



Fitness

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fact sheet

Exercise is a vital part of any weight-loss program. You may ask yourself why exercise is so important and wonder if just eating less is enough. An easy answer to this question is most likely not. Eating less is not enough for the vast majority of people. The two main benefits of exercise are speeding up weight loss and maintaining any weight loss you have already achieved. People who exercise regularly are more successful in maintaining their weight loss than people who only diet.

Exercise is important because you will use more energy and therefore lose weight faster. But beyond any immediate effect of exercise there are also a number of delayed effects. By building your muscles through doing more exercise, you will actually increase the amount of energy that your body uses every day; the so-called Basal Metabolic Rate (for more information on BMR see chapter 4 of my book, **Healthy Intentions: Make it a habit**).

Also during the time you take to exercise each day you will not be eating or doing things that may tempt you or make you hungry. It will help you to avoid doing things that are associated with food. Exercise will provide a large benefit and help you lose weight faster and easier.

Exercise provides many short- and long-term benefits that are essential for weight loss. The short-term benefits are from the direct use of energy and burning your stores of fat. This is especially true if you have been eating the right foods and following your weight-loss plan. There are several long-term benefits. Firstly, as your muscles become larger they will burn more fat. Secondly, you will increase your fitness and health as well as feeling better. Thirdly, exercise is associated with a better mood and concentration.

So all around exercise has many benefits that are essential for any weight-loss program. If exercise is performed properly with the right warm up, it should not be associated with any injuries. However, you should see your doctor before starting if you have not exercised before or if you are starting a new exercise program.

Types of exercise

You should have a balanced exercise program that includes both anaerobic and aerobic exercises (for more information see my book)

Exercise does not need to be expensive. You can build your muscles and fitness at no cost by doing activities such as callisthenics and jogging. Alternatively, you can spend a lot on personal trainers, gyms and expensive equipment. This is a very individual and I will try to give you some guidance on the best choices. Simple things such as the medi-ball, jumping rope and free weights are all that you need for a full body work out. Another thing that I think helps a lot with your workout is using music while you are exercising, as a fast beat makes you work harder.

I will provide simple advice for getting the most out of your exercise workout and you will also be able to order some exercise equipment from this website.