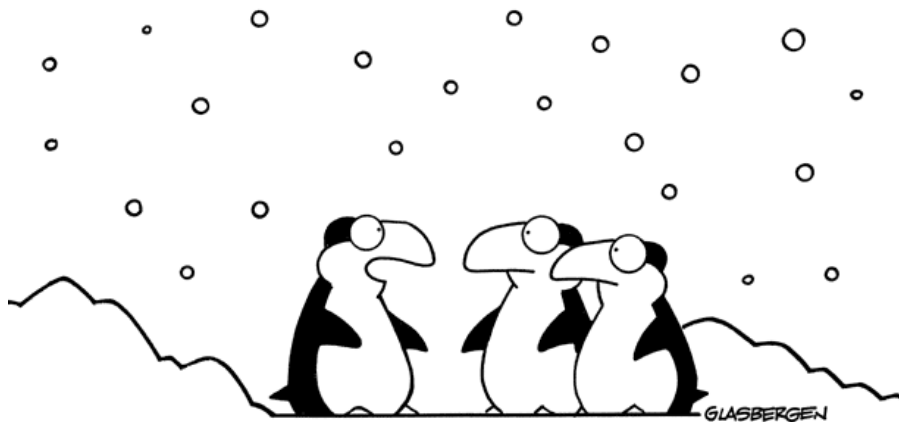


American College of Sports Medicine (ACSM) stand on Physical Activity and Weight Loss

- Health improvements in chronic disease risk factors can be realized with as little as a 2- to 3-percent reduction in excess body weight.
- Greater amounts of physical activity are likely to be needed to achieve weight loss and prevent weight regain in adults.
 - **Prevent weight gain** -- 150-250 minutes/week of moderate-intensity physical activity is associated with prevention of weight gain. More than 150 minutes/week of moderate-intensity physical activity is associated with modest weight loss.
 - **Weight loss** -- 150-250 minutes/week of moderate-intensity physical activity provides only modest weight loss. Greater amounts (ie. >250) provide clinically significant weight loss.
 - **For weight maintenance after weight loss** -- There is some evidence that >250 minutes/week of moderate-intensity physical activity will prevent weight re-gain.
- Energy/diet restriction combined with physical activity will increase weight loss as compared to diet alone.

To access this Position Stand, visit www.acsm-msse.org.

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“My personal trainer said Yoga would give me longer, sexier muscles, but it didn’t work for me.”

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