



Exercise and Weight Loss

Overweight and obesity are defined as abnormal or excessive fat accumulation that presents a risk to health. A crude population measure of obesity is the body mass index (BMI), a person's weight (in kilograms) divided by the square of his or her height (in meters). A BMI >25 is considered overweight, >30 is considered obese. For Asians these are 23 and 25 respectively. Being overweight or obese is a major risk factor for a number of chronic diseases, including diabetes, cardiovascular diseases and cancer. Regular physical activity can help with weight loss and more importantly maintaining a healthy weight.



In Hong Kong



In Hong Kong, The Population Health Survey 2014/15 of the Department of Health found that 50.0% of persons aged 15-84 were overweight and obese; 37% had central obesity defined by waist circumference. In 2016/17, the overweight and obesity detection rates for primary and secondary school students were 18% and 20% respectively.

Why Can Exercise Help?



If fat loss is your goal, you'll need to eat less, be more active or a combination of both - the best plan. Daily aerobic activity is key to burning more calories. Strength training helps too. Each person is different, so the exact same plan won't work for everyone

Exercise Recommendations

Aerobic Exercise



Stay active on most days of the week, but at least 3 - 4 days.

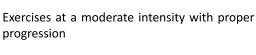
Exercise 150 minutes per week at a moderate level, build up to 250 minutes per week of vigorous activities

Moderate types of exercise include brisk walking, light cycling, water exercise or dancing.

Resistance Training



Exercise two or three times per week





2-4 sets of 8-12 reps of major muscle group exercises



Begin with light resistance, targeting major muscle groups

A combination of aerobic and resistance training leads to to the BEST health outcomes

Tips for Getting Started

- If you have physical limitations (knee or back pain) ask your health care provider for a referral to physical therapy. Start with non-weight bearing activities first.
- Combining daily physical activity, a lower calorie diet and behavioral therapy can help you stick with your plan. Ask for a referral to these professionals for support and guidance.
- Set small goals. For example, Improving fitness or losing weight takes time. Start with just a few minutes of activity and gradually increase active time as your body adapts.

References

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- https://www.exerciseismedicine.org/support_page.php/rx-for-health-series/
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