

▶ **Workshop: Beginner Weight Loss** **Chapter 4, Lesson 1: Physical Activity**



Regular exercise has many benefits. This week's lessons will teach you easy ways to burn calories, how to create a workout schedule that fits your lifestyle, understanding the benefits of cardio versus weight training, plus tips for simple exercises.

Burning Calories Has Never Been So Easy!

In week 1 we talked about how our body burns calories naturally, and that burning more calories than we put in our body is the formula for weight loss. Try these ideas to burn more calories:

- **Add more steps in your day.** Park your car farther away at work or the grocery store, or get off at an earlier bus stop. By walking 10,000 steps, you can burn around 300 to 400 extra calories. To get an idea, a 10-minute walk is around 1,200 steps.
- **20 minutes of yard work** like mowing the lawn, raking leaves, or weeding the garden are all ways to burn an easy 100 calories.

Cardio and Weight Training Benefits

Strength training and cardio training both have their benefits when it comes to losing weight, but many people argue whether one is better than the other. The simple answer is that they both work. Weight or resistance training (doing dumbbell curls, for example), can help you lose body fat and build muscle. Cardio exercises, like running or biking, build stamina and endurance while burning calories. It is recommended that you get at least 30 minutes of physical activity every day; how you do it, and what type you do, depends on your personal preference.

Creating a Workout Schedule that Fits Your Lifestyle

Whether you are beginning a new workout program or looking to shake up your current one, it is important that you have a routine you enjoy so that you will stick with it. Follow these tips:

- **Research different exercises you think you may enjoy.** Try to find an exercise for each muscle group (legs, torso, back, and arms), and give them a try. When you find ones you enjoy, write them down on a schedule including what days you will do them and for how long.
- **Try a new sport or activity.** A 20-minute bike ride, a cardio dance class, or yoga may be the key to getting you motivated and off the couch.

Next Steps

- 1. Read** “50 Easy Ways to Burn 100 Calories”
- 2. Read** “What is Healthy Weight Loss?”
- 3. Take** the Chapter 4 quiz

Remember

It doesn't matter how you get exercise, all that matters is that you are doing it!