

# Physical activity for weight management

## Why being active matters

Physical activity burns calories, and can help you stay in a caloric deficit, if you also follow a healthy eating plan. This is important if you are trying to reach or maintain a healthy weight. But that's not all! It has many other health benefits too. Depending on the type of physical activity, a more active lifestyle may help:

- Lower blood pressure and cholesterol levels
- Boost heart and brain health
- Strengthen bones and muscles
- Improve sleep



## Getting started

Let's start simple. It's okay to begin with short activity sessions and gradually build up over time. Be sure to **check with a member of your healthcare team** before making changes to your physical activity routine.

**Adults should aim for at least 150 minutes a week of moderate-intensity activity. This means your breathing and heart rate increase, but you can still have a conversation. You can try:**

- Brisk walking (15-minute mile)
- Swimming
- Biking
- Playing racquet sports (tennis, pickleball)

**At least 2 days a week, add activities that strengthen muscles. Muscle-building workouts can help keep muscle mass during weight loss. These activities should target your whole body, including legs, arms, back, and abdomen. You can use:**

- Free weights
- Resistance bands or machines
- Your own body weight (such as push-ups, planks, or squats)

## Make physical activity exciting

Physical activity doesn't have to feel like a chore. There are so many ways to **get fit and have fun** doing it! Try these tips:

- Sitting in front of the TV or computer with a set of hand weights or bounce on an exercise ball
- Walking with a friend, exploring a new place, or listening to a podcast or audiobook
- Exergaming - a video game that has an active component like boxing or dancing

