



Do I Have to Exercise? The Importance of Activity

While portion and calorie-controlled meals are designed to help you reach and maintain a healthy weight, possibly without exercise, it is encouraged to incorporate healthy physical activity for your overall health.

Exercise is proven to:

- Lower stress
- Improve mood
- Build and maintain muscle mass
- Lower risk for disease
- Reduce blood sugar
- Support healthy weight
- Strengthen bones
- Improve digestion
- And MORE!



Even if exercise seems unattainable, remember that losing just 5-10% of your body weight can greatly reduce pressure on your knees and joints making exercise more possible.

HOW MUCH DO I NEED TO EXERCISE?

The National Institutes of Health recommends at least 150 minutes of moderate intensity aerobic activity or 75 minutes of vigorous activity each week. When wanting to lose weight the recommendations state you may need to increase this amount. If you have certain health conditions, we encourage you to speak with your physician before starting any exercise regimen.

DO I HAVE TO EXERCISE TO LOSE WEIGHT?

For weight loss, calories in versus calories out is very important. While you can lose weight without physical activity, exercise helps improve your muscle tone, maintain your metabolism, and other benefits which could improve your weight loss and body health.

You don't need a fancy gym membership or expensive exercise equipment, any activity that you enjoy and gets your heart rate up will help you experience all of the benefits to lose weight and improve your overall health.