



MANAGING YOUR WEIGHT WITH EXERCISE

Regular exercise is central to effective weight loss. Consistent, occasionally vigorous physical activity will help you to control your weight by burning excess calories that otherwise would be stored as fat, while also boosting your metabolism, improving your heart health, and lowering insulin levels.

Our weight is determined by the number of calories we consume minus what our body uses. Effective weight management is a simple process of balancing the amount of food we take in with the calories we burn. Any physical activity, such as walking or housework, will help you burn those extra calories, but rigorous, regular exercise is the best way to lose weight and improve your overall health.

Balancing what you expend through exercise and physical activity with what you eat will help you achieve your desired weight. Along with efforts to moderate your intake of calories, making physical activity a part of your daily routine is critical to successful weight loss and improved overall health.

THE HEALTH BENEFITS OF EXERCISE

Research shows that, in addition to helping to control weight, regular physical activity can reduce your risk for several diseases and conditions and improve your overall quality of life. Regular exercise can help prevent:

- Heart disease and stroke
- High blood pressure
- Diabetes
- Back pain
- Osteoporosis
- Anxiety and depression
- Some forms of cancer

Regular physical activity can also improve your mood and the way you feel about yourself. Exercise is likely to reduce depression and anxiety and help you to better manage stress. It is a natural and inexpensive antidepressant.

How do you get started? The first thing to do is find an exercise that you like. It makes no sense to start an exercise that your friends do or that is popular if you do not really like it. If you enjoy a particular type of physical activity, you are more likely to stick with it.



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