

## ***Change Your Mind Change Your Body:***

### ***Emotional Wellness & Weight Loss®***

Using Exercise to Enhance Weight Loss and Keep it Off!

#### **What is a MET:**

- measurement of oxygen consumption
- also called VO<sub>2</sub> max – volume of oxygen uptake during maximal exercise
- 1 MET = 3.5 ml O<sub>2</sub>/kg/min

\*Our cardiovascular fitness or MET level is a key player in our body's ability to burn excess unneeded calories and prevent the storing of body fat. The higher our MET level, the more likely we will be able to lose weight and keep it off.

#### **Increasing METS:**

- Increase the frequency of your aerobic exercise
- Increase the intensity of your aerobic exercise
  - \*to calculate your high intensity target range --  
 $207 - (.7 \times \text{age}) = \text{predicted max heart rate}$   
then multiply by .7 and by .90
- Exercise at your high intensity range for 20 minutes 1-2 times each week \*you may need to build up to this over a long period of time
- Interval training
- Strength training

#### **Other tips:**

- Do a variety of activities that you REALLY enjoy – mix it up
- PROGRESS AT YOUR OWN PACE – give yourself credit for what you are able to do
- If de-conditioned, start out by wearing a pedometer and focus on building up your movement – **don't worry about intensity!**

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