



Regional Weight Management Center January 2011 Newsletter (605) 719-1375

Another year has come and gone. As we think of your new year resolutions, consider exercise being a part of this year's goal. Being active is an important part of any weight-loss or weight maintenance program. When you're active, your body uses more energy (calories). And when you burn more calories than you consume, you lose weight.

- 3,500 calories equals about 1 pound (0.45 kilogram) of fat
- You need to burn 3,500 calories more than you take in to lose 1 pound
- So if you cut 500 calories from your diet each day, you'd lose about 1 pound a week
- Because of changes that occur in the body over time, however, calories may need to be decreased further to continue weight loss

While diet has a stronger effect on weight loss than physical activity does, physical activity, including exercise, has a stronger effect in preventing weight gain and maintaining weight loss.

Regular physical activity is one of the most important things you can do for your health. It can help control your weight, reduce your risk of cardiovascular disease, strengthen your bones and muscles, improve your mental health and mood and improve your ability to do daily activities.

If you're not sure about becoming active or boosting your level of physical activity because you're afraid of getting hurt, the good news is that moderate-intensity aerobic activity, like brisk walking, is generally safe for most people.

Moderate Intensity exercise could be:

- Walking briskly (3 miles per hour or faster, but not race-walking)
- Water aerobics
- Bicycling slower than 10 miles per hour
- Tennis (doubles)
- General gardening

It is important to start slowly and gradually increase your level of activity. If you have a chronic condition such as arthritis, diabetes, or heart disease, talk with your doctor to find out if your condition limits, in any way, your ability to be active. Then, work with your doctor to come up with a physical activity plan that matches your abilities. The health benefits of physical activity far outweigh the risk of getting hurt.

Happy New Year from all of us at Regional Weight Management!
Terry Anderson, Supervisor, Regional Weight Management

