



Advice on exercise to maintain weight loss

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You should aim to do 300 minutes of moderate or 150 minutes of vigorous exercise spread over the week to keep off the weight you lose and maintain good health.

Moderate exercise walking pace is defined as between 2.5 and 4 miles (4 and 6.4 kilometers) per hour on flat level ground. Vigorous walking is defined as a speed of more than 4.5 miles (7.25 kilometers) per hour on flat ground or 4 miles (6.4 kilometers) per hour uphill.

Walking plan to keep off the weight you lose

The following walking plan is designed to increase your walking speed and frequency over another 12 weeks to achieve this goal.

WEEK	1	2	3	4	5	6	7	8	9	10	11	12
TIME (min)	30	35	35	40	40	45	45	50	50	55	55	60
SPEED (mph)	2	2.5	2.5	2.5	3	3	3.5	3.5	3.5	3.5	4	4
SESSIONS (per week)	5	5	5	5	5	5	5	5	5	5	5	5

As your fitness improves you may feel ready to start trying vigorous walking activity. As the exercise target for vigorous exercise is of a shorter weekly duration, you can achieve your aerobic exercise target quicker if you exercise vigorously.

Remember you can mix moderate and vigorous exercise into your weekly schedule so long as you're achieving the long-term overall weekly target of:

MODERATE EXERCISE

5 x 60 minutes per week = 300 minutes per week

OR

VIGOROUS EXERCISE

5 x 30 minutes per week = 150 minutes per week



You can swap walking for an equivalent length session of moderate or vigorous exercise.

Moderate exercise includes: leisurely cycling or swimming, mowing the lawn, dancing – or infact any exercise where your heart rate is raised and you are slightly out of breath but can still hold a conversation.

Vigorous exercise includes: fast walking (4.5 mph or 7.25 kph) or jogging, playing squash, high-impact aerobics, chopping wood or any exercise at a level where it is difficult to maintain a conversation.

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