

An ounce of prevention is worth a pound of cure!

The national epidemic of obesity in North America is causing researchers to look everywhere for answers. More recently, the Cooper Institute for Aerobics Research in Dallas has published their findings from a series of longitudinal studies on the health benefits of leanness and the hazards of obesity. They have confirmed once again that aerobic exercise undoubtedly contributes to an over all weight loss program and reduces the likelihood of premature death. More importantly, they have also revealed, that low fitness levels seem to be more important than over fatness as a predictor of mortality.

Can you be fat and fit?

If you are fat does that mean you are not healthy? Experts are finding the answer to that to be NO. Individuals who participate in regular exercise, especially cardiovascular exercise, are healthy, even if they are over fat. The Cooper Institute's eight year study revealed that fat men who were fit had a lower mortality rate than sedentary unfit men of normal weight.

The Fight

At present we are clearly losing the fight on obesity in North America. The advice of eating less and exercising more to lose weight to be healthier is not packing the punch that the health industry intended. Alarming numbers are in for the percentage of our children who are obese or fast approaching!

Teach Your Children Well

If you are a parent or are interacting with children, your message should be loud and clear that thin is not in...Fit is phat! Our children need to know what fitness can do for not only their appearance but also the quality of the years ahead. Down play the focus on weight reduction and diet and spend time educating young minds on the many advantages of healthy living. Working on prevention of child obesity will be the answer to adult obesity. As our youth become adults they will have the knowledge necessary to continue to lead active lives. Society is breeding sedentary children. We need to remember they are our children and we can mould them by example. Present them with active opportunity and frequently educate them on the power of fitness and health.

Ideal Weight

What is 'ideal weight'? It is a choice, not a medical standard. Ask any health expert what your ideal weight should be and you'll get five different weights from five different experts. First impressions on health have always been about appearance. The fact is health and fitness is not about ideal weight. It is very possible to be healthy regardless of size. Let it be known that you must do the activity to get the health...at any size. And being over fat by 30lbs of body weight is a risk on health all on its own regardless of how well your fitness rating score is!

To sum it up, low fitness caused by a sedentary lifestyle is a more important predictor of mortality than obesity! You can get fit at any size. The good news...when you take care of the fitness level the fitness level takes care of the extra fat. Funny how that works! So let's get moving out there!

Learn more about fat and living lean. Plan your route with Team Fitness. March is nutrition month. We invite you to join us for an informative shop smart tour, March 28th! Call or email us to reserve your spot or gather more information.

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