

Health: How Effective Are Different Exercise Regimes For Losing Weight And Maintaining Weight Loss?

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Abstract- *Physical fitness is your ability to carry out tasks without undue fatigue. Learn about the components of physical fitness: cardiorespiratory endurance, muscle strength, muscle endurance, flexibility and body composition and they are important.*

Indexed Terms- *Weight loss, different regimes for losing weight, maintain weight loss, helping tools.*

I. INTRODUCTION

Combining exercising with a healthy diet is a more effective way to lose weight than depending on calories restriction alone exercise can prevent or even reverse the effects of certain diseases.

It can also help you maintain and increase lean body mass, which also helps increase number of calories you burn each day. Body mass is derived in inches squared, and then multiplying the results by $703(\text{weight}) / [\text{height (in)}]^2 \times 703$

1. Multiply your weight in pounds by 703.
2. Calculate your height in inches squared.
3. Divided the resulting number of steps.
4. By resulting number in step 3



Obesity can lead to a number of series health problems, including heart disease diabetes, stroke and some types of cancer.

II. ELABORATIVE APPROACH

Weight loss	Maintaining weight loss
Cardio	Make sustainable change your life
Aerobic	Track your food intake
Gym	Eat plenty vegetables
Yoga	Get enough sleep
Zumba	Control stress level

Table 1.1

How these tools will help following: Weight loss:

- **Cardio**
The cardiovascular system is sometimes called the blood-vascular, or simply the circulatory, system. It consists of the heart, which is a muscular pumping device, and a closed system of vessels called arteries, veins, and capillaries. As the name implies, blood contained in the circulatory system is pumped by the heart around a closed circle or circuit of vessels as it passes again and again through the various "circulations" of the body.
- **Aerobics**
Aerobics is a form of physical exercise that combines Rhythmic aerobic exercise with stretching and strength training routines with the goal of improving all elements of fitness (flexibility, muscular strength, and cardio-vascular fitness).
- **Gym**
A gym - physical exercises and activities performed inside, often using equipment, especially when done as a subject at school.

Gymnasium is a large room with equipment for exercising the body and increasing strength or a club where you can go to exercise and keep fit. Most gyms have a wide range of ages and levels of fitness. Don't

buy into the preconception that it will be full of supreme athletes.

- Yoga

Yoga is a path towards total harmony of body, mind, and spirit. Yoga is not merely a form of exercise for the body. It is an ancient wisdom - for a healthier, happier, and more peaceful way of living - which ultimately leads to union with the Self.

- Zumba

Zumba seems to be an optimal fitness choice, mixing cardio intervals with resistance training. Many experts believe that an interval/resistance combination maximizes caloric output, fat burning, and total body toning. Zumba mixes effective body sculpting movements with easy-to-follow, fun dance steps. People seem to forget about working out during a Zumba session, allowing them to exercise longer, and burn even more calories.

- Others

We also make good diet lose weight. Which contains the right number of calories and protein. And can also play outdoor games as well like badminton cricket and football.

- Maintaining weight loss

Make sustainable change your life-

1. Fill up on Fiber
2. Ditch Added Sugar
3. Make Room for Healthy Fat
4. Walk Your Way to Health
5. Bring out Your Inner Chef
6. Have a Protein-Rich Breakfast

Etc. Include in your life change your daily routine.

- Track your food intake

Check your food in how much calories & protein give us. Then use and improve your health.

- Eat plenty vegetables

Eat maximum green vegetable. Because it is help for your weight loss along with improve your body fit according to you.

- Get enough sleep

Take sleep 6-7 hours

Control stress level- Always keep yourself busy to control stress. To reduce stress, listen to music and do some activity. So that your attention is somewhere.

Others:

Proper diet plan should be made. Diet should be followed at fix time in the day. Do not eat Late at night.

III. FINDINGS

Being fit in today's time does not cause many diseases. May reduce the risk of heart disease.

In today's time, every person gets a lot of benefits by staying fit in corporate life or personal life.

Can strengthen your bones and muscles.



APPENDIX

Diagram 1.1

Table 1.1

REFERENCES

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