

# Exercise Tips

Remember: Exercise is the BEST PREDICTOR OF WEIGHT LOSS MAINTENANCE!

- ❖ Do what you personally can do.
- ❖ Do not rush into exercise program, take it slowly at first. Especially if not used to intense workouts.
- ❖ **Do three, 10 minute sessions each day.** Sometimes it is difficult to set aside 30 minutes each afternoon for exercise. Be active throughout the entire day! Take 10 minutes before work to walk, 10 minutes at lunch, and 10 minutes after work to get in a total of 30 minutes of walking.
- ❖ Diet is the best way to promote and control weight loss, but exercise is a great way to help maintain weight!
- ❖ It is easier to avoid eating 500 extra calories than running 5+ miles
- ❖ How hard should you exercise?
  - Different for everyone
  - Start very light: slowly increase household chores
  - Next level is slow walking, garage work, house cleaning, golf
  - Third level is walking faster, weeding/hoeing a garden, cycling, tennis, dancing.

## Fun and Easy Ways to Increase Physical Activity Throughout the Day

- ❖ Each of the following are fun ways to increase activity:
  - Take the stairs instead of the elevator/escalator
  - Park in the parking spot farthest from the building
  - Do chair exercises at work or while watching T.V.
  - Move the treadmill or the bike in front of the T.V. so every time you watch a T.V. show or movie you can do physical activity!
  - Walk/ride bike
  - Play golf (without a golf cart)
  - Work in garden
  - Join dance class (Zumba is a favorite!)
  - Chase kids around park (preferably kids you know)
  - Walk dog or invisible dog if allergic

## **Helpful Websites and Resources**

### Active at Any Size

- <http://win.niddk.nih.gov/publications/active.htm>

### Videos/DVS you can purchase

- [www.chairdancing.com](http://www.chairdancing.com)
- [www.kellybliss.com](http://www.kellybliss.com)
- [www.miragevideos.com](http://www.miragevideos.com)

### Other resources

- [www.plussizeyellowpages.com](http://www.plussizeyellowpages.com)