



Exercise

Regular exercise is fundamental to our wellbeing. It controls weight, improves stamina, helps prevent disease, enhances flexibility, strengthens and tones, sharpens the mind, and improves overall quality of life. In a nutshell it goes a long way to making us feel 'happy'.

The Department of Health recommends that adults should undertake a minimum of 150 minutes moderate or 75 minutes vigorous physical activity per week. This is a starting point – however, the more exercise you do, the easier it will be to drop that extra weight!

For optimum results, you need to combine aerobic exercises with muscle strengthening exercises.

When you perform aerobic exercise, fat oxidation increases both during and after the activity as your metabolic rate will also be higher post exercise.

Adding muscle strengthening activities will compensate for any loss of lean muscle tissue and help maintain muscle mass.

**My recommendation:
2 aerobic exercises and
2 muscle strengthening exercises
per week (each one for 45-60 minutes)**

Aerobic (cardio) exercise is any exercise that uses large muscle movement over a sustained period of time and raises your heart rate to at least 50 % of your maximum level. Examples are walking, jogging, running, cycling, swimming, rowing, dancing, skating, climbing stairs.

A quick formula used to estimate your maximum heart rate is 220 minus your age.

Exercising at 50 % - 63 % of your max heart rate = light cardio

Exercising at 64 % - 76 % of your max heart rate = moderate cardio

Exercising above 77 % of your max heart rate = vigorous cardio

Muscle strengthening exercise is essential, as anyone on a weight loss program will lose both muscle and fat. When muscle strengthening exercise is added, more muscle will be preserved and a greater proportion of weight loss is actual fat loss. Examples are Pilates, circuit training, yoga, Barre and all the exercises on the provided videos.

It is ideal for 2 reasons:

- Your metabolic rate will be elevated for up to 15 hours post-exercise, due to the oxidation of body fat.
- Weight training acts as a stimulus to muscle retention. The more muscle you have, the faster your metabolism.

Benefits of regular exercise:

Controls weight

You can speed up fat loss by increasing your metabolic rate through regular exercise. Physical activity increases the use of fat as an energy source and raises your metabolic rate for a while afterwards, depending on the intensity and volume of the activity performed. Additionally, exercise promotes the repair and development of muscle tissue.

The more muscle you have, the more calories you burn, therefore increasing your metabolic rate and speeding up fat loss.

Combats health conditions and diseases

No matter what your current weight, being active boosts high-density lipoprotein (HDL), or "good," cholesterol and decreases unhealthy triglycerides. This keeps your blood flowing smoothly, which decreases your risk of cardiovascular diseases. In fact, regular physical activity can help you prevent or manage a wide range of health problems and concerns, including stroke, metabolic syndrome, type 2 diabetes, depression, certain types of cancer, arthritis and falls.

Improves mood

Physical activity stimulates various brain chemicals that may leave you feeling happier and more relaxed. You may also feel better about your appearance and yourself when you exercise regularly, which can boost your confidence and improve your self-esteem.

Boosts energy

Regular physical activity can improve your muscle strength and boost your endurance. Exercise and physical activity deliver oxygen and nutrients to your tissues and help your cardiovascular system work more efficiently. And when your heart and lungs work more efficiently, you have more energy to go about your daily chores.

Promotes better sleep

Regular physical activity can help you fall asleep faster and deepen your sleep. Just don't exercise too close to bedtime, or you may be too energized to fall asleep.

Benefits depression & anxiety

As well as the many physical benefits, exercise is also one of the easiest and most effective ways of improving your mental health. Regular exercise can have a profound effect on all aspects of your emotional well-being. Negative feelings, such as depression, tension, confusion, fatigue and anxiety all drop after exercise and there is a spike in vigour and energy.

Calories burned per 30 minutes of activity by body weight:

Activities	120 lbs 55 kg	140 lbs 64 kg	160 lbs 73 kg	180 lbs 82 kg	200 lbs 90 kg	220 lbs 100 kg	240 lbs 109 kg	260 lbs 118 kg	280 lbs 127 kg
Aerobic Dancing	138	161	184	207	230	253	276	299	322
Aerobic Step training	174	203	232	261	290	319	348	377	406
Backpacking (20 lb load)	240	280	320	360	400	440	480	520	560
Basketball	156	182	208	234	260	286	312	338	364
Cycling (10 mph)	162	189	216	243	270	297	324	351	378
Dancing	120	140	160	180	200	220	240	260	280
Gardening	108	126	144	162	180	198	216	234	252
Golf, walking without cart	120	140	160	180	200	220	240	260	280
Housework	108	126	144	162	180	198	216	234	262
Jogging (5 mph)	222	259	296	333	370	407	444	481	518
Mowing	162	189	216	243	270	297	324	351	378
Rowing machine	186	217	248	279	310	341	372	403	434
Running 6.5 mph	288	336	384	432	480	528	576	624	672
Skipping rope	342	399	456	513	570	627	684	741	798
Soccer	222	259	296	333	370	407	444	481	518
Squash	258	301	344	387	430	473	516	559	602
Stair climber machine	192	224	256	288	320	352	384	416	448
Swimming slow crawl	210	245	280	315	350	385	420	455	490
Table tennis	114	133	152	171	190	209	228	247	266
Tennis single	174	203	232	261	290	319	348	377	406
Tennis double	108	126	144	162	180	198	216	234	252
Walking (brisk walk)	114	133	152	171	190	209	228	247	266
Volleyball	132	154	176	198	220	242	264	286	308
Water-skiing	180	210	240	270	300	330	360	390	420
Weight training	150	175	200	225	250	275	300	325	350