Are You Listening?

Understanding and Knocking Out Obesity

Some may think of being overweight or obese as a cosmetic issue, but it can actually come with more serious consequences, like as heart disease, type 2 diabetes, and cancer. However, with exercise, a healthy diet, and this quick resource guide, we can get you on the right path to understanding and knocking out obesity.

Weight Loss 101

To keep your weight loss healthy and realistic, doctors recommend that you lose no more than 1-2 pounds a week. Also, don’t ever let your diet dip below 1,200 calories a day (you may actually need more, believe it or not). You may lose more or less weight each week, which is normal, but you shouldn’t overburden yourself or feel let down if you don’t drop three pant sizes in a week.

To lose a pound, you need to slash approximately 3,500 calories a week — that’s about 500 calories a day. You can accomplish this by eating fewer calories or expending energy through regular physical activity. For the most successful results it’s best to incorporate both into your plan of action.

Exercising for Weight Loss

Your plan of action for weight loss should include both anaerobic and aerobic exercises. Cardio activities help you burn calories while strength training works to build lean muscle, which increases your metabolism and decreases fat. So naturally, the more muscle you build, the more calories you burn on a day-to-day basis. In fact, for every three pounds of muscle that you gain, your body will burn an extra 120 calories each day without moving a single one of those muscles.

Final Notes

As always, you should discuss your goals with your doctor before starting a new exercise routine. Your doctor can also help you determine how long, how often, and at what intensity you should exercise. To that end, the general goal is to get physically active approximately 4-5 days a week for at least 30 minutes a session. Your goals should account for increasing workout intensity and duration over a gradual period of time.

Ready to crush your weight loss goals? We can help! Call us today at 800.294.1500 or visit us online at globalfit.com to get started today.

Sources:
http://www.acsm.org/access-public-information/articles/2012/01/19/obesity-and-exercise
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http://www.shape.com/fitness/workouts/8-cardio-myths-are-making-you-fat

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Are You Overweight or Obese?

For adults, there are two methods for establishing whether you are overweight or obese — through analyzing your weight and applying it to the Body Mass Index (BMI) and by examining your waist circumference.

• **Body Mass Index:** BMI is a measure of your weight relative to your height. While the BMI is useful, it does have its limits and may overestimate body fat for people that are athletic and/or have a more muscular build. On the flip side, it can underestimate those who have lost muscle.

<table>
<thead>
<tr>
<th>BMI</th>
<th>STATUS</th>
</tr>
</thead>
<tbody>
<tr>
<td>18.5 - 24.9</td>
<td>Normal weight</td>
</tr>
<tr>
<td>25.0 - 29.9</td>
<td>Overweight</td>
</tr>
<tr>
<td>30.0 - 39.9</td>
<td>Obese</td>
</tr>
<tr>
<td>40.0 and above</td>
<td>Extreme obesity</td>
</tr>
</tbody>
</table>

• **Waist Circumference:** Waist size is a measure of your abdominal fat, and as your BMI and waist size get larger, your risk of developing diabetes, heart disease, and some cancers increase. A waist measurement greater than 40 inches for men and 35 inches for women indicates a significant increase in your health risk.