

Physical Activity and Weight Control

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Physical Activity and Weight Control

Regular physical activity is an important part of effective weight loss and weight maintenance. It also can help prevent several diseases and improve your overall health. It does not matter what type of physical activity you perform--sports, planned [exercise](#), household chores, yard work, or work-related tasks--all are beneficial. Studies show that even the most inactive people can gain significant health benefits if they accumulate 30 minutes or more of physical activity per day. Based on these findings,

the U.S. Public Health Service has identified increased physical activity as a priority in Healthy People 2000, our national objectives to improve the health of Americans by the year 2000.

Research consistently shows that regular physical activity, combined with healthy eating habits, is the most efficient and healthful way to control your [weight](#). Whether you are trying to lose weight or maintain it, you should understand the important role of physical activity and include it in your lifestyle.

How Can Physical Activity Help Control My Weight?

Physical activity helps to control your weight by using excess calories that otherwise would be stored as fat. Your body weight is regulated by the number of calories you eat and use each day. Everything you eat contains calories, and everything you do uses calories, including sleeping, breathing, and digesting food. Any physical activity in addition to what you normally do will use extra calories.

Balancing the calories you use through physical activity with the calories you eat will help you achieve your desired weight. When you eat more calories than you need to perform your day's activities, your body stores the extra calories and you gain weight (a). When you eat fewer calories than you use, your body uses the stored calories and you lose weight (b). When you eat the same amount of calories as your body uses, your weight stays the same (c).

Food scales

Any type of physical activity you choose to do--strenuous activities such as running or aerobic dancing or moderate-intensity activities such as walking or household work--will increase the number of calories your body uses. The key to successful weight control and improved overall health is making physical activity a part of your daily routine.

What Are the Health Benefits of Physical Activity?

In addition to helping to control your weight, research shows that regular physical activity can reduce your risk for several diseases and conditions and improve your overall quality of life.

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