controls weight
- Tones up the heart and reduces blood pressure
- Lowers the level of fat in the blood
- Reduces stress
- Makes you feel "on top of the world"

BUT... if you have not recently been exercising, start gradually.

- Walking
- Swimming
- Cycling
- Jogging
- Aerobics
- Country Dancing

Moderate exercise for at least 30 minutes, twice or three times per week is good for you



START NOW!
BE FITTER
FEEL BETTER
BE HAPPIER
LIVE LONGER
LOOK YOUNGER

EXAMPLES OF MODERATE AMOUNTS OF PHYSICAL ACTIVITY

Common Chores

Washing and waxing a car for 45-60 minutes

Washing windows or floors for 45-60 minutes

Gardening for 30-45 minutes

Wheeling self in wheelchair 30-40 minutes

Pushing a stroller 1 1/2 miles in 30 minutes

Raking leaves for 30 minutes

Walking 2 miles in 30 minutes (15min/mile)

Shoveling snow for 15 minutes

Stair walking for 15 minutes

Sporting Activities

Playing volleyball for 45-60 minutes

Playing touch football for 45 minutes

Walking 1 3/4 miles in 35 minute (20min/mile)

Basketball (shooting baskets) 30 minutes

Bicycling 5 miles in 30 minutes

Dancing fast (social) for 30 minutes

Water aerobics for 30 minutes

Swimming Laps for 20 minutes

Basketball (playing game) for 15-20 minutes

Bicycling 4 miles in 15 minutes

Jumping rope for 15 minutes

Running 1 1/2 miles in 15 min. (10min/mile)

EXERCISE SAFELY

- Start exercising slowly
- Stop exercising if you feel any of the following symptoms:
 - Chest, jaw, neck or back pain or pressure
 - Severe shortness of breath
 - Wheezing, coughing, or difficulty breathing
 - Nausea
 - Lightheadedness, dizziness, fainting
 - Cramps or severe pain or muscle ache
 - Severe fatigue after exercise



EXERCISE SAFELY (CONTINUED)

- **Warm up and cool down properly**
- **Avoid mixing exercise and food**
Wait at least 2 hours after eating before exercise. And, after exercise, wait about 20 minutes before eating.
- **Don't exercise if you are extremely tired or don't feel well** Take precautions when on the road
- **Use only lukewarm water to bathe or shower after exercising** Water that is too warm can cause dizziness and/or fainting.
- **Never exercise in isolated areas alone**
- **Drink plenty of water**



DESIGN AN EXERCISE CALENDAR

Below is a sample exercise calendar. Use this model to design one that works for you.

Monday—take a 60 minute walk with a friend

Friday—do your 30 minute video workout

Tuesday--Go swimming at the gym

Saturday—catch up with housework

Wednesday--Play tennis or go for a walk

Sunday—go window shopping

Thursday—use your exercise bike for 30 minutes



USE PRINCIPLES TO BUILD ON

Sample principles:

- Make an investment in yourself and your health.
- Understand the benefits of progression of exercise.
- Begin at a level appropriate for your fitness level.
- Enjoy the training/exercise benefits.
- Set realistic short-term and long-term goals.
- Build a success-oriented perspective.
- Talk yourself into success.
- Emphasize commitment by signing a contract.
- Team up with a partner.
- Keep records of you success through an exercise log.
- Establish a regular schedule that fits into your life.
- Make exercise fun and varied.
- Adopt a healthy lifestyle balance.



TIP OF THE DAY



- *Remember, quick weight loss methods don't provide lasting results. Weight loss methods that rely on diet aids like drinks, prepackaged foods, or diet pills don't work in the long run. Whether you lose weight on your own or with a group, remember that the most important changes are long term. No matter how much weight you have to lose, modest goals and a slow course will increase your chances of both losing the weight and keeping it off.*

HELPFUL HINTS



Walking 1 mile burns about 100 calories. Adding a 1-mile walk daily results in a 10-pound per year weight loss!

