

# Get **Fit**, Trim **Down**, **Feel Great!**

Losing weight will help you achieve complete wellness. But what exercises are right for you? How often do you need to do them? When will you see results?

## Get Moving!

Trying to lose weight? One way to improve your chances of being successful is to be more physically active throughout the day. For many of us, our days are spent sitting or standing at work. Research has shown we need to take about 10,000 steps each day to stay physically healthy.

Read on to learn some simple movement ideas that you can add to your day that will help you to burn more calories!



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WELCOA's  
**Health & Wellness**  
BROCHURES

# Exercise & Weight Loss



# How **You** Can Make *Your* **Daily** **Routine**

More **Physically Active**

*Adding these activities to your daily routine will help you to burn a few more calories and help you lose weight!*



- › Walk or bike to work, rather than drive. Even walking to the bus stop will be better than driving straight from your home, and you may save money as well!
- › Try exercising while you are watching TV. You can lift weights or ride a stationary bike while you watch your favorite show.
- › Park your car further away from the office or supermarket entrance so that you have to walk a little further.
- › Walk up the stairs instead of riding the elevator.
- › Walk to a park or restaurant for lunch instead of driving or eating in your office.
- › Have walking meetings at work, or walk around your office while you are in a telephone meeting.
- › Take some time to play catch or shoot baskets with your kids.

## Being FITT While You Exercise

Try following the FITT formula for exercise in your weight loss program. Always be sure to check with your health care provider before starting any exercise regimen.

**FREQUENCY:** Exercising most days of the week is essential, especially if you want to lose weight. You may want to establish a regular exercise routine before increasing your activity level enough to impact your energy balance.

**INTENSITY:** Exercise at a low to moderate intensity level to begin with. As you feel more comfortable exercising, you can increase the level of intensity in your workouts. Using this tactic may prevent injury. However, if you wish to emphasize weight loss as your exercise goal, then you should focus on increasing the length of your workout time, rather than the workout intensity.

**TIME:** Plan your workout to last 30 to 60 minutes. If you haven't exercised for a while, consider using a graded exercise program. Graded exercise programs gradually increase the time you spend in each workout. This will help you avoid injury or stress to the body from extended exercise. Graded exercise programs start with short workouts, which are then slowly lengthened as you become more accustomed to the exercise program. Short workouts are also good for you if you do two or three of them in a day and produce benefits similar to those obtained from a single workout of the same total time.

**TYPE:** Look for activities that are aerobic, 20 minutes or longer, and low-impact like walking, cycling, low-impact aerobics, and water exercise. Also, look for activities that are enjoyable to you, convenient, and accessible. Remember, the exercise you choose needs to be one that you want to keep coming back to again and again and again.

# Finding An Exercise Activity That Is Right For *You!*



Picking the right activity for your exercise is important. Many intentions to exercise are often broken because of poor activity choices. So, take a moment to think about these points when you start planning the exercise portion of your weight-loss program.

*Your time spent exercising will show better results if you focus on technique instead of workload.*

## Activity Matters

**Do something you enjoy.** This is essential. The only way you are going to keep doing this activity is if you enjoy it. Exercise is something that you want to do, not have to do!

**Find a partner.** A workout buddy can help motivate you because they become a key part of the exercise process.

**Find something you can afford.** Sadly, many people get in the groove of exercising on a regular basis only to find that they can't really afford to finance their activity. Be smart—find something you can afford.

**Convenience wins every time.** If you want to be active, it has to be convenient. Pay particular attention to how many minutes you have to travel to get started. A good rule of thumb is 12 miles or 12 minutes—anything further decreases the odds of success.

**Be comfortable.** Indoor cross-country ski trainers are an excellent piece of exercise equipment. However, they can often be too physically demanding for most. Find something you are comfortable with and enjoy every second.

**Think functional health.** When choosing an activity, think about being functionally healthy. Find activities that are simple, easy, and fun—and reap the rewards in your everyday life.

**I say tomato.** When it comes to exercise, it's definitely different strokes for different folks. If you are an introvert, find something that you can do on your own. If you like being around people, find a group activity.

## Getting Started

Exercise programs can make a huge difference to your weight loss program if they are done correctly. Below are some points that you'll want to keep in mind when implementing a new exercise program.

## Check With Your Doctor First

Before you start any weight loss or exercise program, talk it over with your doctor. Your doctor can help with your meal plan and exercise program, and check to make sure that you do not have any physical conditions that might be affected by the exercise program or activity you have chosen. In general, most doctors will encourage you in your decision to lose weight and become healthier. They may even offer to monitor your progress so that you can see other medical benefits, like reductions in your cholesterol and blood pressure.

## Start Slow & Take Your Time

Start off your exercise program slowly and gradually. Your body will adapt to the exercise you are giving it if you give it the time it needs. Go too fast though, and you may have to stop to recover from injuries that have appeared because your body was not ready to cope with the stress. Also remember that you may not be the young athlete you used to be. Don't expect to take up where you left off in high school and be just as good or just as strong. Be patient, and you will be amazed at how quickly you get back into your old exercise routine.

## Focus On Technique

Your time spent exercising will show better results if you focus on technique instead of workload. Don't let your desire to work at the next level lead to you doing exercises or activities incorrectly. Poor technique can lead to injuries and reduce the benefits of the exercise being performed. For example, leaning forward or using your arms to hold you up when exercising on a stair climber not only puts your body in a bad posture for the exercise, but also reduces the load on your legs during exercise. In this case, you are better off reducing the load you work at so that you can maintain the correct posture.

## Small Steps To Better Health

Improving your health doesn't require a major commitment. Even these small steps can help.

- Join a walking group in the neighborhood or at the local shopping mall.
- Recruit a partner for support and encouragement.
- Get the whole family involved; enjoy an afternoon bike ride with your kids.
- Walk up and down the soccer or softball field sidelines while watching the kids play.
- Walk the dog—don't just watch the dog walk.
- Clean the house or wash the car.
- Do stretches, exercises, or pedal a stationary bike while watching television.
- Mow the lawn with a push mower.
- Plant and care for a vegetable or flower garden.
- Play with the kids — tumble in the leaves, build a snowman, splash in a puddle, or dance to favorite music.
- Get off the bus or subway one stop early and walk or skate the rest of the way.
- Replace a coffee break with a brisk 10-minute walk. Ask a friend to go with you.
- Take part in an exercise program at work or a nearby gym.
- Join the office softball team or walking group.
- Most importantly—have fun while being active!

## Keep Track Of Your Progress

One of the best ways to see the progress you have made is to record the exercise you have done and note your improvements. You can keep track of the number of times you exercise, the length of time you exercise, what activities you did, how hard you exercised, and how you felt while you were exercising. If you prefer seeing your improvements in a chart, pick one aspect of your training, like how long you exercise during your workout, and plot that over time. Seeing yourself get better will keep you excited about exercising and encourage you to keep improving.

