

Achieving Assured Weight Loss and Fitness through the Combination of Physical Exercise with Diet

Anagha Tulasi Latha, M.Sc

Perusing Ph.D,

Dept of Food Science and Nutrition,
Acharya Nagarjuna University,
Gunturu.

Dr.Santhishri M.Sc, Ph.D

Co-ordinator,

Dept of Food Science and Nutrition,
Acharya Nagarjuna University,
Gunturu.

Abstract:

Physical activity is used for controlling weight at the same time proper dieting also used for weight loss. If more physical exercise is done without proper diet leads to different health problems. Appropriate weight according to the height of the human body is the most desirable factor to maintain fitness and health. Weight-loss in the context of medicine, health or physical fitness refers to a reduction of the total body mass due to a mean loss of fluid, body fat or adipose tissue and or lean mass. Weight-loss can either occur unintentionally due to an underlying disease or arise from a conscious effort to improve an actual or perceived overweight or obese state. The present concept building is focusing the factors to maintain perfect desirable body weight with the perfect blend of proper diet and appropriate physical activity.

Keywords:

Physical activity- Fitness, Energy Balance, Balanced Diet, Supportive Environment from Community.

Introduction:

Overweight and obesity are linked to more deaths worldwide than underweight. For example, 65% of the world's population live in countries where overweight and obesity kill more people than underweight (this includes all high-income and most middle-income countries). Obesity spread across every class of human beings threatens our economy. Obesity is a health concern, a social dilemma, a personal challenge, an economic burden, and a policy issue. The obesity crisis harms some segments of society more than others, but this problem crosses all lines of ethnicity, race, socioeconomic class, gender, age, and ability. The primary concern related to overweight and obesity is the health risks they pose. The high rates of overweight and obesity in our state and nation cause decreases in life expectancy, productivity, and quality of life Weight-loss

and fitness play a major role to address the core problem of overweight and obesity. Overall, more than 10% of the world's adult population was obese. In 2012, more than 40 million children under the age of 5 were overweight or obese. Once considered a high-income country problem, overweight and obesity are now on the rise in low- and middle-income countries, particularly in urban settings. In developing countries with emerging economies (classified by the World Bank as lower- and middle-income countries) the rate of increase of childhood overweight and obesity has been more than 30% higher than that of developed countries. There are many options for one to consider when one tries to lose weight. Many who need to lose weight do not have the will power to do it alone.

This is why programs have been developed to help encourage and motivate society to eat healthier and exercise. Unfortunately, it is hard to find a weight-loss program that is not expensive or detrimental to one's health. Although there are no sure-fire recipes for good health, the mixture of healthy eating and regular exercise comes awfully close. Most of The Nutrition Source is dedicated to singing the praises of a good diet. This is where physical activity gets its due. Regular exercise or physical activity helps many of the body's systems function better, keeps heart disease, diabetes, and a host of other diseases at bay, and is a key ingredient for losing weight.

The facts and figures

According to the 2008 Physical Activity Guidelines for Americans, (1) being physically active on a regular basis

- » Improves your chances of living longer and living healthier
- » Helps protect you from developing heart disease and stroke or its precursors, high blood pressure and undesirable blood lipid patterns
- » Helps protect you from developing certain cancers, including colon and breast cancer, and possibly lung and endometrial (uterine lining) cancer

- » Helps prevent type 2 diabetes (what was once called adult-onset diabetes) and metabolic syndrome (a constellation of risk factors that increases the chances of developing heart disease and diabetes; read more about simple steps to prevent diabetes)
- » Helps protect you from developing certain cancers, including colon and breast cancer, and possibly lung and endometrial (uterine lining) cancer
- » Helps prevent type 2 diabetes (what was once called adult-onset diabetes) and metabolic syndrome (a constellation of risk factors that increases the chances of developing heart disease and diabetes; read more about simple steps to prevent diabetes)
- » Reduces the risk of falling and improves cognitive function among older adults
- » Relieves symptoms of depression and anxiety and improves mood
- » Prevents weight gain, promotes weight loss (when combined with a lower-calorie diet), and helps keep weight off after weight loss
- » Improves heart-lung and muscle fitness
- » Improves sleep
- » Helps prevent the insidious loss of bone known as osteoporosis.

MOVING FROM OBESITY TO WEIGHT LOSS AND FITNESS:

- » Eat smart move more and burn calories and maintain energy balance.
- » At the individual level, people can:
 - » Limit energy intake from total fats and sugars;
 - » Increase consumption of fruit and vegetables, as well as legumes, whole grains and nuts;
 - » Engage in regular physical activity (60 minutes a day for children and 150 minutes per week for adults).
 - » Individual responsibility can only have its full effect where people have access to a healthy lifestyle.

Therefore, at the societal level it is important to:

- * Support individuals in following the recommendations above, through sustained political commitment and the collaboration of many public and private stakeholders;
- * Make regular physical activity and healthier dietary choices available, affordable and easily accessible to all - especially the poorest individuals.

The food industry can play a significant role in promoting healthy diets by:

- * Reducing the fat, sugar and salt content of processed foods;
- * Ensuring that healthy and nutritious choices are available and affordable to all consumers;
- * Practicing responsible marketing especially those aimed at children and teenagers;
- * Ensuring the availability of healthy food choices and supporting regular physical activity practice in the workplace.
- * Adopting research and Development of nutritious food suitable for all ages at very competitive rates.

Moving from current over weight and obesity environment to healthy weight loss and fitness environment success will require:

- I. Individual commitment
- II. Tools to help individuals and families make better decisions
- III. Environmental changes
- IV. Cultural changes
- V. Availability of affordable healthy foods.
- VI. Non – caloric – low – caloric beverages.
- VII. Educating on healthy foods, healthy lifestyle, from school level to university level.

MAJOR PLAYERS FOR WEIGHT LOSS AND FITNESS:

Two major players for weight loss and fitness are diet and exercise. With only one weapon one cannot win the battle. Many people opt for the easier route, which they believe is dieting. But when you consider how poor the statistics are for long-term weight loss through diets, you need to consider a combination of both. Normally, only about 5% of dieters are successful in keeping weight off. Usually one-third of weight lost is regained within one year and almost all is regained within three to three years.

Staying Motivated:

Changing diet and exercise habits involves lifestyle modifications, but maintaining these lifestyle changes can be the real challenge. Many people can lose weight, but only a few can maintain that weight loss and fitness for longer periods.

Much of this is due to the fact that the lifestyle modifications made to lose weight need to be permanent. It is normal to regain a few kgs after your initial weight loss. The key is to not get discouraged and stay motivated. The smaller the amount of weight that regain, the easier it is to lose again, permanently. So frequent monitoring of the weight is necessary to maintain the same weight and fitness. Keep in mind that the longer keep weight off, the easier it becomes. For weight loss to be sustainable, it must be a slow process of 1 to 1.5 kg per week. Keeping a realistic goal is very important in weight loss or successful weight loss maintenance is possible when the goal is realistic.

Structured Physical Activity:

Physical activity may include structured activities, such as walking, jogging, strength training, or sports. It may also include daily activities, such as household chores, yard work, or walking the dog. Pick a combination of structured and daily activities that fits your schedule. If you have been inactive for a while, start slowly and work up to at least 30 minutes per day at a pace that is comfortable for you. If you are unable to be active for 30 minutes at one time, accumulate activity over the course of the day in 10- to 15-minute sessions. For example, whether you take three 10-minute walks or walk for 30 minutes all at once, you will achieve the same health benefits.

Aerobic Activity:

One way to meet the physical activity goals is by participating in aerobic activities. Aerobic exercise includes any activity that makes you breathe hard and increases your heart rate for a sustained period of time. Common aerobic activities include walking, swimming, and bicycling. Experts recommend moderate-intensity exercise. This pace may make you breathe harder and make it more difficult to talk, but you should still be able to carry on a conversation. If you are just beginning, slowly work up to moving at a moderate-intensity pace makes you feel perfect.

Safe and Successful Physical Activity Program:

» Check with your health care provider. If you have a chronic health problem, such as obesity, diabetes, heart disease, or high blood pressure, ask your health care provider about what type and amount of physical activity is right for you.

- » Start slowly. Incorporate more physical activity into your daily routine and gradually work up to 30 minutes per day to improve health, 60 minutes per day to lose weight, or 60 to 90 minutes per day to manage weight.
- » Set goals. Set both short-term and long-term goals to keep motivated.
- » Set rewards. Celebrate every success—you earned it!
- » Track progress. Keep an activity log to track your progress. Note when you worked out, what activity you did, how long you did the activity, and how you felt during your workout. Also, record the days that you did not workout and what may have caused you to change your routine.
- » Think variety. Choose a variety of physical activities to help you meet your goals, prevent boredom, and keep your mind and body challenged.
- » Be comfortable. Wear comfortable shoes and clothes that are appropriate to the activity you will be doing.
- » Listen to your body. Stop exercising and consult your health care provider if you experience chest discomfort or pain, dizziness, severe headache, or other unusual symptoms while you work out. If pain does not go away, get medical help right away. If you are feeling fatigued or sick, take time off from your routine to rest. You can ease back into your program when you start feeling better.
- » Eat nutritious foods. Choose a variety of nutritious foods every day. Remember that your health and weight depend on both your eating plan and physical activity level. Healthful foods will give you the energy you need to be active.
- » Get support. Encourage your family and friends to support you and join you in your activity. Form walking groups with coworkers, play with your children outside, or take a dance class with friends.

Safe Diet to get weight loss:

- Drink a large glass of warm water with organic lemon in it upon waking to stimulate the bowels. This boosts the entire digestive system and gives you a fresh start to your day.
- Exercising enough to break a sweat is suggested as a daily morning practice for healthy weight loss; 45-60 minutes is ideal, but even 30 will do. Find an activity that you can do for the rest of your life, or at least for the foreseeable future.
- Find five to 10—or more—minutes of peace and relaxation in the morning. Mind/body practices like yoga, meditation, and qi gong elicit a relaxation response in the body.

This helps to alleviate stress, one of the main causes of weight gain. It also puts us in a more mindful and present state of mind, allowing us to be better decision-makers as our day proceeds.

- Eat three meals a day, with no snacking. Food is a fast-burning fuel, and when your body is given a constant fuel line, it forgets how to burn fat. Have breakfast, a medium-sized meal, between 7:30 and 9:00 am. Have lunch, your largest meal, between 11:00 am and 2:00 pm. Have dinner, your smallest meal, between 5:30 pm and 8:00 pm, when your digestion is weakest.
- Eat with the season, and preferably the region. Through the long, hot days of summer, Mother Nature offers us high-carbohydrate fruits and fresh vegetables to keep us cool and energized. In the fall and winter, the bounty consists of root vegetables, stored nuts, seeds and fruits, heavier meats and cheeses, and stored grains to insulate us from the cold. In the damp days of spring, nature brings us berries, green leafy vegetables, and sprouts to cleanse us from the heavy and acidic winter diet. When we eat as much organic and local food as possible, and feast on seasonal, whole foods, our bodies naturally digest and assimilate nutrients.
- Experience all six tastes. In Ayurveda, we recognize six tastes: sweet, sour, salty, pungent, bitter, and astringent. Be sure to incorporate all six tastes into your daily diet. Sweet, sour and salty tastes are anabolic, or building, in nature and need the pungent, bitter, and astringent tastes, which are catabolic, or burning in nature, to balance them out. Too many sweet, sour, and salty tastes, as seen in the standard American diet, can cause fast weight gain. Foods that are bitter, such as leafy greens; pungent, such as spicy chili peppers; and astringent, such as pomegranate seeds, offer healthy counterpoints to the building nature of the sweet, sour, and salty tastes.
- Move a little after each meal. Going for short walks after each meal stimulates peristalsis and digestion. It's most important to go for a walk after lunch, preferably 10 to 20 minutes at a moderate pace. If possible, lie on your left side after walking for 10 minutes to further aid in digestion.
- Go to bed with the sun, and rise with the sun. Tapping into our natural circadian rhythms create a major hormone-balancing effect. Anthropologically speaking, our ancestors had no reason to stay up late at night. They would have slowed down when the sun went down, and maybe sat around a fire or a candle for a while before calling it a day. The screens that we stare at late at night cause stimulation in the brain that keeps us awake and wired after our body naturally wants to slow down.

Two hours before bed, start to limit your screen time. Go to bed before 10:00 pm, when we get our second wind. Obtaining a proper seven to nine hours of sleep a night gives the body time to detoxify and reset for the next day, and helps maintain healthy levels of cortisol (a stress-response hormone that causes weight gain).

Conclusion:

Controlling weight is given high preference to escape from unwanted body problems in the present day world. The predominant techniques to implement weight loss are focused in this present paper. The paper has illustrated the weight loss can be achieved with proper physical activity at the same time proper dieting. If more physical exercise is done without proper diet leads to different health problems. Appropriate weight according to the height of the human body is the most desirable factor to maintain fitness and health. The present concept building is focusing the factors to maintain perfect desirable body weight with the perfect blend of proper diet and appropriate physical activity.

References:

- [1]2008 Physical Activity Guidelines for Americans. U.S. Department of Health and Human Services (HHS). Discusses the benefits of physical activity and the types and amounts that Americans need to stay healthy: <http://www.health.gov/paguidelines>.
- [2]Standards of medical care in diabetes--2014. Diabetes Care. 2014; 37 Suppl 1: S14-80.
- [3]Haas L, Maryniuk M, Beck J, et al. National standards for diabetes self-management education and support. Diabetes Care. 2014; 37 Suppl 1: S144-53.
- [4]Gonzalez-Campoy JM, St Jeor ST, Castorino K, et al. Clinical practice guidelines for healthy eating for the prevention and treatment of metabolic and endocrine diseases in adults: cosponsored by the American Association of Clinical Endocrinologists/the American College of Endocrinology and the Obesity Society: executive summary. EndocrPract. 2013; 19: 875-87.
- [5]Aim for a Healthy Weight. National Heart, Lung, and Blood Institute (NHLBI). Provides tips and tools for assessing your weight and health risk, and controlling your weight:http://www.nhlbi.nih.gov/health/educational/lose_wt/.

[6]ChooseMyPlate. U.S. Department of Agriculture (USDA). Provides many resources, including online tools for finding out how many calories you need and ways to consume healthy foods and beverages and increase physical activity. The menu planner can help you make healthier meals based on federal dietary guidelines: <http://www.choosemyplate.gov>.

[7]Better Health and You: Tips for Adults helps adults plan steps toward consuming healthier foods and beverages and being more physically active. Featuring a tear-off tip sheet perfect for posting on your fridge, this brochure also explains the benefits of getting healthy and the harmful effects of being overweight (available online at http://www.win.niddk.nih.gov/publications/better_health.htm).

[8]Changing Your Habits: Steps to Better Health explains how people can take small steps to become more physically active and consume healthier foods and beverages (available online at <http://www.win.niddk.nih.gov/publications/changing-habits.htm>).

[9]Do You Know Some of the Health Risks of Being Overweight? This fact sheet explains the harmful effects of being overweight and the benefits of losing weight (available online at http://www.win.niddk.nih.gov/publications/health_risks.htm).

[10]Esposito K, Maiorino MI, Ceriello A and Giugliano D. Prevention and control of type 2 diabetes by Mediterranean diet: a systematic review. *Diabetes Res Clin Pract*. 2010; 89: 97-102.

[11]Yokoyama Y, Barnard ND, Levin SM and Watanabe M. Vegetarian diets and glycemic control in diabetes: a systematic review and meta-analysis. *Cardiovasc Diagn Ther*. 2014; 4: 373-82.

[12]Barnard ND, Cohen J, Jenkins DJ, et al. A low-fat vegan diet and a conventional diabetes diet in the treatment of type 2 diabetes: a randomized, controlled, 74-wk clinical trial. *Am J Clin Nutr*. 2009; 89: 1588S-96S.

[13]Freeman J, Franz M. Nutrition Therapy. The Art and Science of Diabetes Self-Management Education Desk Reference. Second ed., Chicago, IL: American Association of Diabetes Educators, 2014.

[14]The Healthy Eating Plate Harvard School of Public Health. Access online at: www.hsph.harvard.edu/nutritionsource/healthy-eating-plate/