

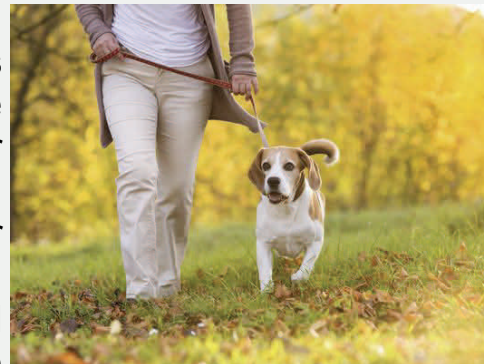
PPGH's Health Promotion Program - Week 3

Obesity



Palo Pinto General Hospital

This week's information comes from the CDC and is in regards to physical activity helping you to achieve or maintain a healthy weight. We all know that regular physical activity is important for your overall health, such as reducing the risk of diabetes, cardiovascular diseases, stroke, several forms of cancer, decreasing high blood pressure, reducing osteoporosis and fall risk, reducing arthritis pain, and decreasing the symptoms of depression and anxiety, but can be even more important when you are trying to lose or maintain weight.



Decreasing the amount of calories you take in is where a lot of weight loss occurs, but according to research, regular physical activity is the only way to *maintain* weight loss.

If you don't like where you are, move. You are not a tree.

To **maintain** your weight: work up to 150 minutes of moderate-intensity aerobic activity or 75 minutes of vigorous-intensity aerobic

To **lose** weight and keep it off: adjust your diet, including reducing calories and work up to completing a higher amount of physical activity than the above guideline states, always working within your own limitations.

For more information on this, including the difference between moderate and vigorous physical activity, please click this link:

http://www.cdc.gov/healthyweight/physical_activity/index.html

Palo Pinto General Hospital
400 SW 25th Avenue
Mineral Wells, TX 76067
940-325-3102

