

## YOUR FITNESS GOAL: WEIGHT LOSS

Losing weight in patients of metabolic syndrome is mandatory. Metabolic syndrome includes derangement of lipids, hypertension, Diabetes, Hyperuricaemia all ultimately causing the brunt on the 3 main target organs. – Brain (increasing stroke risk), Heart (provoking ACS – Acute coronary syndromes like MI, Unstable angina or Angina per se) and renal deterioration.

Together if these have a strong family history of any of these and history of early mortality, or morbidity, then the person suffering must give stress on lifestyle modifications. These include:

- Weight loss where BMI is higher than normalised for the individual's age and height.
- Control of risk factors, by medicines.
- Modification of diet – *not reducing* but taking a balanced diet comprising necessary contents of every aspect of food namely, Carbohydrates, Protein, Fat, Vitamin, Minerals and Fluids(water).

### HOW TO ACHEIVE WEIGHT LOSS

There are several methods, some scientific, some not. Scientifically the ways are broadly:

- Walking
- Swimming
- Jogging / Running
- Cycling

**The choice is on the individual's convenience.**

This article deals with a bit of details of walking only. There are other sources to find regarding the other methods.

*Which is the fat which can be easily lost and how?*

It's the central obesity (tummy or belly fat), which is most dangerous and surprisingly in Indian sub-continent, the most seen.

So the concentration should be to reduce this tummy fat.

**Walking** might not be the most strenuous form of exercise, but it is an effective way to get in shape and **burn fat** especially this tummy fat.

It's difficult to reduce spot –fat but walking **can help reduce overall fat (including belly fat), which, despite being one of the most dangerous types of fat, is also one of the easiest to lose.**

**Walking** 1 hour each day **can help you** burn calories and, in turn, **lose weight**. In **one** study, 11 moderate-**weight** women lost an average of 17 pounds (7.7 kg), or 10% of their initial body **weight**, after 6 months of brisk daily **walking which** improved capability to control body **weight**.

**Walking** for 30 minutes covers a **distance** of 2.0 to 2.5 **km** and burns about 125 calories (520 kilojoules).

This amount may not seem like **much**, but if you walked five days a week within one year you would burn over 32,000 calories which would burn off more than 5 kg of **fat**.

### **The right way to walk**

Walking is the easiest exercise of all. It requires no equipment and can be done anytime, anywhere. If you are walking at a brisk pace, aim to cover 1.5 kilometres in 15 to 20 minutes.

While walking, try to maintain the posture of the body. Do not lean, walk heel to toe and maintain the walking pace. If you cannot take out 60 minutes from your daily routine to walk in the park, then you can also walk in your room or head to the grocery store. You can also opt for six intervals of 10 minutes of small brisk walks. Once your body has the right endurance, you can easily achieve the 300-minute goal.

### **How many steps should I walk a day to lose 2 pounds a week?**

The Academy of Nutrition and Dietetics recommends slow weight **loss** for lasting results—usually 1/2 **pound** to one **pound** per **week**. Completing an extra 10,000 **steps** each **day** typically burns about 2000 to 3500 extra calories each **week**.

Fit bit starts everyone off with a 10,000-step goal, and here's why: It adds up to about five miles each day for most people, which includes about 30 minutes of daily exercise—satisfying the CDC's recommendation of at least 150 minutes of moderate exercise per week.

**Thing is, 10,000 steps per day might not make sense for you. You may need to nab more if you want to lose a certain amount of weight, or take fewer steps if you're new to fitness.**

*Feeling frightened?*

Well, there is a way out.

Set your baseline. The Mayo Clinic recommends adding 1000 daily steps each week, so if your baseline is 4000 steps per day, set your goal at 5000 steps each day. Meeting your goal may be as simple as an extra five-minute walk, or even parking a few cars further away at the supermarket, depending on your speed and stride.

*Your plan:* First, determine how much weight you wish to lose—then, do a little mathematics.

The Academy of Nutrition and Dietetics recommends slow weight loss for lasting results—usually 1/2 pound to one pound per week.

Completing an extra 10,000 steps each day typically burns about 2000 to 3500 extra calories each week. One pound of body fat equals 3500 calories, so depending on your weight and workout intensity, you could lose about one pound per week simply by completing an extra 10,000 steps each day.

***NEXT - YOUR FITNESS GOAL: HEALTH MAINTENANCE***

*Your plan:*

Once you have met your desired goals, you may simply want to maintain your fitness level.

The 10,000-step goal could be just right for you—and the benefits of a 30-minute daily stroll are nearly boundless, from slowing mental decline and lowering blood pressure, to improving sleep and relieving depression.

One study out of California State University showed that mood lifted in correlation with increased numbers of daily steps, and researchers at the Harvard School of Public Health found that 30 minutes of walking each day cut stroke risk by a minimum of 20%.

Add a coke free to your pizza:



On doing this the free gift from nature you get is the additional UV light (in sunlight between 9-11 am) which improves your Vitamin D level as well.

## SUMMARY

**The optimal aerobic fitness plan incorporates both. Do 30 minutes of formal exercise, like a 30-minute workout on the treadmill in the gym every morning. Then count those steps toward the goal of reaching 10,000 steps for the entire day.**

### 30 minutes of exercise

Certainly, a minimum of 30 minutes of moderate physical activity on most, if not all, days of the week is an excellent goal. Numerous studies have found that as little as a half hour daily of aerobic exercise like walking can significantly reduce the risk of heart disease, diabetes, and other cardiovascular-related illnesses.

The most comprehensive study of successful long-term weight loss ever conducted, the National Weight Control Registry, found that the vast majority of its more than 4,000 members averaged about 60 minutes of moderate exercise, like brisk walking, every day.

Brisk means – in lay language as if you have to walk if you have somewhere to go in a scheduled time, -‘Full dilatation of cervix’ –baby should be immediately brought out!

**So in gist** - on average, for 72 pounds, and at follow-up more than five years later to still keep it up burn, on average, about 2,800 calories a week. If you exercise seven days a week, that's 400 calories (about four miles) each day, or, for most people, about 60 minutes of brisk walking, it's enough.

So the magic of 10000 steps is:

In addition to your formal exercise, say, your 30 minutes on the treadmill or other aerobic equipment in the morning, put on a pedometer and incorporate more steps into your regular daily activities. Formal exercise steps plus steps throughout the day, adding up to a grand total of 10,000 steps, could very likely get you to the 60 minutes of daily exercise that has proven so successful for significant, long-lasting weight loss.

**Finally remember 3 things:**

Don't stop with steps.

- Aerobic conditioning (your steps) - 5,000, 7,000 and 10,000 steps, but we all know in this case, it is higher, the better. (The International Journal of Obesity, 15,000 steps is the accurate number of steps you should walk every day to maintain your health and lose weight)
- Strength training (two to three times weekly)
- Stretching (at least two to three times weekly).