

Week 5

Did you Know?

Walking sideways burns more calories than walking forward.

Healthy Weight Loss

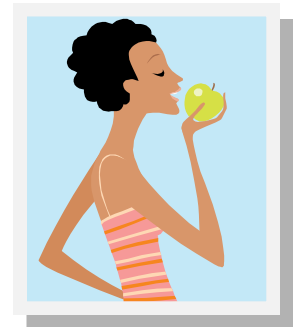
Have you been wanting to lose some extra pounds this summer? Losing extra weight in a healthy and realistic way is a great way to improve overall health.

Losing weight is a simple formula : You have to use more calories than you consume. Exercise and diet changes are really the only ways that one can lose weight safely. A

safe amount of weight that one should be losing is 1-2 pounds per week.

This may seem like a small amount of weight to lose. However, if you want to become more healthy, long lasting results are more important than short term weight loss. It is right to be a bit skeptical of drastic weight loss “diets” or “programs” . They may

provide big short term results, but it is easy to “fall off the wagon” with these programs. Make sure you consult your doctor as well with any weight loss program!



Activity of the Week : Walking

Simply taking a walk is one of the best ways to kick start a healthy day. Take it to the next level by walking a bit further each day, or speeding up for part of your walk!

Get Active Near You!

- Walk around the CCSD or W-MU tracks
- Head to nature areas such as Virginia Grove or Chautauqua Park

