

Exercise Recommendations

Exercise is important not only for weight loss but for pain relief by improving circulation to arthritic joints and tight muscles, and for lowering cholesterol and improving diabetic control. For all of the above problems exercise should be moderate and varied to prevent injury and boredom. Longer exercise routines are difficult to maintain for a lifetime and are recommended only for those people with the time and energy to maintain them. A practical recommendation for exercise is 20 to 30 minutes of getting slightly short of breath 5 to 7 days per week for weight loss and 3 to 5 days per week for maintenance. If your goal is weight loss, then coupling this with a low white carbohydrate, high colored vegetable and fruit diet is best. Good choices over time are walking (especially in varied and attractive settings) and bicycle riding. In hot weather swimming, pool walking, mall walking (walking at an indoor shopping mall) and indoor exercise equipment are all good choices. More advanced exercise routines such as tennis, basketball, racquetball, volleyball and roller blading burn about one-third more calories in your exercise time but these exercises should not be attempted unless you are in shape or are experienced. These activities burn about one-third more calories for the time you spend doing them and can give you a more heightened exercise induced sense of well being. With all these activities getting slightly short of breath to improve circulation and burn fat is important. If you feel fatigued for hours afterward you should cut your exercise duration down by half for a few weeks and increase the routine every several weeks as tolerated. Every 30 minutes of exercise to the point of slight shortness of breath that you perform for one day per week equals about 5 pounds of fat burning at the end of the year. So if you exercise 7 days per week that equals about 35 pounds of fat burning per year (assuming you do not increase your caloric intake).