

Regional Weight Management Center

September 2011 Newsletter

(605) 719-1375

Many of you are taking on new physical challenges as you continue to lose weight. Individuals who are active everyday sustain much greater weight loss and health benefits than those who are more sedentary. The perks of staying active are plenty- such as enjoying improved mood, memory, flexibility, activity tolerance and overall improved quality of life. The key is finding a few activities that you like, this way each day you will look forward to it.

When thinking of exercise:

Are you doing the same exercise routine without change over a prolonged period of time? Do you feel that your exercise routine does not seem as strenuous as it did earlier? Is your weight loss plateauing or are you even gaining your weight back? This is why.

Adaptation Phase

- When you first start an exercise program your body is required to make changes to adjust to the new workloads. Your muscles are continually rebuilding themselves requiring you to burn excess calories to do so. Once your body adapts to the exercise, you will burn less calories for the same activity than you did at the start.

Exercise Efficiency

- The more you do something, the better you get at it. When first starting an exercise activity your body is less efficient at that activity causing you to work harder to complete that activity. As you continually complete that activity, your body becomes more efficient at it, thus requiring fewer calories to complete that activity. Bottom line: you most likely aren't burning as many calories now as you had initially doing that activity!

Solution

- When an activity becomes easy, it's time to switch something up. Constantly change the intensity, duration, frequency and mode of exercise to continually keep yourself in the adaptation phase and not allow your body to become efficient at an activity. This requires monitoring your body during exercise to know when it's time to change something.

Jim Rix, Physical Therapist & Terry Anderson, Supervisor

Regional Weight Management Center

Phone: (605) 719-1011