



## **How to Make Exercise Work for You**

Do you feel that although you've been exercising, you can't seem to lose any weight? You are not alone. With moderate exercise, depending on the speed and distance you walk or bike at a time, you may burn about 100 to 300 calories. If you exercise three days a week and don't change your eating habits, it could take one to three months for this increase in activity to show up as weight loss. Don't forget that even without weight loss, you are getting health benefits. Studies suggest that most sedentary adults gradually gain weight each year. If an exercise program allows you to maintain a weight level, it has provided a valuable benefit. Although exercise is vital to weight loss, most people who lose weight changed their eating habits in some way to cut back on calories. This might mean a few changes in what you eat or drink, or perhaps in portion sizes, or only eating when you are truly hungry. Exercise plus healthy eating is the key to weight control.

For more information on starting or maintaining an exercise program, contact your local **Health and Wellness Center**.

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