

[IMAGE]

Get a Handle on Your Weight

By Editorial Staff

Woman wearing overly large pants to illustrate how much weight she has lost. - Copyright â Stock Photo / Register Mark Everyone makes New Year's resolutions - vowing to lose weight, spending hundreds of dollars on gym memberships, fitness equipment and weight-loss programs - but for many, the battle of the bulge can seem never-ending.

In a recent study, 175 adults between 40 and 65 years of age, all considered overweight or mildly obese, were assigned to one of three exercise groups for six months; or to a control group that did not exercise. The exercise groups were defined as follows: low amount/moderate intensity, equivalent to walking 12 miles per week; low amount/vigorous intensity, equivalent to jogging 12 miles per week; or high amount/vigorous intensity, equivalent to jogging 20 miles per week.

According to the researchers, the amount of exercise related to changes in *visceral* fat (a type of fat surrounding the abdomen). They emphasize that "even a relatively modest exercise program ... prevented significant increased visceral fat," and recommended that "until we are able to prevent weight regain after short-term dieting success, a greater emphasis toward prevention should be a major goal in the U.S."

So this year, keep that New Year's resolution and get rid of your beer belly, spare tire or love handle by adopting a consistent exercise program. Consider it the start of a new, healthier you.

Page printed from:

http://www.toyourhealth.com/mpacms/tyh/article.php?id=890&no_paginate=true&no_b=true