

# Weight Management



The University of Rochester Medical Center's commitment to help Rochester become America's healthiest community by 2020

## What can exercise do for me?

- Helps with appetite control.
- Helps to burn calories, which can assist in the reduction of body fat.
- Exercise can reduce stress, anxiety, and improve emotional well-being.
- Exercise can help in registering blood sugar and increase energy levels.

## Precautions

- Use caution when exercising in extreme heat and high humidity. Drink plenty of water and wear cool comfortable clothes. Stop if you experience discomfort due to temperature and humidity.
- Drink plenty of water, before, during, and after exercise.
- Wear good shoes that can provide support and protection.

## Your specialized exercise prescription

- Find an activity that you can do at least three times per week. As you become more fit, increase to 5 times per week.
- Try interval training—exercise in shorter burst for multiple times. For example, if your goal is to walk for 30 minutes, try walking for several minutes with a rest then walk again, resting as needed until you have completed 30 minutes.
- Wear comfortable clothing.
- Add strength training. Muscles burn more calories at rest than fat. The more muscle the greater the calorie expenditure.
- Always stretch muscles that you have worked.
- Avoid high impact exercises and movements they can stress joints.
- Use how you feel, "Perceived Exertion," rather than heart rate when performing aerobic activities.
- Always cool down after exertion. Never stop abruptly as blood can pool in feet and legs causing you to feel dizzy or faint.

## Principles for Success

- Never compare yourself to others.
- Best to set several small goals to reach your long-term goal.
- Set a scheduled time to exercise.
- Find an exercise buddy, or someone to share you successes with. Consider joining a class.
- Remember, as you become stronger and build muscles, your weight may not change. Use how your clothes feel as an indication of fat loss.