

Ignore TIME
by Mike DeCinti

About a month ago, TIME magazine ran a cover story boldly stating that exercise won't make you lose weight, and that losing weight has more to do with your diet than exercise. And although to some degree the part about your diet is true, I wish they had stated it a little different. I can see it now, an overweight, lazy person is walking through a book store contemplating whether or not they should finally get pro-active about their health and start exercising. "What's this?" they say, "TIME magazine is telling me that I shouldn't worry about exercise. Oh and something else about eating right, but no need to read any further. There it is, right on the cover. Don't exercise!"

Exercise does help you lose weight. Bottom line. If you burn more calories than you take in, you can't help but lose weight. Of course you have to eat right as well. But the thing about exercise is that it's so important for so many other reasons. So instead of me trying, once again, to convince you how important exercise is, for not only losing weight, but also becoming a healthier person, I'm just going to let the facts speak for themselves.

- There are 400 million adults worldwide who are obese and 1.6 billion who are overweight. Children are getting fatter too. Worldwide, 155 million children are overweight, including 30-45 million obese children.
- World wide, more than 60% of adults do not engage in sufficient levels of physical activity that are beneficial to their health.
- Physical inactivity increases the risk of developing heart disease 1.5 times and doubles the risk of developing type 2 diabetes.
- Inactivity alone may have contributed as much as \$55.76 billion to US medical costs in the year 2000.
- In the US for every dollar invested in physical activity there is a \$3.21 saving on medical costs.
- Physical inactivity increases the risk of developing heart disease by 1.5 times, partly because it raises the likelihood of developing significant cardiovascular disease (CVD) risk factors.
 1. It doubles the risk of developing type 2 diabetes.
 2. It significantly raises the risk of obesity.
 3. It raises the risk of high blood pressure; one study showed that unfit women have up to a 55% greater chance of developing high blood pressure than a moderately fit woman of the same age.
 4. Physical inactivity is also linked to blood clots and abnormal levels of fat in the blood.

Being physically active protects against cardiovascular disease.

1. Children should have 60 minutes of at least moderate intensity physical activity each day as a minimum. This level of physical activity reduces the risk of

inappropriate weight gain

2. Adults should have at least 30 minutes of moderate activity daily.
3. The longer one exercises the greater the benefits: 2 hours of exercise a week raises the good fats in the blood, thus protecting the heart.
4. Moderate activity includes brisk walking, bicycling, vacuuming, gardening, or anything else that causes small increases in breathing or heart rate.
5. Vigorous activity includes running, aerobics, serious gardening, or anything else that causes large increases in breathing or heart rate.

Finally, research has shown that even if people have experienced a cardiovascular disease “event” either personally or with someone they know, and have even been told that exercise would be beneficial, most of the time they ignore the warning and remain inactive. So once again, thanks TIME magazine for giving that unhealthy, inactive person just another reason to discount the benefits of exercise and stay on the couch...probably reading your magazine.