



# PHYSICAL ACTIVITY AND OBESITY

## What is the amount of exercise required to burn one medium portion of French fries?

A medium portion of French fries contains about 320 calories. To burn these off, a 70-kg person may need to plan for about 50 minutes of low impact cardio exercises or 70 minutes of Yoga, or 90 minutes of weight lifting.

## Is there a specific time that exercise should be done for losing weight?

There is actually no good or bad time to exercise, the most essential thing is finding the time to do so, whenever works for you. There is some data to suggest that working out in the early morning particularly on an empty stomach is the ideal way to burn stored fat, making it perfect for weight loss. Endocrine society of India clinical practice guidelines for management of obesity recommends aerobic physical activity for 30–60 minutes of moderate to vigorous intensity on most days of the week.

## What exercises would you suggest for managing sarcopenic obesity?

Sarcopenic obesity is characterized by coexistence of obesity with reduced muscle mass and muscle function. Both aerobic activity as well as resistance exercises should be recommended for management of sarcopenic obesity. Resistance exercises cause greater improvement in functional status as compared to aerobic exercises.

## Does yoga help in losing weight?

Yoga appears to be successful intervention for weight maintenance and prevention of obesity. In a review of 55 research studies, it was found that yoga interventions appear to be effective for achieving weight loss.

## Which type of exercise is more effective in weight loss?

Modality for weight loss	Expected initial weight loss
Pedometer based step goal	0 to 1 kg weight loss
Aerobic exercise training only	1 to 2 kg weight loss
Resistance exercises only	No weight loss
Aerobic and resistance exercises only	1 to 2 kg weight loss
Calorie restriction combined with aerobic exercises	9 to 13 kg weight loss

Exercise alone results in modest amount of weight loss. Aerobic exercises are preferred for weight loss in comparison to resistance exercises. Combining exercises with calorie restriction results in clinically significant weight loss.

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