

Exercise and healthy diet for obesity

[Sport & Tourism](#), [Fitness](#)



Exercise and Healthy Diet for Obesity Obesity is a medical condition that requires long term treatment and intervention in which a regular exercise and healthy diet are probably the most believable two important treatments that could help altering the clinical course of obesity. First of all, exercising on a regular basis is believed to be one of the two most essential factors helping you to get a better health condition. This is because exercising is a process of using the amount of energy from the fat stored in your body.

There are many types of exercise in which different modes of exercise produce different physiological responses. However, in my opinion, I think that the most effective type of exercise would be aerobic exercise such as jogging, running, cycling, and swimming. Aerobic exercise most requires you to extensively work out on your large muscles group which particularly includes your leg and core muscles. Moreover, this mode of exercise should take between 30 to 60 minutes and 3 to 5 days per week.

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As you are exercising, your maximum heart rate intensity should be between 55 to 65 percent of your maximum heart rate, recommended for weight loss. Nonetheless, all beginners should initially start their exercise with a low intensity as the beginners are easily at high risk of joints injury, if you do not begin at the low intensity. In addition to aerobic exercise, there is also another effective mode of exercise which is known as anaerobic exercise whereby weight training is the most common activity for anaerobic exercise.

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Weight training activity allows your particular muscles to work more and therefore gains more muscle mass. As your muscle mass increases, the rate of metabolism in your body increases as well. Therefore, it is better for you to work on both types of exercise including aerobic and anaerobic exercises as these two modes of exercise would give you a better result in losing your weight. Next, another powerful factor for weight loss besides a regular exercise is 'a healthy diet' in which this would effectively help you to lose weight as well.

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Healthy diet means low calories, low fat, high protein, and carbohydrate restriction in your daily food consumptions. Moreover, this simply means that to eat healthy is to pick fruits or vegetables for the week, plan a meatless day, prefer beans for protein, reduce fat from meats, eat more home cooking and snack with fruits. The power of healthy diet can help you to decrease your body fat more constantly and that would help you to better achieve weight loss.

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Hence, it is very important that you should refrain from eating sweets and fried food if it is not necessary and instead focusing more on the food with high protein and fibre. However, 'fasting' is strictly prohibited for healthy diet as each particular meal should include an adequate five food categories; which are carbohydrate, protein, fat, vitamin, and fibre. Fasting or dieting could cause you to be starved and that would lead you to malnutrition, which

is harmful to your health as your rate of metabolic and muscle mass would reduce rapidly.

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Metabolic rate of the body is reduced due to fasting or dieting is when your digestive system of your body does not work as well as it does and if when you return to your normal eating, there is a high of possibility for you to get Yo-Yo Effect that might cause you to even gain more weight in a short time. Last but not least, either regular exercise or healthy diet could essentially help you to alter the clinical course of obesity.

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As regular exercise would decrease your heart rate, blood pressure, cholesterol, body fat and also improve your muscle functions, which these can help the obesity to alter their clinical course. Hence, healthy diet also helps you to decrease your unwanted body fat and increase your rate of metabolism as well. Therefore, it is recommended for the obesity that you should both work on your regular exercise and eat healthy food as if you do them together, the more faster the more healthy of your body will become.