

Active Environment  
Personal Training:  
Waist management  
guidelines

## Want to lose weight and/or lose inches from your waist or hips?

Most people regard weight as the most important measure in a weight management programme. Research has looked at Body Mass Index which considers body mass in relation to height. Waist size measures are the best way to monitor a weight management programme. An important caveat – it is more beneficial to be overweight and active than to be thin and unfit/inactive.



## Activity or fitness programmes?

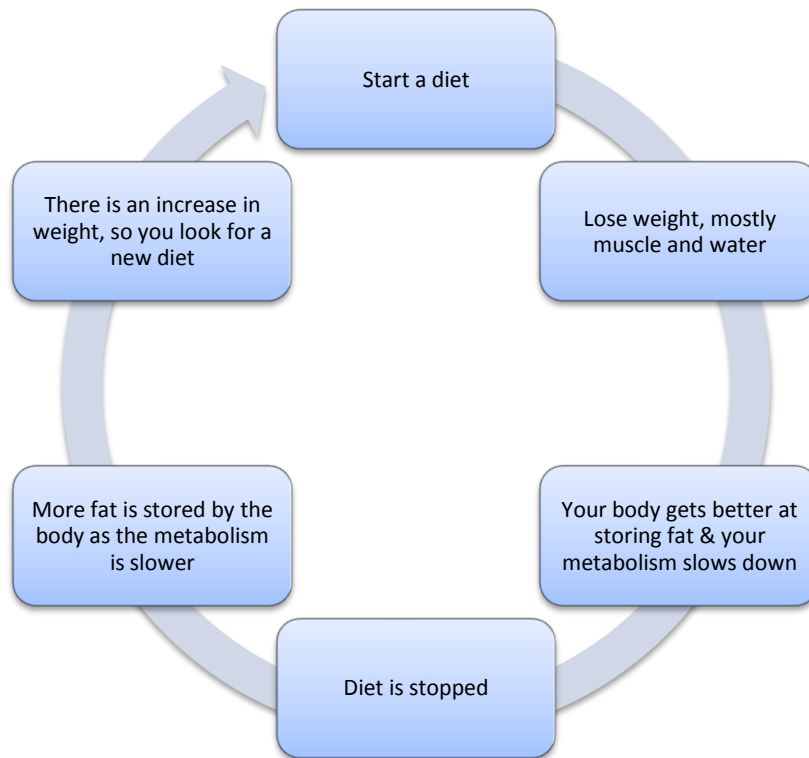
Choose either a physical activity programme or exercise and fitness programme, depending on your own personal choice. The two main aspects of any weight loss or waist management programme is to change your eating and activity habits. If you calculate your Resting Metabolic Rate (RMR), then you will get a good guide as to what your minimum daily Calorie needs are (in kcals).



Exercise, and in particular weight training, can help to prevent muscle loss during a waist/weight management programme. Muscle is important for maintaining or increasing your metabolic rate (RMR), so you use more energy even when you are not exercising. If you lose muscle you will decrease the amount of energy you use when you are inactive, so it will be harder to lose weight. Weight training and stretching exercises are helpful in changing body shape as your muscles will look lean and toned.



## What is wrong with diets?:



## Monitoring your progress:

Simple techniques can be used to monitor your progress – you can weigh yourself or measure your waist size with a tape measure (see chart below). You should aim to lose about 1-2lbs of weight per week (or 0.5-1kg per week). 1lb of fat equates to 3500kcal per week or 500kcal per day, which can come from decreasing food intake and/or increasing activity levels.

