

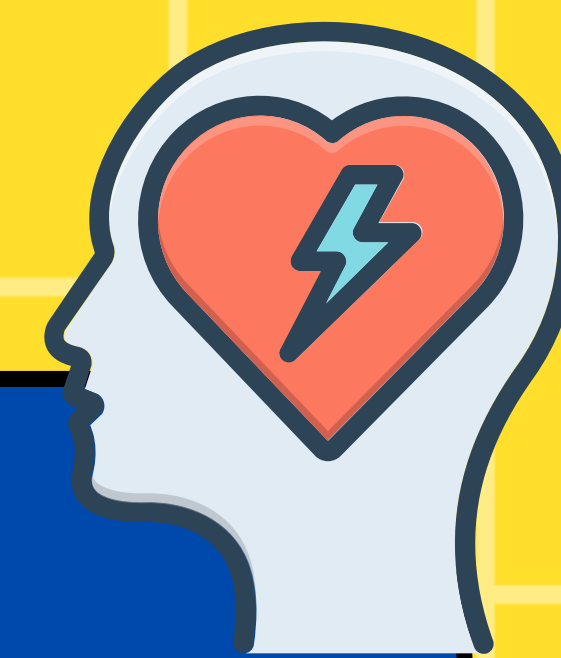
MYTH #3



PHYSICAL ACTIVITY DOES NOT HELP IN WEIGHT LOSS

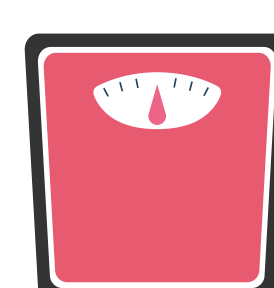


Physical activity, together with diet and behavioural modifications, form essential pillars in the treatment of obesity. The benefits of physical activity go beyond weight loss.



METABOLIC HEALTH

1



Reduces & Maintains Weight



Improves Cholesterol Levels



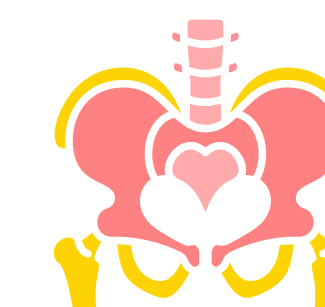
Reduces & Regulates Blood Glucose Levels

2

MUSCULOSKELETAL HEALTH



Increases Muscle Mass



Increases Bone Mass Density



Reduces Risk Of Falls

MENTAL HEALTH

3



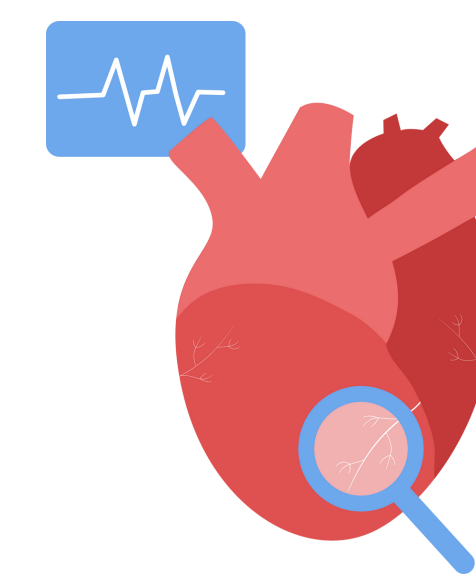
Improves Mood



Reduces Stress

4

CARDIOVASCULAR HEALTH



Improves Cardiovascular Fitness



Improves Blood Pressure

20 - 25%

more weight loss is seen in those who **include** exercise in addition to diet changes

50%

less weight regain compared to those who do not exercise after weight loss is achieved



<https://for.sg/wod2023register>

Scan to register for the Public Webinar on 4 March 2023.



Stand to win Mr Bean vouchers when you participate in our short quiz! Approach our staff for more details.