

The Weight Loss – Fitness Equation

Weight loss is one of the main reasons people start fitness campaigns and it is a good reason to do so. If the amount of energy spent on fitness activities is greater than the amount of energy consumed via calorie consumption then weight loss will start to occur. However, there is more to both weight loss and fitness than this simple equation.

Before embarking on a fitness program for weight loss it is important to get a pre-exercise medical clearance. People who are overweight often have health issues that need to be considered before starting a fitness program or which may impact on the types of physical activities they can or cannot do.

It is also important that a fitness program for weight loss is developed by a qualified and registered Fitness ACT fitness professional. Registered fitness professionals have the knowledge and experience to develop fitness programs that are safe, progressive and appropriate for individual weight loss needs. They can also make sure that any fitness program for weight loss is properly balanced and incorporates activities that cover all aspects of fitness – i.e., cardiovascular endurance, muscular strength, muscular endurance, flexibility, and body composition (i.e., the proportion of muscle to fat). Taking this approach to fitness for weight loss is much more likely to result in those excess kilos being dropped off and kept off than any ad hoc approach.

At the same time as following the advice of a qualified and registered fitness professional for the physical activity side of the weight loss - fitness equation, it is just as important to seek professional advice for the energy consumed part of the equation – i.e., diet. Many people looking to lose weight via a fitness campaign may also need to consult a nutritionist or dietitian about calorie consumption control and what constitutes a balanced diet.

If weight loss is your goal then get into fitness and use this balanced approach to the weight loss - fitness equation.

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