

12 Weeks to Weight Loss Success This Week's Tip:

Get Moving!



You may notice that most of our tips revolve around nutrition and there is a reason for that – weight loss is 80% what you eat and 20% what you do! This week, we want to focus on what you DO to get your heart rate moving. Being active is a crucial element to good health and if you are eating right and add exercise to your program, you will definitely see results faster than if you were only focusing on eating right!

If you are a newcomer to regular exercise, you may feel a bit overwhelmed by all the options – what should you be doing, how often and for how long? Here are some great guidelines for everyone and some tips to get you on the road to physical fitness:

- Be active at least 2.5 hours per week to achieve the health benefits of exercise.
- Focus on moderate to vigorous aerobic (cardio) activity throughout each week, broken into sessions of 10 minutes or more.
- Get stronger by adding activities that target your muscles and bones at least two days per week.

You have so many choices at your disposal for getting aerobic activity – walking, running, hiking, bicycling, dancing, skating, swimming and even yard work and housework are great choices to include in your routine. The key is to pick something you enjoy so that you'll be more likely to turn it into a habit.

Want to know the difference between moderate and vigorous aerobic activity? **Moderate** intensity will make you breathe harder and your heart beat faster. You should be able to talk but not sing. **Vigorous** intensity will increase your heart rate quite a bit and you should find it difficult to say more than a few words without needing to catch your breath.

Don't forget to include a strength training element to your fitness routine! Strength training will not only help you look fit & lean but it can increase bone density (reducing the risk of osteoporosis), boost stamina and even help manage chronic conditions such as back pain, arthritis, heart disease & diabetes. You don't need to invest in a lot of equipment to get started either – many essential moves can be done simply using your own body weight. Check out this site for great strength training exercise basics and instructions:

<http://www.prevention.com/fitness/strength-training/best-strength-training-exercises-youre-not-doing>

Source: www.mayoclinic.com, www.phac-aspc.gc.ca, www.prevention.com