Weight control is a serious problem for Americans. Over 55 percent of American adults are overweight or obese. Research suggests that physical activity can help control weight, arthritis, osteoporosis, diabetes and heart disease while increasing longevity and quality of life. It can reverse the effects of years of “couch potato” disease. Start now!

Weight management involves three major components: behavior changes, diet and physical activity.

Behavior change is another step to successful lifestyle changes. You must become aware of your habits concerning eating and physical activity.

The kinds and amounts of food people eat affect their ability to maintain or lose weight. High-fat foods contain more calories per serving than other foods and increase the likelihood of weight gain.

Physical activity is an important way to use up food energy. Try to do 20 minutes or more of moderate physical activity on most, preferably all, days of the week. Walking is the most popular form of exercise because it is easy, fun and inexpensive.

Over 60 million Americans regularly exercise by walking. All you need is a pair of shoes and a place to walk.

There are several benefits of walking listed in the box to the right. Walking could play a key role in weight management. The results are a fit, firm body better able to handle illness and adding years of healthy enjoyment to your life.

Benefits of Walking
- Burn Calories
- Lose More Fat
- Decrease Appetite
- Speed Up Metabolism
- Improve Cardiovascular System
- Relieve Boredome and Stress