



Exercising for **WEIGHT LOSS**

Prescription for Improving Healthy Body Status

Exercising when you are overweight is as easy as 1, 2, 3

Getting Started

Keep it Simple: Sit less and move more. Limit sitting to no more than 2 hours at time. You don't have to do big things. ANY physical activity is good.

Even a few pounds of weight loss can help lower your risk of diabetes, heart attack or stroke.

One of the most important things you can do is make a plan and stick with it. Schedule your exercise just like you do with everything else in your day. When you make time for yourself you invest in yourself.



1 Get Moving

What

Any continuous activity (biking, walking, dancing). Water exercises are also good if you have pain in your knees, hips or back.

When

Start slowly. When you begin to move more you may feel sore after exercise. Your overall goal should be 5 days of exercise a week, but take your time getting there.

Example:

Weeks 1-3: Exercise Tuesday & Friday. Rest all other days.

Weeks 4-6: Exercise on Tuesday, Friday, and Sunday. Rest all other days.

Weeks 5-7: Exercise on Tuesday, Thursday, Friday, and Sunday. Rest all other days.

Weeks 8-10: Exercise on Monday, Tuesday, Thursday, Friday, and Sunday. Rest on Wednesday and Saturday.

How Long

Start with just a few minutes. Every other time you exercise, increase how long you go. Example, if on Day 1 you exercise for 3 minutes, on Day 2 go again for 3 minutes. On Day 3 increase your workout to 5 minutes. Then keep increasing how long you exercise until you get to 30 minutes total.

Example:

Week 1: Walk around your house at level 2 – aim for 3 minutes at a time

Week 2: Walk down your street and back at level 2.

Week 3: Walk down your street, the next street and back at level 2.

Week 4: Walk down your street and 2 more streets and back at level 2.

Week 5: Walk around your block at level 3. Keep this going for the next 2-3 months.

Eventually you want to work up to 30 minutes of exercise at a time.

When you combine these 3 tips with healthy eating habits, your journey to weight loss will be most effective.

PERCEIVED EXERTION CHART

10	Very, Very Hard Activity – Completely out of breath, unable to talk
9	Very Hard activity – Can speak only one word at a time
7-8	Hard Activity – Out of breath, can speak a sentence or two
4-6	Moderate Activity – Can talk but not sing
2-3	Light Activity – Breathing is easy, can talk and sing
1	No Activity

How Hard

Start very light and continue to work up as your energy level increases. The overall goal should be for you to talk while exercising, but not sing.

On a scale of 1-10 you should aim to move between a 2-6.

1=short walk to get the mail

2-6= walking around the block, dancing in the kitchen

10=hard running

CAUTIONS: Listen to your body. Do what you can do and don't push too hard. Take your time. Developing lifelong habits is slow work. Don't get down on yourself if you can't go as far or as fast as you want right away. Work up your goal slowly. Minor setbacks can happen. The important thing is that you keep moving.



2 Get Strong

What

Start by using your own body weight.

Do each of the following:

Sit & Stands: Sit in a steady chair – using a kitchen chair is ideal, and then stand up.

Calf Raises: Stand with your feet flat on the floor and shoulder-width apart. Raise yourself onto your toes and then lower your heels back to the floor. If you need to, stand near a countertop and hold onto it for extra balance.

Knee Lifts: In a standing position raise one knee. Lower your foot flat to the floor and raise the other knee.

Do each of these exercises 10 times. Rest 1 minute in between exercises if you need.

Example: 10 sit and stands, rest 1 minute, 10 calf raises, rest 1 minute, 10 knee lifts, rest 1 minute.

When

2-3 days/week.
Rest at least one day in between.

How Hard

Start slowly. On a scale of 1-10 you should be working at 4-8.

- 1=sitting on the couch
- 4=just able to feel your muscles being used
- 8=sweating during the exercise
- 10=can't do the exercise

How Long

10 repetitions to start. Build up as you can.

Building muscle mass helps you to lose weight. Getting strong is just as important to improving your health as moving.



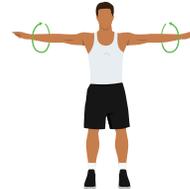
3 Get Stretching

What

Stretching is a great way to help prevent injury when you first start exercising.

Do each of the following:

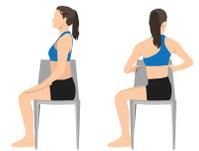
Arm Circles:



Toe Touches:



Waist Twists:



When

You should stretch before and after every exercise session.

How Hard

Stretch as far as you can until you feel muscle tightness. Don't overstretch, this could hurt your muscles. If you can't quite touch your toes, aim for your calf or your knees.

How Long

Do 5-10 of each stretch before and after every exercise session. Stretch before you walk and after your walk is done. Stretch before you do your knee lifts, sit to stands and calf raises, and stretch when you are done.

Performing these exercises, including the suggested frequency, intensity and duration will help you meet the American College of Sports Medicine Guidelines for exercise participation and improve your health and fitness.

Local Resources

Free: Footprints for Fitness (Saginaw Center Courts), Walk with a Doc (YMCA)

Paid: Scan QR code for additional resources

