Let's Get Physical!

Succeeding at weight loss just got a little bit easier.

Losing weight is more than about what you eat. It’s a lifestyle change that involves a lot of other things, including physical activity. Sure, we’re all busy. But squeezing in at least 30 minutes of moderate exercise most days of the week can go a long way—not just for your shape, but for a whole host of health benefits. Physical activity helps reduce the risk of heart disease, Alzheimer’s, arthritis, and diabetes. It also increases overall productivity, focus and concentration while reducing stress. Even a brisk walk and yard work can be beneficial. And if you have a dog—even better! Walking your dog is good for the both of you. Nothing like a little fresh air and a good workout with “mans (or woman’s) best friend!

Remember; too don’t go out too hard or too fast, especially if you haven’t been very active lately. Be realistic about your current health and level of fitness. If you’re a beginner, start easy and work your way up. If you have an existing health condition, talk to your doctor first about the best exercise for you.

Tips to help get you going:

Start with an activity you enjoy doing. The more you enjoy it, the more likely you’ll do it regularly. You don’t want it to seem like a chore.

Mix it up and choose a variety of activities so you don’t get bored. For example, hit the gym one day and take a walk around the block the next. Try out your local yoga studio or, grab your tennis racquet for a competitive match.
Listen to your body. If you experience chest discomfort, pain, dizziness, a severe headache, or any other unusual symptoms, stop exercising and consult your doctor. If you are feeling sick or fatigued—which may happen if you're a bit out of shape—rest and ease back into your routine when you feel stronger or better.

Find an exercise partner. For example, your friend, sibling, or co-worker. This makes it more likely that you'll stay committed to your goals.

Keep a journal and track your progress. Be sure to include the time you start and stop exercising, the type of activity, how you felt before, and how you felt after.