

Hang on to fitness resolutions

Getting fit and losing weight takes time and effort

Date: February 10, 2009

Duration: 2:08

Transcript

[N. Keith] A lot of people for their New Year's resolution decided that they wanted to either lose weight or be more physically active or exercise regularly. This is just about the point where people start to give up because their expectations are high and their outcome is low.

What's recommended just to maintain health is about thirty minutes of physical activity most days of the week. For weight loss the recommendation is 45 to 60 minutes most days of the week.

I don't know if people realize how much you have to exercise to actually lose weight, to see weight loss. To notice a change in their size, requires not just that 45 to 60 minutes of exercise, but it also requires a change in their eating behavior.

So the question is, "Can I just do my Wii everyday and play Wii Fit and lose weight?" And the answer is probably not. The Wii Fit will help your heart be healthier if you do cardiovascular games, it'll improve your balance, or flexibility if you do yoga, but it's not going to help you lose weight.

If you want to lose weight, then you have to increase your resting metabolism. So you have to burn out more than you take in where you're in what's called negative energy balance.

In Indianapolis you can dial 211 and ask for free, exercise information, and they'll tell you where you can go. It's an excellent resource. Our students go to George Washington Community School, and there's a fitness center there. Anybody on the west side can pay \$20 a year, and the facility is great. They'll have a free, personal trainer, and they can exercise there.

We've got an incredibly beautiful campus with the canal and over by the zoo. If you just walk those paths, it's five miles. And if you walk five miles every day, you're definitely going to lose weight.