

# Manage Your Weight for a Healthier YOU

Regular physical activity is important for good health, especially if you're trying to lose weight or maintain a healthy weight. Between eating healthy and maintaining a consistent physical active lifestyle, you can achieve a healthier you.

## What Physical Activity Can Do For You?

- 1) Incorporating physical activity into your life increases the number of calories your body uses for energy or “burns off.” The burning of calories through physical activity, combined with reducing the number of calories you eat, creates a “calorie deficit” that can result in weight loss.
- 2) The largest determinate of weight loss has to do with what you're putting into your body. Most weight loss occurs because of decreased calorie intake. Evidence has shown that the only way to maintain weight loss is to combine healthy eating habits with regular physical activity.
- 3) Most importantly, physical activity reduces risks of cardiovascular disease and diabetes as well as other life threatening diseases.

## Other Benefits of Physical Activity

- 1) Reduces high blood pressure.
- 2) Reduces risk for developing type 2 diabetes, heart attack, stroke, and other forms of cancers.
- 3) Reduces arthritis pain and associated disability.
- 4) Reduces risks for osteoporosis and falls.
- 5) Reduces symptoms of depression and anxiety.

## Recommendations for Adults Looking to Maintain or Lose Weight:

2 hours and 30 minutes (150 minutes) of moderate-intensity aerobic activity (i.e., brisk walking) every week **and**



muscle-strengthening activities on 2 or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms).

OR



1 hour and 15 minutes (75 minutes) of vigorous-intensity aerobic activity (i.e., jogging or running) every week **and**



muscle-strengthening activities on 2 or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms).

OR



An equivalent mix of moderate- and vigorous-intensity aerobic activity **and**



muscle-strengthening activities on 2 or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms).

[www.CDC.gov/physicalactivity](http://www.CDC.gov/physicalactivity)

## Difference between Moderate and Vigorous Activity

**Moderate:** While performing the physical activity, if your breathing and heart rate is noticeably faster but you can still carry on a conversation, it's probably moderately intense.

**Vigorous:** Your heart rate is increased substantially and you are breathing too hard and fast to have a conversation, it's probably vigorously intense.

## Calories Expended For Various Activities:

Calories Used per Hour in Common Physical Activities		
Moderate Physical Activity	Approximate Calories/30 Minutes for a 154 lb Person <sup>1</sup>	Approximate Calories/Hr for a 154 lb Person <sup>1</sup>
Hiking	185	370
Light gardening/yard work	165	330
Dancing	165	330
Golf (walking and carrying clubs)	165	330
Bicycling (<10 mph)	145	290
Walking (3.5 mph)	140	280
Weight lifting (general light workout)	110	220
Stretching	90	180
Vigorous Physical Activity	Approximate Calories/30 Minutes for a 154 lb Person <sup>1</sup>	Approximate Calories/Hr for a 154 lb Person <sup>1</sup>
Running/jogging (5 mph)	295	590
Bicycling (>10 mph)	295	590
Swimming (slow freestyle laps)	255	510
Aerobics	240	480
Walking (4.5 mph)	230	460
Heavy yard work (chopping wood)	220	440
Weight lifting (vigorous effort)	220	440
Basketball (vigorous)	220	440

<sup>1</sup> Calories burned per hour will be higher for persons who weigh more than 154 lbs (70 kg) and lower for persons who weigh less.

Source: Adapted from [Dietary Guidelines for Americans 2005, page 16, Table 4.](#)

