# EXERCISE AND WEIGHT LOSS

## *TRANSCRIPT*

To lose weight, work with your healthcare provider to come up with a plan that is right for you. This plan will include increasing your physical activity. You can get physical activity by exercising, or increasing your activity, during the day.

There are three main types of exercise: aerobic exercise to get you moving and strengthen your heart, like jogging or bicycling; strength training, like lifting weights or doing push-ups to build muscle strength; and stretching to improve flexibility. Other exercises like Tai Chi and yoga can benefit you by improving your coordination and balance.

Start slowly when starting an exercise program. Eventually you will want to do 150 minutes, or 2.5 hours, of moderate activity each week.

If you haven't been very active before, exercise can be scary. Don't give up, start slowly. Try breaking the amount you exercise into 10 minute chunks. This week, do more than you did last week. In time, you will reach your exercise goal.

Remember, you don't have to do this alone. Talk to your healthcare provider before you start an exercise program to find one that works for you.

In addition to exercise, you can increase activity in your daily life. You can get active just by working in the yard, parking further from the store, playing with your kids or grandkids or taking a walk around your neighborhood.

> *"I've actually grown to like exercising. And I like the results from exercising. And it makes me feel so much better. It won't be something that I'll pick up and then stop. I like the way I feel from it."*

Adding more activity and exercise to your routine is a key way to lose weight.

This program is for informational purposes only. Publisher disclaims all guarantees regarding the accuracy, completeness, or suitability of this video for medical decision making. For all health related issues please contact your healthcare provider.

hc_gn_10205_98_en_t00002.pdf © Milner-Fenwick, Inc.

healthclips