

Exercise and Weight Loss

Exercise burns calories and helps you lose weight. It also improves your muscle mass which improves your metabolism (helps you burn more calories). In fact, it takes a deficit of 500 calories each day to lose 0.5kg per week.

Furthermore, both eating fewer calories and increasing activity to burn more calories will help create that 500 calorie deficit.

The minimum amount of activity you should get is 30 minutes daily; all people should be doing this even if they are not trying to lose weight.

Most studies show 45-60 minutes of activity is needed to lose weight.

Walking, cycling, swimming, and playing sports are examples of moderate intensity physical activity. Exercise is easier when you pick an activity that you enjoy!

Average amount of calories burned per 30 minutes of activity (this may also depend on your weight and intensity of the activity):

Slow-paced walk	145 calories
Fast walk	210 calories
Light Housework/Cleaning	110 calories
Dancing	130 calories
Yoga	170 calories
Football	300 calories
Swimming	370 calories
Basketball	300 calories

N.B. : Most activities burn 4 to 10 calories per minute, depending on the intensity

Adapted from <http://www.simpleprogram.org/>