EXERCISE AND HEALTH

Exercise is extremely important for you but it **will not** help you lose weight. Yes, you read it right, it will not. For many years people have had the wrong assumption that exercise by itself will move the needle on your scale. Let me show you a simple but very informative table:

Nutrient	Fats and oils 1 pound	Meats and seafood 1 pound	Bread, potatoes, tortillas, rice, fruits 1 pound
Calories	4000	1800	1800
Distance	40 miles	18 miles	18 miles

So, let us say you want to lose 1 pound of fat, that is roughly 40 miles and it means you need to walk from Weimar to Sealy just to lose 1 pound. Even high performance athletes don't lose much more than regular people and they have to keep a strict diet.

But do not get me wrong, I am not saying that exercise is not good. In fact, **exercise is essential for life**, if you don't move you will sit, you will clot and you will die.

Exercise will decrease your risk of depression, dementia, falls, cancer, heart attacks and strokes. I would recommend to exercise daily, if possible:

- Walking: 30 minutes of moderate intensity. Moderate means walking as fast as you can but being able to talk at the same time.

- Stretching: Neck, back, arms and legs every morning. It will help you improve your flexibility and reduce daily pain.

Please note that, if you are not able to do any of the above, any kind of exercise will be more beneficial than no physical activity at all.

We are delighted to help you with any questions regarding exercise. Also, if you need to contact us at **any time**, just give us a call at (979)725.8545, we have a 24/7 answering service.