

Health Promotion Series-Physical Activity

Vol. 3





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Obesity

Today's information comes from the CDC and is in regards to physical activity helping you to achieve or maintain a healthy weight. We all know that regular physical activity is important for your overall health, such as reducing the risk of diabetes, cardiovascular diseases, stroke, several forms of cancer, decreasing high blood pressure, reducing osteoporosis and fall risk, reducing arthritis pain, and decreasing the symptoms of depression and anxiety, but can be even more important when you are trying to lose or maintain weight.



Decreasing the amount of calories you take in is where a lot of weight loss occurs, but according to research, regular physical activity is the only way to *maintain* weight loss.

Goal	Time per Week	Type of Activity
 For good health	2 hours and 30 minutes	Moderate-intensity aerobic activity (i.e. brisk walking) every week and muscle-strengthening activities at least 2 days a week that work all major muscle groups*
	OR	
 For even better health or more weight loss	1 hour and 15 minutes	Vigorous intensity aerobic activity (i.e. jogging or running) every week and muscle-strengthening activities at least 2 days a week that work all major muscle groups*
	OR	
 For even better health or more weight loss	5 hours	Moderate-intensity aerobic activity (i.e. brisk walking) every week and muscle-strengthening activities at least 2 days a week that work all major muscle groups*
	OR	
 For even better health or more weight loss	2 hours and 30 minutes	Vigorous intensity aerobic activity (i.e. jogging or running) every week and muscle-strengthening activities at least 2 days a week that work all major muscle groups*

* All major muscle groups includes legs, hips, back, abdomen, chest, shoulders and arms.

To **maintain** your weight: work up to 150 minutes of moderate-intensity aerobic activity or 75 minutes of vigorous-intensity aerobic

To **lose** weight and keep it off: adjust your diet, including reducing calories and work up to completing a higher amount of physical activity than the above guideline states, always working within your own limitations.

For more information on this, including the difference between moderate and vigorous physical activity, please click this link:

http://www.cdc.gov/healthyweight/physical_activity/index.html