

Regional Weight Management Center Newsletter

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Most people believe physical activity is good for their health, but find it hard to put theory into practice. *The Regional Weight Management Center* emphasizes activity as a critical component of successful, long-term weight management.

Regular physical activity is a key factor in achieving and maintaining a healthy body weight and contributing to mental health and well-being. Adults should engage in at least 30 minutes on most days of the week to reduce risk of chronic disease. Exercise will also help to prevent the gradual accumulation of excess weight and sustain weight loss, 30-60 additional minutes per day may be required to stabilize weight. Much of this activity can be met while going about your daily routine. Be active during leisure time; consider replacing sedentary activities such as TV or computer time with an activity. Physical activity can be done in short bouts, 10-15 minutes and accumulated throughout the day, since it can be hard to set aside longer time periods. Vigorous physical activity, such as jogging or aerobic activity, generally provides greater health benefits. It is important that you continue to accumulate activity through a variety of ways – at work, at home, and during your leisure time.

Aerobic activity uses large muscle groups (buttocks, thighs, back), and raises the heart rate. Aerobic activities cause you to feel warm, perspire, and breathe heavily without being really out of breath and without feeling any burning sensation in the muscles.

There are many different types of aerobic activities you can do. As you consider the best type of aerobic activity for you, it's important to distinguish between *weight-bearing* and *non-weight-bearing* activities. All aerobic activities help you burn calories and strengthen your muscles, including that all-important muscle, your heart. Weight-bearing aerobic activities also strengthen your skeleton.

Weight-bearing activities include jogging, walking, stair climbing, racquet sports, and aerobic dance. **Non-weight-bearing** activities include swimming, cycling, rowing and water aerobics.

Start with simple goals and then progress to longer term goals. Remember to make your goals achievable and realistic. Track your progress by keeping an exercise log of your activity and reward yourself when you reach your goals with a new pair of shoes or music to enjoy while you exercise.

Remember exercise will improve your mood and your overall sense of well being. Happy exercising!!

Check out our new website: www.regionalhealth.com



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