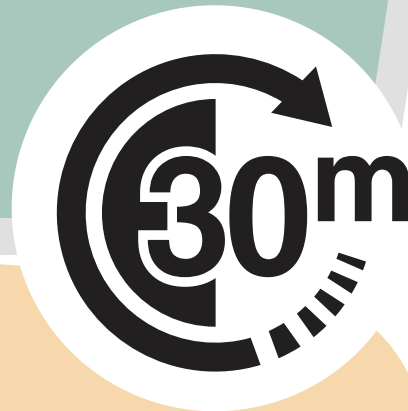


Evidence Based Weight Loss: Physical Activity

Set one physical activity goal every day

Shoot for 150 minutes per week
(30 min 5 days per week)



Exercise Ideas

Go for a walk with a friend, family member, or furry companion, play pickleball or tennis, lift weights, ride a bike, hike, swim

Minimize Sitting

- Walk around during TV commercials or during a portion of your lunch break
- Take the stairs at work or when out
- Park far away from the doors when shopping

Sun

Mon

Tue

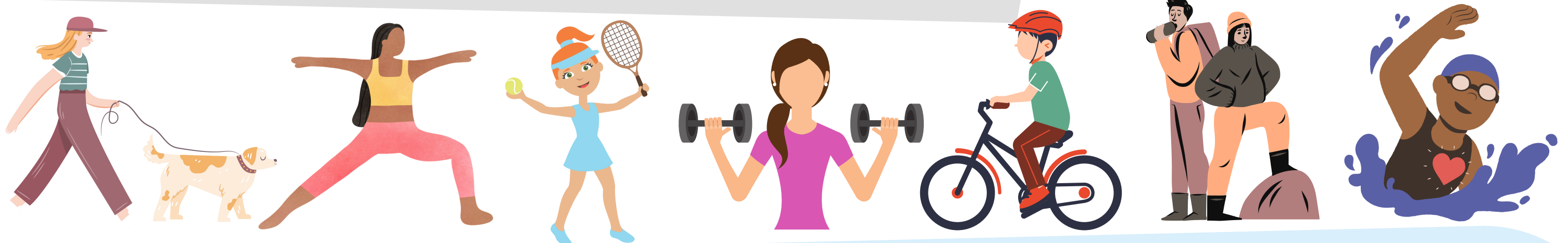
Wed

Thu

Fri

Sat

Have fun!
Start with activities and locations that you enjoy



Turn negative thoughts into positive ones

- **Don't have time to be active?** Monitor your daily activities for 1 week and find three 30 minute time slots you can use for physical activity. Add it to your schedule as a regular part of your day.
- **Don't want to exercise alone?** Join a group at the YMCA or hiking club.
- **Too tired after work?** Schedule physical activity for a different time of day/week when you feel energetic.
- **Can't leave my children alone?** Take them on a stroller walk/run.

Sources:

- <https://www.aafp.org/family-physician/patient-care/prevention-wellness/healthy-lifestyle/obesity-activity/helping-patients-set-fitness-goals.html>
- https://www.cdc.gov/healthyweight/physical_activity/getting_started.html

Disclaimer: Med Ed Materials, 2023. This information is intended to supplement, not contradict, the medical advice of your practitioner. For questions or more info, contact your practitioner.

