

# EXTRA ACTIVITIES FOR WEIGHT MANAGEMENT

Weight management is accomplished by decreasing calories in your diet and/or increasing activity. Assuming you are currently not gaining or losing weight you are probably in balance, with total calories taken in on one side of the scale and calories out(activity) on the other side. To lose weight you must tip the scale in your favor by decreasing calories taken in (fat is highly caloric) and/or increasing the total calories out (activity). Load bearing activity like walking, running, or stair climbing are some of the highest calorie burning activities. Many times even walking or running does not provide enough activity for weight loss or the rate of weight loss is not desirable. The following are enjoyable activities which may increase the weight loss rate. These activities are helpful only when you have decreased your calorie and fat intake. Once you have reached your desired weight, less activity may be required to maintain it. Each day look for any opportunity to increase your daily activity for example; taking the stairs instead of the elevator, walking or biking to work. **Choose 3 activities from below to perform this week. This should be in addition to your normal activity and exercise.**

 **HIKING**

 **BOWLING**

 **MINIATURE GOLF**

 **BEACH BALL**

 **SKATING**

 **BOXING/WRESTLING**

 **FOOTBALL**

 **GOLF**

 **WATER POLO**

 **ARCHERY**

 **SAILING**

 **SKIING/SNOWBOARDING**

 **TENNIS**

 **CROQUET**

 **MINI CAR/ARCADE GAMES**

 **FENCING**

 **BASKETBALL**

 **BALLET OR AEROBIC DANCE**

 **HOCKEY**

 **SLEDDING**

 **MARTIAL ARTS**

 **SOCCER**

 **FISHING**

 **WALKING/PLAYING W/DOG**

 **RACQUETBALL**

 **WATER SPORTS**

 **PLAYING W/ KIDS**

 **HORSEBACK RIDING**

 **SCUBA**

 **BASEBALL CATCH/BATTING**

 **ORIENTEERING**

 **HUNTING**

 **KITE FLYING**

 **VOLLEYBALL**

 **BADMINTON**

 **FRISBEE OR HOOLAHOOP**

 **LAWN BOWLING**

 **WATER AEROBICS**

 **MOUNTAIN / INDOOR CLIMBING**

 **CANOEING/KYAKING**

 **SURFING**

 **KICK THE CAN**

 **YOGA**

 **MTN BIKING**

 **WAR GAMES(LASER/PAINT GUNS)**

 **DANCING**

 **HOPSCOTCH/SKIPPING**

 **CAMPING / PARK SWINGS**

 **JUMPING ROPE**

 **MARKSMANSHIP**

 **GARDENING**