



## EXERCISE – Go for the *calorie* burn!

Have you heard why exercise is so important for weight loss and weight maintenance? Exercise, coupled with a reduction in caloric intake, will help you to see weight loss **FASTER** than when doing either alone. Exercise encourages the body to **BURN** the extra fat as fuel. Regular exercise also conditions the body to become a more efficient user of fat for fuel. Increased muscle mass, as a result of exercise, increases your metabolism and therefore also assists in weight loss.

A well-rounded exercise routine should consist of the following components:

- 30+ minutes of moderate intensity aerobic activity 3 to 5 days a week.
- 2 to 3 days of strength training
- Stretching before and after your aerobic and strength-training activities.

Aim for burning 1000-2000 calories per week from activity for weight loss. This breaks down to 300-500 calories per session when exercising 3 to 4 days per week, or 200-400 calories per session when exercising 4 to 5 days per week.

Remember that fat weight loss is a slow, steady process. Go ahead ... take that first step. For more information on exercise, nutrition and weight control **contact your local Health and Wellness Center (HAWC).**

***Shape Your Future... Your Weigh!™***