



spotlight on health

The Right Moves To Help Achieve Weight Loss

(NAPSA)—If you want to lose weight—get moving. Don't just move on a plan to cut fat and calories. Find ways to incorporate extra physical activity into your life.

You may be pleasantly surprised at the benefits physical activity has to offer. For example, regular exercise can:

- help burn calories. When the body is in calorie deficit, it will burn stored fat for energy;
- help reduce stress, which could otherwise lead to snacking and overeating;
- improve your sense of well-being and self-esteem;
- help you look and feel better.

Always consult your doctor before starting an exercise program, but as a general guide, try to get some physical activity three times a week for at least 20 minutes each time.

It's important to start small. Many people overdo it on the first few days and stop because they get tired, sore or discouraged.

Do what moves you. If you love to dance, find a class or group that meets regularly. If swimming, cycling or skating brings out the kid in you, discover new places where you can get started. One of the easiest and most affordable physical activities is walking.

Exercise adds up quickly. The great thing about exercise is you don't have to do it all at once. Add it to your activities throughout the day by sneaking in a little extra effort to the things you already do:

- take the stairs instead of the elevator;



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- when shopping, park in the far corner of the lot;
- instead of e-mailing a co-worker, visit his or her office;
- when you walk the dog, go around the block an extra time;
- at lunchtime, walk to a nearby park and eat outdoors.

Measure your progress. Once you begin, record in a journal how long you spent on physical activity or how far you went.

Team up. Get with a friend to help each other stick with a plan.

To keep you moving toward healthy, gradual weight loss, myalliplan has been created to support a reduced-calorie, low-fat diet with alli capsules. You'll have access to personalized lessons and tools created by weight loss experts that can help you track your daily activities, plan meals, create menus and manage calories and fat grams. For a FREE trial of the myalliplan, visit myalli.com.