



Louisville Center for Weight Loss

2304 Hurstbourne Village Dr, Suite 500, Louisville, KY 40299 (502) 583-3191 (502) 581-1463 fax
www.louisvillecenterforweightloss.com web lcwl@louisvillecenterforweightloss.com email

Exercise

- Increasing exercise is very helpful in losing weight
- Exercise is even more important in maintaining weight loss
- Americans exercise less each year, in part due to increased sedentary activities such as watching TV, working on computers, surfing the Internet, and playing video games
- Walking for ½ hour a day will often prevent regaining weight
- Low intensity long duration exercise burns more fat
- Exercise ideally should increase heart rate to 70% of maximum heart rate, calculated as: $(220 - \text{age}) * 0.70$
- Should choose an enjoyable activity that fits your lifestyle
- Use all opportunities to exercise, for example take the stairs instead of the elevator
- If very overweight start gradually, increasing 10 minutes at a time, until exercising 30 minutes a day
- The average child spends 15,000 hours watching TV by age 17. That is 40% more than time spent in school
- Physical activity attracts other positive health habits, including eating less and healthier foods
- In one study aerobic exercise has been shown to work faster than medication in treating depression
- Strength training also assists in weight loss in addition to aerobic exercise. A pound of muscle tissue burns more calories than a pound of fatty tissue
- Regular exercise can lower blood pressure