



BURNING CALORIES AT FITNESS NEW WEST

There are many reasons why people exercise. The top reasons are weight management, improving health and feeling good about yourself. Think of exercise to be like gas in a car. A car needs gas to drive and the faster you drive, the more gas you use. Exercise and calories are like gas. The harder you exercise, the more calories you will burn and this contributes to body fat loss.

To lose one pound of stored body fat, you need to burn off 3,500 extra calories. In other words, weight loss occurs when the number of calories burned daily is greater than what your body needs. Routine daily activities burn some calories, but to lose weight you need to reduce your caloric intake through dieting or increase how many calories you burn each day through exercise.

The goal of dieting is to lose weight by reducing your daily caloric intake by 500 - 600 calories without starving yourself. In theory, your body will use up more calories than it takes in which forces your body to convert fat into energy! However, many people who try to lose weight solely by dieting are unsuccessful. This is due to the complicated balance between appetite, food intake, metabolism, hormones and psychological influences. Dieting alone may not result in weight loss.

Fitness New West advocates a combination of smart eating and exercise. Exercise is an excellent way to burn extra calories. For example, if a person weighing 150 pounds goes for a 30 minute walk at 4 mph, they can burn close to 200 calories. Fitness New West participants wearing a heart rate monitor and calorie counter have been able to burn between 500 - 800 calories in a one hour fitness class! Exercise intensity and type influence the number of calories burned. Aerobic classes can be more intensive walking as they incorporate upper and lower body exercises as well as resistance training. All in all, fitness classes are a time-efficient way to lose weight!

Fitness New West, located at Centennial Community Centre, offers you a wide variety of fitness, yoga and Pilates classes. Qualified, enthusiastic instructors are ready to help you burn calories while leading you through fun, high energy workouts. For more information call 606-777-5100 or visit www.nwpr.bc.ca