

# Regional Weight Management Center

## April 2011 Newsletter

It's common knowledge today that exercise is good for you. Many studies have shown that sedentary living habits and low levels of physical fitness are associated with increased risk of disease and death from chronic illness like heart disease and cancer. A sedentary lifestyle is also a major cause of excess weight.

The physical activity component of your weight loss program is designed to help you increase energy expenditure by combining moderate physical activity with your daily routine. This modest increase in energy expenditure will help you manage your weight, as well as improve fitness. You may be more likely to stick with this approach to activity if you realize you don't have to perform vigorous exercise to manage your weight.

Challenge to your daily exercise routine. Some of your concerns about increasing your daily exercise may be...

- Aching muscles at the start of the new exercise program
- Needing to change your schedule to accommodate planned activities
- Feeling that you need different or "appropriate clothing"
- Feeling embarrassed because of a low fitness level
- Feeling you lack support of friends and family

There are some general guidelines that may be helpful as you begin to change your physical activity habits.

- Habit change is a gradual process, with occasional lapses and relapses
- Learn from your setbacks and build upon your success
- Begin with small changes

Most individuals find it difficult to change many behaviors all at once. An effective strategy for change is to make a small change, incorporate it into your lifestyle and then make another change. It is important to keep moving.



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