

## 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



Exercises at a moderate intensity with proper progression



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 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

- 1) <https://www.who.int/topics/obesity/en/>
- 2) [https://www.exerciseismedicine.org/support\\_page.php/rx-for-health-series/](https://www.exerciseismedicine.org/support_page.php/rx-for-health-series/)
- 3) <http://exerciseismedicine.com.au/factsheets/>
- 4) Centre for Health Protection report: Non Communicable Disease Watch
- 5) [https://www.chp.gov.hk/files/pdf/ncd\\_watch\\_august\\_2018.pdf](https://www.chp.gov.hk/files/pdf/ncd_watch_august_2018.pdf)