



Losing lbs Track

Looking to get to a healthy weight?

Both diet and physical activity play a critical role in controlling your weight. Losing weight happens when you burn more calories than you consume, including those burned during physical activity. When it comes to weight management, people vary greatly in how much physical activity they need. You may need to be more active than others to achieve or maintain a healthy weight.

To lose weight and keep it off you will need a high amount of physical activity unless you also adjust your diet and reduce the amount of calories you're eating and drinking. Although the ChantFit Personal Trainers will focus mostly on your exercise program, we encourage you to track your eating habits and learn more about healthy eating to help you be successful. Getting to and staying at a healthy weight requires both regular physical activity and a healthy eating plan. <http://www.choosemyplate.gov/> can provide you with many resources on nutrition to help you get started.

What is healthy weight loss?

It's natural for anyone trying to lose weight to want to lose it very quickly. But evidence shows that people who lose weight gradually and steadily (about 1 to 2 pounds per week) are more successful at keeping weight off. Healthy weight loss isn't just about a "diet" or "program". It's about an ongoing lifestyle that includes long-term changes in daily eating and exercise habits.

Exercise is an important part of weight loss. Challenge yourself to get in some type of exercise 5-6 days per week during the ChantFit Program. Each week, try to complete the following:

- Attend at least 1 weekly workout with your trainer. This will count as strength training.
- Complete 1 other day of strength training. You can do this by coming on your own or with a friend to the Recreation center, attending another ChantFit weekly workout, or attending a strength training group fitness class on the regular schedule.
- 3-4 days out of the week complete workouts that involve 30-60 minutes of aerobic activity.

What should you do for Aerobic Activity?

- **Find a type of exercise that you enjoy, that way you are more likely to stick with it!:**
 - Play a sport or game you enjoy and that gets you moving such as tennis, beach volleyball, basketball, or golf.
 - Take a fitness class. Group fitness classes can be a fun way to exercise and give you the benefit of working out with others. The HTC center offers over 80 regular group fitness classes a week, all free to CCU students, faculty, and staff.
- **Incorporate exercise into your daily routine:**
 - Take the Stairs. Taking the stairs rather than the elevator is a simple way to add more exercise into your day.
 - Walk or bike to and around campus, rather than driving.
 - Get moving at home. Push a lawn mower, clean your house or apartment, or walk the dog. Regular household activities are a great way to add in more exercise.
 - Park Far Away! Parking at the far end of the parking lot is an easy way to add extra steps to your exercise routine.

- **Hit the gym:**
 - There are a variety of machines for aerobic activity at the HTC Center. Find the machine you like the most, an elliptical, stationary bike, treadmill, etc. If you don't know how to use a machine at the HTC Center, the fitness floor staff is there to help. Don't hesitate to ask how to use a machine that is new to you. The staff is trained to show you how!

What should I do for Strength Training when I am not with my trainer?

When strength training, exercises need to be done to the point where it's hard for you to do another repetition without help. Try to do 2-3 sets of each muscle-strengthening activity. You can do activities that strengthen your muscles on the same or different days that you do aerobic activity, whatever works best.

There are many ways you can strengthen your muscles, whether it's at home or the gym. Great ways to strength your muscles included:

- Lifting free weights or weight machines. Try to do at least 1 exercise for all your major muscle groups (Biceps, Triceps, Shoulders, Chest, Upper-back, Core, Gluts, and Legs).
- Working with resistance bands, another great way to strength train anywhere.
- Doing exercises that use your body weight for resistance (push ups, sit ups). Taking a Yoga or TRX Class is a great way to gain strength by lifting your own body weight.
- Take a strength training fitness class. The HTC Center offers strength building classes such as Butts & Guts, Pump it Up, Total Body Burn, and Abs classes.

Nutrition will also be an important part of your weight loss. Here are some Common Questions & Answers about Calories to get you started:

Q: Does it matter how many calories I eat as long as I'm maintaining an active lifestyle

A: While physical activity is a vital part of weight control, so is controlling the number of calories you eat. If you consume more calories than you use through normal daily activities and physical activity, you will still gain weight.

Q: Are fat-free and low-fat foods low in calories?

A: Not always. Some fat-free and low-fat foods have extra sugars, which push the calorie amount right back up. The following list of foods and their reduced fat varieties will show you that just because a product is fat-free, it doesn't mean that it is "calorie-free." And, calories do count! Always read the Nutrition Facts food label to find out the calorie content. Remember, this is the calorie content for one serving of the food item, so be sure and check the serving size. If you eat more than one serving, you'll be eating more calories than is listed on the food label.

Q: I've heard it is more important to worry about carbohydrates than calories. Is this true?

A: By focusing only on carbohydrates, you can still eat too many calories. Also, if you drastically reduce the variety of foods in your diet, you could end up sacrificing vital nutrients and not be able to sustain the diet over time.
(information source: www.cdc.gov)