

Exercise To Lose Weight

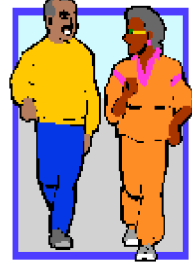


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Before starting a new exercise program, check with your health care provider.

Your health care provider may:

- Check your pulse (heart beat), blood pressure and heart.
- Ask you about your medical history.
- Have some tests done, if needed.
- Have you see a dietitian to help plan your diet.



Exercise along with a healthy weight loss diet can help you lose 1 - 2 pounds a week.

Your health care provider may ask you to do aerobic exercise. Aerobic exercise makes your muscles use oxygen. This makes your heart work harder to get the oxygen to your muscles. This helps your heart and muscles get stronger, and use more calories. Some aerobic exercises are biking, jogging, walking, swimming, dancing, and playing basketball. Aerobic exercise should be a very important part of your plan to lose weight.

Here are some ideas to help you as you start exercising:

- Choose some exercises you enjoy so that you will keep on doing them.
- Choose activities that you can do every day and that do not cost too much money.
- Go to a health club (gym) or exercise class.
- Think about cycling, walking fast, or exercising at home with videotapes, if you don't want to go to a health club (gym).



- Wear shoes that give you good support, and wear loose-fitting clothes.
- Do slow warm-up exercises or gentle stretches before and after exercising.
- Exercise till you breathe more heavily and your heart beats faster.
- Do not do so much that you pull a muscle, feel dizzy, sick to your stomach or get very short of breath.
- Start with 5 - 10 minutes each day, and work up to 30 minutes of exercise each day if you can (for more weight loss, exercise for 60 - 90 minutes each day).
- Even if your exercise is done in some 10 minute periods over the day, you will still get the benefits of exercise - losing weight and feeling better.



- Drink extra water when you exercise.
- Exercise with a friend or family member.
- Exercise indoors if the weather is very hot or very cold.
- Pilates, yoga, house cleaning, vacuuming, yardwork, weight training, tai chi, bowling, and such activities can help you burn calories and lose weight.
- Exercise can be done during any time of the day.
- Do your every day chores on foot when you can. Take stairs instead of the elevator. Walk during your lunch break.



The benefits of exercise can last your whole life, so exercise every day and have fun!