Exercise and Weight Loss

Regular exercise combined with a balanced diet is not only beneficial for weight loss, but also the most effective way for long term weight retention. Exercise can help burn calories, reduce body fat percentage and reduce the risk of inactivity related diseases, including diabetes, heart disease and certain cancers. The key is to choose an exercise that you like that can help you meet your weight loss goals.

Weight Loss Exercise Guideline

- Discuss with health care provider about integrating exercise into your weight loss plan.
- Do 20~60 minutes of moderate-intensity cardiovascular exercise every day for at least three to four days a week. For weight loss, we recommend exercising daily.
- Choose low-contact or non-contact activities such as walking, swimming, indoor cycling and step aerobics. Group aquatic fitness classes can be particularly effective.
- At least two days a week of strength training, aiming to do 1-3 sets, each set 10-15 repetitions mainly targeting major muscle groups. Although aerobic exercise can burn more calories, strength training can help maintain or increase muscle mass during weight loss.
- Start slowly, gradually increasing intensity and training duration.
- Find a training partner, in order to maintain the continuity of motivation and training.
- Set realistic weight loss goal (e.g 1-2 pounds of weight loss per week) and adhere to a healthy, calorie control diet.

Exercise Precaution

- Those overweight will be prone to joint strain therefore choose activities that reduce the likelihood of joint injuries, such as swimming and water fitness classes.
- Weight loss requires determination, so try to stay positive. Consider to ask friends and family to help establish a reward system for fulfilling a short-term weight loss goal.
- Drink enough water before, during and after exercise. Extra body weight is more likely to cause overheating.

For more advice and recommendations regarding physical activity please contact us at IHP Active or Active Health Clinic.

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運動 與減重

經常運動配合均衡飲食是減肥和管理體重的最有效方法。運動可以幫助消耗熱量、減少體內脂肪、減低多種疾病(包括糖尿病、心臟病和某些癌症) 風險。關鍵是要選擇一個喜歡或有興趣，並且符合你減重目標的運動。

減重運動指南

- 開始運動前，應徵詢醫生意見，商討及整合運動計劃到你的治療計劃中，醫生可能隨著藥物和運動反應而調整處方藥物
- 要達至有效減重，我們建議每日運動。每週至少 3-4 天 20-60 分鐘中等強度的有氧訓練。
- 選擇低撞擊或非撞擊活動，如散步、游泳、室內單車和健康舞，水中健身班可能特別有效。
- 每週至少兩天 1-3 組針對主要肌群的力量訓練，每組 10-15 下重複訓練。有氧運動能燃燒更多熱量，力量訓練可幫助保持甚至增加肌肉的質量。
- 循序漸進地增加訓練時間和加強訓練強度。
- 找一位訓練夥伴，以保持訓練動機和樂趣。
- 制定現實減重目標 - 每星期不超過 1-2 磅並堅持健康、控制飲食熱量。

運動注意事項

- 超重容易引起關節勞損，選擇非撞擊活動能減低關節受傷可能性的活動，如游泳和水中健身。
- 減重需要決心，設法保持積極心態。可請朋友和家人幫助或建立獎勵制度，以達成短期的減重目標。
- 過重者容易引起身體過熱，運動前、運動期間和運動後緊記補充水分。
- 運動計劃旨在最低風險下達到最佳效益，可考慮聯絡 IHP Active 或 Active Health Clinic 獲認證的健康及體適能專業人員與你和你的醫生合作，制定切合實際需要、安全及有效的運動計劃。

如欲查詢更多有關運動的資訊，請聯絡 IHP Active 或 Active Health Clinic.

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