
Workout Time?

Posted by stevie - 2008/04/15 19:20

How long is a person supposed to exercise for weight loss benefits? Is it 20-30 minutes 3 times a week, or 45 minutes 3 times a week, or is it even more?

Different health sites and magazines recommend different things all the time, and I'm getting pretty confused.

Help?

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Re:Workout Time?

Posted by WeisenbergerRD - 2008/05/03 18:09

Hi Stevie,

You're not the only one confused, for sure. How much activity an individual needs for weight loss varies significantly from person to person. And it will likely vary from time to time too. That's part of the reason for different recommendations. The other part is because various amounts of exercise are found to be important for different things. What you need for cardiovascular health is not likely the same amount that you need for the prevention of diabetes or colon cancer.

The most important thing is to do something. If you're not meeting your weight loss goals, look to change both diet and activity. I like to see 30 to 60 minutes of physical activity (all types, not just walking or jogging) everyday. Sometimes weight maintenance is harder than weight loss, so you may need to increase physical activity even more, say to 60 - 90 minutes. I know that sounds like a lot, but for many people, that's the reality.

Opportunity for activity doesn't just appear in today's world. We're strapped to our cars and computer, and we use every type of labor-saving device imaginable. We absolutely must look for every opportunity. If you're having trouble finding time, consider getting up a little earlier, delegate some chores to someone else, take several 5-minute walks at work, exercise while watching television, make activity a social event, use the bathroom that's on a different floor at work or even at home. There are so many more opportunities, but we have to look for them, and we have to be committed.

Good luck and have fun.

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