

# Physical Activity and the Three Phases of Weight Management

## Part One

# Learning Objectives

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By the end of this segment, participants will be able to:

- Cite the current evidence for weight outcomes from physical activity interventions during
    - Active weight loss
    - Weight loss maintenance
    - Weight gain prevention
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# Three Phases of Weight Management

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1. Active weight loss
2. Weight loss maintenance
3. Weight gain prevention



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## **Below are two truths and one myth about physical activity and weight management. Which is the myth?**

1. Increasing physical activity is an effective strategy for creating a significant calorie deficit during active weight loss.
2. Staying physically active throughout life is a good way to minimize weight gain.
3. Doing significant amounts of physical activity every day is the best predictor of success in maintaining weight loss long-term.



# The Myth

**↑ PA = Significant Weight Loss**



Unicorn Bicycle by Flickr user [Ariel Grimm](#) protected [CC BY SA 2.0](#)

# PA For **Active** Weight Loss

## **GOAL: Calorie deficit**

Diet is often more effective than exercise in achieving a significant calorie deficit for active weight loss.





# Hypothetical Example

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**~500 calorie deficit for 200 lb. client**

## Diet

- Replace two, 12-oz sodas with diet soda; omit 4 Oreo cookies

**OR**

## Physical Activity

- Ballroom dancing for 104 minutes **OR**
- Walk briskly for 78 minutes **OR**
- Do high-impact aerobic dance class for 45 minutes

**Who has the time?!?!?!  
(or the base fitness level)**

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# PA For Active Weight Loss

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## Current evidence:

- <150 minutes/week → minimal wt loss
- 150-225 minutes/week → moderate (2-3 kg) weight loss
- 225-420 minutes/week → significant (5-7.5 kg) weight loss = **30-60 minutes PER DAY**

American College of Sports Medicine. *Medicine and Science in Sport and Exercise*. 2009;41(2):459-471.

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# PA For Active Weight Loss

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## Current evidence:

- Do more PA, may lose more weight
- PA will enhance weight loss as long as calorie intake meets RMR needs
- Resistance training alone, with or w/o energy restriction is not effective for weight loss

**American College of Sports Medicine. *Medicine and Science in Sport and Exercise*. 2009;41(2):459-471.**

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# Why Do Physical Activity During Active Weight Loss?

# PA For Active Weight Loss

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## Benefits of PA During Active Weight Loss:

1. **Contributes to an energy deficit**
2. **Builds fitness capacity → able to do more PA**
3. **May help to minimize loss of lean body mass during weight loss**
4. **May contribute to abdominal fat mobilization**
5. **May enhance psychological well-being**
6. **Gets people to make lifestyle changes**

**Many other benefits beside calorie burn!**

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# **PA & Weight Loss Bottom Line**

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**Calorie intake reduction + energy  
expenditure increase = best outcome**

- In beginning, start with calorie deficit from diet first because
  - It takes a lot of exercise to burn 250-500 calories per day
  - Most sedentary people who are overweight or have obesity not fit enough initially to exercise at high levels

# **PA & Weight Loss Bottom Line**

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**Calorie intake reduction + energy  
expenditure increase = best outcome**

- For continuing weight loss, gradually increase PA level throughout weight loss period
  - Energy restriction can only go so low, so PA adds to calorie deficit created by food
  - Continue to build fitness level → do more
  - Gain health benefits of physical activity



# PA and Weight Loss Summary

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- Use active weight loss phase to help client learn PA cognitive & behavioral skills

# View Part Two

Weight Loss Maintenance  
Weight Gain Prevention