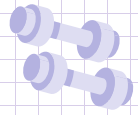
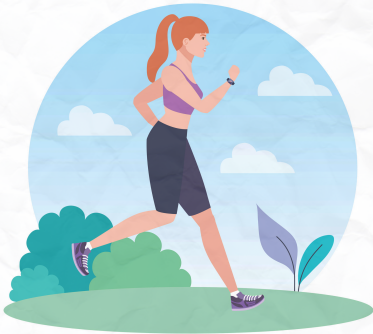


# IS STAYING ACTIVE A CHALLENGE FOR WEIGHT MANAGEMENT?



Regular movement is just as important as nutrition for sustainable weight loss!



Staying active boosts metabolism, builds muscle, and supports long-term weight management. Whether it's walking, yoga, Pilates, or strength training, consistent movement improves overall health.

## WHY MOVING MATTERS?



**Boosts Metabolism** – Regular exercise helps burn calories and prevents muscle loss during weight loss.



**Reduces Stress & Improves Mood** – Physical activity releases endorphins that combat stress and emotional eating.



**Strengthens Muscles & Joints** – Weight training, Pilates, and yoga enhance strength, flexibility, and posture.



**Supports Long-Term Fat Loss** – A mix of cardio, strength training, and flexibility exercises leads to sustainable results.

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## BEST EXERCISES TO MAINTAIN WEIGHT

- ✓ **Low-Impact** – Yoga, Pilates, swimming, and walking improve mobility and aid fat loss.
- ✓ **Cardio** – Running, cycling, and dancing boost heart health and burn calories.
- ✓ **Strength Training** – Bodyweight, resistance bands, and weights build muscle and metabolism.
- ✓ **Functional Moves** – Squats, lunges, and core exercises enhance stability and movement.



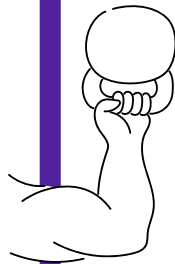
## DID YOU KNOW?

*Strength training can increase resting metabolism by up to 7%, helping the body burn more calories even at rest.  
(Harvard Medical School)*



## SEEKING HELP WHEN NEEDED

A Qualified Dietitian or Fitness Expert can provide personalised guidance, accountability, and effective strategies. Professional support helps address underlying health conditions, emotional eating, and fitness plateaus, ensuring long-term success.



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