

TIPS TO ACHIEVE A HEALTHY WEIGHT

WEEK 2: CONSISTENT EXERCISE

There are a ton of benefits to having a regular exercise routine, including having lower body fat due to greater muscle mass. Lean muscle mass is more metabolically active than fat mass. The more muscle you have on your frame, the more calories you will burn, even at rest. As we age, we lose muscle mass, so it's even more important to continue to exercise.



1. Exercise for 30 minutes most days of the week. Here are some tips to make it stick:
 - Make a habit: it takes 21 consecutive days to make a habit, either good or bad. Set a schedule and stick to it.
 - Find a friend to work out with, as long as they are as motivated as you are.
 - Be consistent and gradually improve – an effort to make steady, continuous improvement is much better than an all-out effort followed by a month of inactivity.
 - Appreciate all of your accomplishments. Being able to perform 6 push-ups when you could only perform 4 is a big deal. Small increases on a continuous basis make for long lasting gains.
 - Listen to your body. Remember to rest in between heavy workouts and give your body time to replenish and restore.
 - Find different activities you enjoy. Although walking is the most popular form of exercise, try hiking, cycling, fitness classes, dancing or listening to podcasts or great music while jogging on a treadmill.
2. Strength training boosts your metabolism and improves body composition. You can do all the cardio you want, but strength training is needed to build muscle. Aim for 2-3 strength training sessions per week. This can include body weight exercises, hand weights or machines at a gym.
3. The biggest burn comes from the activities you do for the rest of the day – the more you move, the more you burn! Some things to keep in mind throughout the day:
 - Take a break at least every hour to get up, stretch and move.
 - Rather than email a colleague, get up and go talk to them.
 - Go to the furthest washroom or printer; park in the farthest spot away from the door.
 - Have stand up meetings or walking meetings.
 - Get outside for your lunch and go for a walk.